



Lesson Plan: Mascot Mad Lib

Grade Level: Elementary (K-5) **Subject:** Health and Nutrition

OBJECTIVES:

1. **Create a Mascot:** Students will design a mascot based on a selected fresh fruit or vegetable by using descriptive words related to its characteristics (e.g., color, shape, texture) and assigning physical attributes (e.g., facial features) that creatively represent the food item.
2. **Participate in Physical Activity:** Students will engage in a structured physical activity that reinforces the lesson by incorporating movements or games inspired by the fruit or vegetable's attributes, helping to deepen their understanding through active play.
3. **Develop Teamwork and Communication Skills:** Students will collaborate with peers to share ideas, discuss their mascot designs, and work together in both creative and physical activities, practicing clear communication and demonstrating cooperation in group settings.

MATERIALS:

1. Fresh fruit or vegetable for introduction
2. Worksheet provided by ThoughtFoodness by WV Harvest
3. Pencils, markers, crayons
4. Key for physical attributes associated with descriptive words
5. Cones or markers for physical activity
6. Baton or small object for relay race

STANDARDS ALIGNMENT:

Academic Standards:

- **ELA: CCSS.ELA-LITERACY.SL.K.1, SL.2.1:** Participate in collaborative conversations with diverse partners about topics and texts with peers and adults in small and larger groups.
- **Science: NGSS K-LS1-1:** Use observations to describe patterns of what plants and animals (including humans) need to survive.

Social and Emotional Learning (SEL) Objectives:

- **CASEL:** Develop self-awareness by identifying personal preferences in descriptive words and expressing them creatively.
- Practice active listening and respectful communication during group discussions.

Physical Education Standards:

- **NASPE Standard 1:** Demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.
- **NASPE Standard 3:** Participate regularly in physical activity.
- **SHAPE America Standard 4:** Exhibits responsible personal and social behavior that respects self and others.

PROCEDURE:

1. Introduction to the Fruit/Vegetable (10 minutes):

- *Introduce the selected fresh fruit or vegetable to the class.*
- *Discuss its characteristics, such as shape, color, taste, texture, and how it grows.*

2. Drawing the Mascot Base (15 minutes):

- *Provide students with paper and pencils.*
- *Instruct them to draw an outline of the fruit or vegetable they were introduced to. This will serve as the base of their mascot.*
- *Guide them to add basic features such as a mouth, nose, eyes, and ears to the outline.*

3. Descriptive Word Selection (10 minutes):

- *Distribute the worksheet that lists descriptive words under the sections of Shape, Texture, Taste, and Color.*
- *Instruct students to select 4 descriptive words that best fit their fruit or vegetable.*
- *Each descriptive word corresponds to a fun attribute that they will add to their Mascot (e.g., mustache, hat, superhero cape).*

Descriptive Words and Attributes:

Shape:

Round...Draw a Mustache
Square...Draw Glasses
Triangle...Draw a Pirate Eye Patch
Oval...Draw a Headband
Other...Draw a Santa Beard

Texture:

Bumpy...Draw a Superhero Cape
Seedy...Draw Monster Truck Tires
Squishy...Draw Airplane Wings
Smooth...Draw a Wizard Wand
Tough...Draw Fairy Wings

Taste:

Sweet...Draw Long Hair
Tart...Draw Spikey Hair
Sour...Draw Braided Hair
Bland – Draw Curly Hair
Fresh – Draw Your Choice of Hair

Color:

Red...Draw a Baseball Cap
Blue...Draw a Pirate Hat
Orange...Draw a Crown
Yellow...Draw a Chef Hat
Green...Draw a Shark Fin
Other...Draw a Cowboy Hat

4. Naming the Mascot (5 minutes):

1. Once students have added all the descriptive elements, ask them to give their Mascot a creative name that reflects its characteristics and personality.

5. Conclusion (5 minutes):

- Summarize the lesson, emphasizing the importance of creativity, understanding characteristics of different foods, and staying active.
- Reflect on the social and emotional learning aspects, including teamwork, communication, and appreciating others' ideas.

ASSESSMENT:

- Observe student participation in the creation and explanation of their Mascot.
- Evaluate teamwork and communication during the group discussion and physical activity.
- Monitor understanding of the connection between descriptive attributes and the Mascot design.

REFLECTION:

- Were students engaged in both activities?
- Did they effectively connect descriptive words to the food item?
- What improvements can be made for next time?

PHYSICAL ACTIVITY - "MASCOT RELAY" (15 MINUTES)

Setup:

1. Set up cones or markers to create a relay race course in the gym or outdoor area.
2. Divide students into teams of 4-5.

Instructions:

1. Each team selects one Mascot to represent them.
2. Teams will take turns running the relay course, passing a baton (or any small object) to the next teammate.
3. At each cone, students must perform an action related to their Mascot's attributes.

Examples include:

- *Smooth: Stretch tall and touch the sky.*
 - *Sweet: Skip with a smile.*
 - *Tart: Run fast with high knees.*
4. The first team to complete the relay wins, but the focus is on teamwork, participation, and fun.