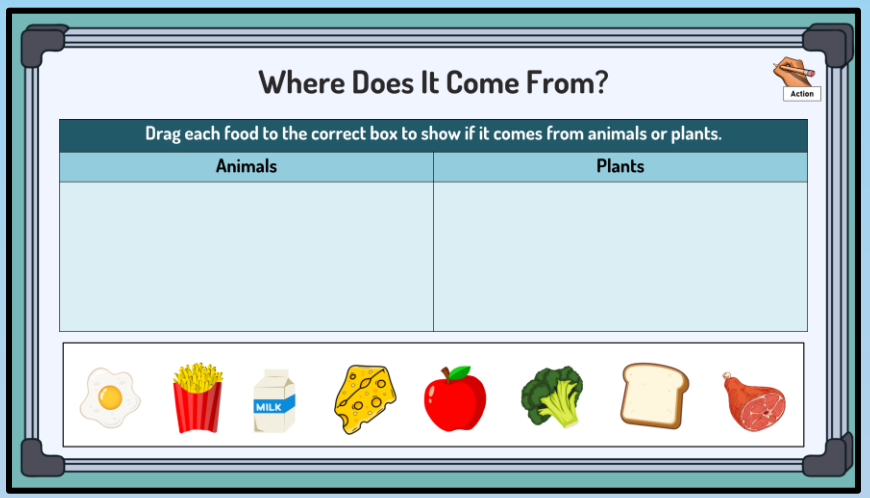
Alberta Health & Wellness Healthy Eating Unit – Grade 1

3-Part Lesson Format

Part 1 – Minds On!

- Learning Goals
- Discussion Questions
- Quotes
- And More!



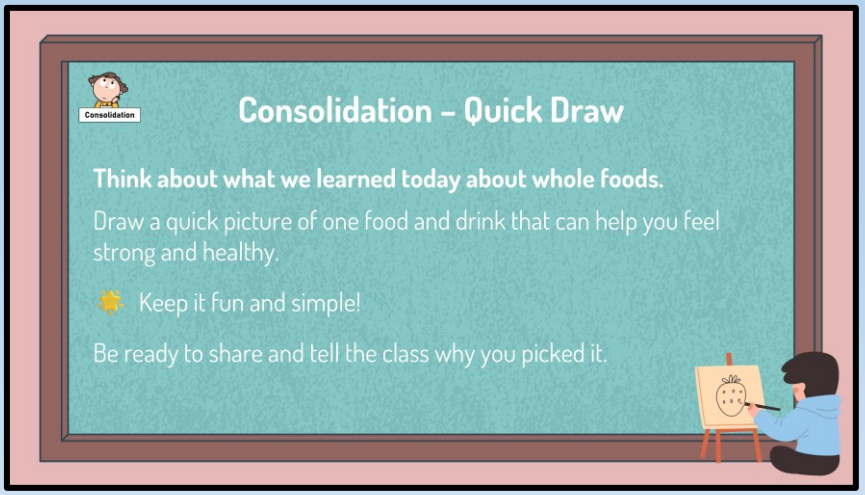


Part 2 – Action!

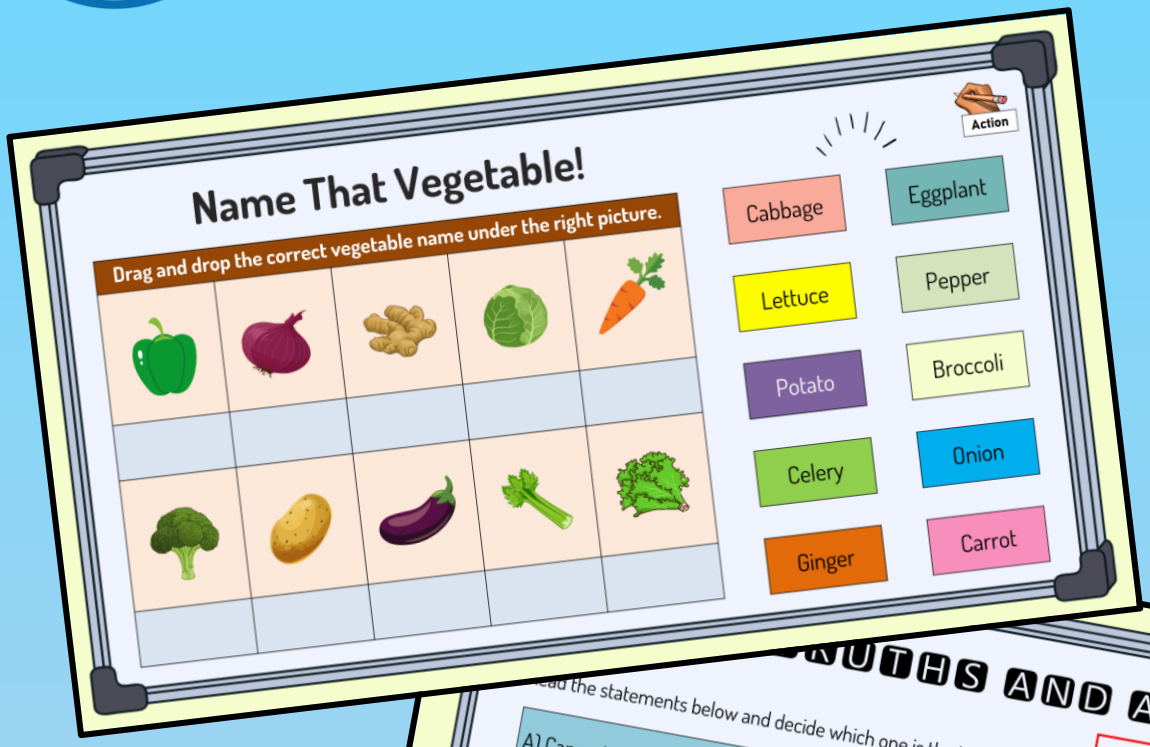
- Surveys/Polls
- Matching
- Drag and Drop
- Videos
- And More!

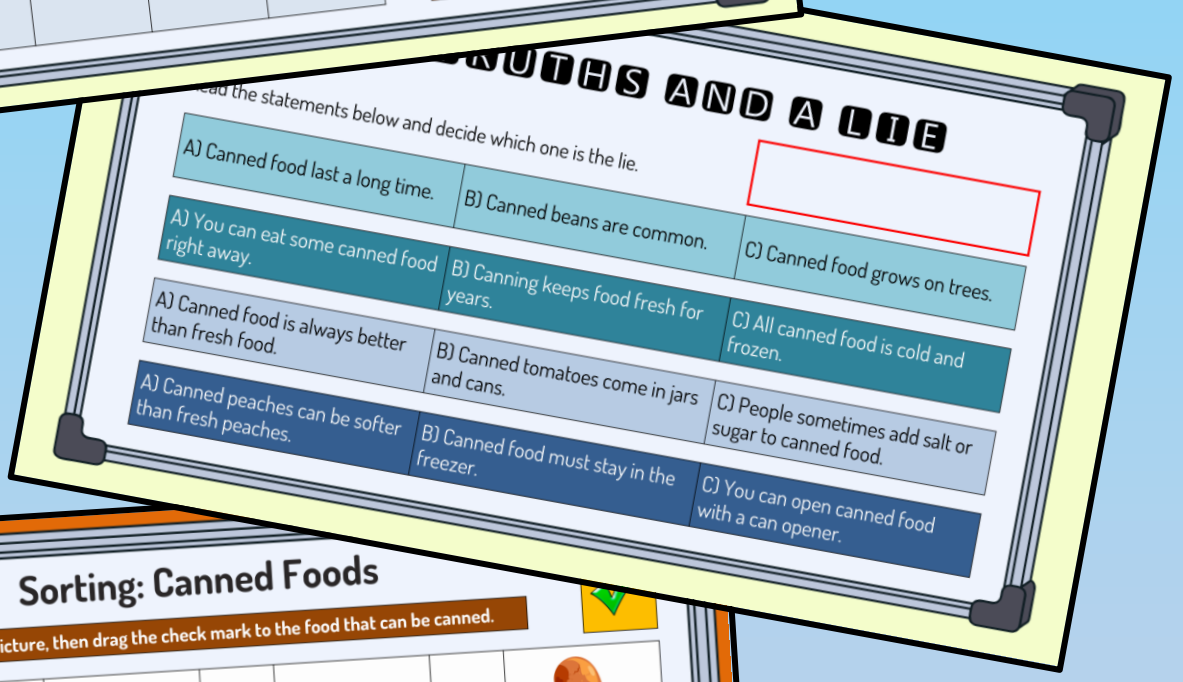
Part 3 – Consolidation!

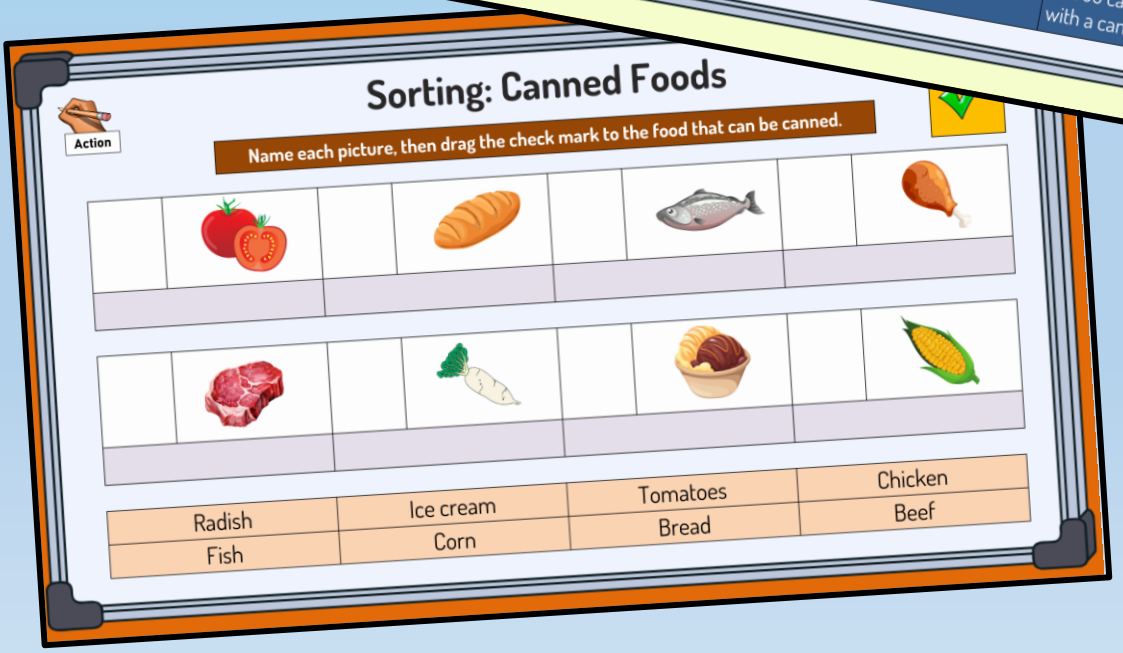
- Exit Cards
- Quick Draw
- 3-2-1 Reflection
- One-Sentence Summary



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