

APPLES AN APPLE A DAY?

OVERALL EXPECTATIONS

- Engage actively in drama exploration and role play, with a focus on examining issues and themes in fiction and non-fiction sources from diverse communities, times, and places.
- Plan and shape the direction of the drama or role play by collaborating with others to develop ideas, both in and out of role.
- Demonstrate an understanding of factors that contribute to healthy development.

LEARNING GOALS

- Utilize elements of drama such as role/character and time and place to explore healthy eating.
- Strengthen inquiry skills by investigating answers through research, creating new understanding, communicating findings, and reflection.
- Work in a group to increase collaboration and teamwork skills.

RESOURCES

- Apples
- Paper
- Writing materials
- Technology (iPads, laptops etc).
- Exit tickets
- White board/chalk board

INTRODUCTORY ACTIVITY

- On the board, write the expression “An apple a day keeps the doctor away.” Utilize the Think-Pair-Share technique. Give students some time to independently think about an answer and whether they think it’s true. Following, let them turn to an elbow partner to compare ideas.
- Next, as a class, discuss whether the statement is true

MAIN ACTIVITY | PART A

- After dividing students into groups of three, have them research reasons why apples will contribute to a healthy lifestyle using technology or books. Write the following questions on the board to guide their research:
 - Why is it important to eat healthy?
 - Why are apples a healthy part of your daily diet?
 - If I eat an apple each day, will it improve my eating habits?
 - Can apples prevent certain diseases?

MAIN ACTIVITY | PART B

- Next, explain to students that they will utilize their findings to create a 1- 2 minute skit to present their information to the class.
- Students are encouraged to be creative. For instance, they may choose to interview a “doctor” or create a short news program. The teacher may want to brainstorm more ideas on the board prior to beginning the activity.
- Groups can be encouraged to utilize props (e.g., apples) to enhance their presentation.

CONSOLIDATION

- Students will be given the opportunity to present their skits to the class. Following each presentation, allow students to share “2 stars and a wish.” Exit Ticket: Before leaving class, ask students to write three ways apples contribute to a healthy lifestyle that stood out to them from their own research or from the presentations.

