

## Lesson Plan Ideas

### What Happened to My Strawberry Yogurt? *Ever wonder what happens to the foods you eat?*

By Jacqueline S. Gutierrez, MS, MEd, RDN, CDN

#### Lesson Plan/Curriculum Guide

Grade Level	Subject	Learning and Performance Standards	Learning Activities
3 <sup>rd</sup> /4 <sup>th</sup>	Science	<p>STANDARD 4: The Living Environment</p> <p>Key Idea 1: Living things are both similar to and different from each other and from nonliving things.</p> <p>PERFORMANCE INDICATOR 1.2 Describe the life processes common to all living things.</p> <p>Major Understandings: 1.2a Living things grow, take in nutrients, breathe, reproduce, eliminate waste, and die.</p> <p>Key Idea 5: Organisms maintain a dynamic equilibrium that sustains life.</p> <p>PERFORMANCE INDICATOR 5.1 Describe basic life functions of common living specimens (e.g., guppies, mealworms, gerbils).</p> <p>Major Understandings: 5.1a All living things grow, take in nutrients, breathe, reproduce, and eliminate waste.</p>	<p>Digestion Worksheet: questions about Andy's journey through the mouth, throat, stomach, small intestine, and large intestine</p> <p>Activity-Nutrients: Like all living things, humans need to take in nutrients to grow and survive. Foods contain proteins, carbohydrates, fats, vitamins, and minerals. The nutrients in Lisa's yogurt include protein, carbohydrates, some fat, and calcium from milk. Protein is needed for growth and repair (wound healing). It can also be used to provide energy although this isn't its greatest use. Carbohydrates are the main energy source for our bodies. They give us the energy to run and jump, and do many other things as well. Our brains can only use carbohydrates as fuel. Fats serve to cushion our nerves and internal organs. They also give us energy for activities that take a few minutes or more.</p> <p>What foods have you eaten today? What nutrients do they contain?</p>



**Sprouting Seed Press**

Books and ebooks to help children explore science and nature,  
grow up healthy, and have fun along the way.  
[www.sproutingseedpress.com](http://www.sproutingseedpress.com)

© 2015 Sprouting Seed Press

<http://www.sproutingseedpress.com/lesson-plan-ideas.html>

May be reproduced for educational purposes only.

3 <sup>rd</sup> /4 <sup>th</sup>	English Language Arts (ELA)	<p>Standard 2: Students will read, write, listen, and speak for literary response and expression</p> <p>Students will read and listen to oral, written and electronically produced texts and performances, relate texts and performances to their own lives, and develop an understanding of the diverse social, historical, and cultural dimensions the texts and performances represent. As speakers and writers, students will use oral and written language for self-expression and artistic creation.</p>	<p>Creative Writing Activity-Where Would You Go If You Could Shrink Down to the Size of a Pea?: (After reading <u>What Happened to My Strawberry Yogurt?...</u>) Pretend that Shawn gave the shrink suit to you. How would you use it? Where would you go?</p> <p>Creative Writing Activity- Talking About The Shrink Suit: Look at the picture from page 54 of <u>What Happened to My Strawberry Yogurt?</u> After Andy's adventure, he did not want to hold onto the shrink suit any longer. He gave to Shawn, who took it home and put it away in his closet. Why is Andy pointing at the shrink suit? What do you think that Andy and Shawn are talking about in this picture?</p>
----------------------------------	-----------------------------	--	--

#### References:

Elementary Science Core Curriculum Grades K-4, The University of The State of New York, The State Education Department, <http://www.p12.nysed.gov/ciai/mst/sci/lis.html>, updated June 4, 2013, accessed August 14, 2015

English Language Arts Core Curriculum (Prekindergarten–Grade 12), May 2005, THE UNIVERSITY OF THE STATE OF NEW YORK, THE STATE EDUCATION DEPARTMENT, English Language Arts Core Curriculum (2005), <http://www.p12.nysed.gov/ciai/ela/elarg.html>, updated: April 8, 2014, accessed August 14, 2015

Gutierrez, Jacqueline S., What Happened to My Strawberry Yogurt?, Sprouting Seed Press, 2015



© 2015 Sprouting Seed Press

<http://www.sproutingseedpress.com/lesson-plan-ideas.html>

May be reproduced for educational purposes only.

Science Lesson Plan

Teacher's Name: \_\_\_\_\_

Grade: \_\_\_\_\_

Date: \_\_\_\_\_

**Problem:** All living things need to digest their food. How do humans digest their food? How do you digest your food?

**Student Objectives:** Students will be able to name the major parts of the digestive tract and describe one digestive process for each part.

**Materials:** What Happened to My Strawberry Yogurt? by Jacqueline S. Gutierrez, MS, MEd, RDN, CDN  
Digestion worksheet

**Mini Lesson:** The main parts of the digestive tract are the mouth, throat/esophagus, stomach, small intestine, and large intestine.

When Andy was in Lisa's mouth, he was careful not to get chewed up by her teeth, and noticed her watery saliva. Saliva helps to moisten and digest food. When you swallow food, it goes down your throat. The epiglottis has to close when you swallow to prevent food from entering your windpipe/lungs. Proteins are digested in the stomach. The stomach contains strong acid that dissolves food, making it easier for your body to absorb. In the small intestine, food is digested even further. Enzymes help to break down the food molecules. Inside the small intestine it is slightly alkaline or basic like baking soda (not acidic). Your large intestine absorbs as much water as it can from the remaining food that passes through it, and makes some B-vitamins and vitamin K. Your body absorbs as much water as possible from it before the rest goes out as waste. The main nutrients absorbed in the large intestine are water, vitamins, and minerals.

**Activity:** Digestion Worksheet

**Closing:** Discuss the answers to the questions on the Digestion Worksheet.

**Reference:**

Gutierrez, Jacqueline S., What Happened to My Strawberry Yogurt?, Sprouting Seed Press, 2015



© 2015 Sprouting Seed Press

<http://www.sproutingseedpress.com/lesson-plan-ideas.html>

May be reproduced for educational purposes only.

Science Lesson Plan

Teacher's Name: \_\_\_\_\_

Grade: \_\_\_\_\_

Date: \_\_\_\_\_

**Problem:** What are the main nutrients in food?

**Student Objectives:** Students will be able to name the main nutrients found in food and discuss the nutrients found in one food that they have eaten.

**Materials:** What Happened to My Strawberry Yogurt? by Jacqueline S. Gutierrez, MS, MEd, RDN, CDN  
Activity-Nutrients (worksheet)

**Mini Lesson:** Like all living things, humans need to take in nutrients to grow and survive. Foods contain proteins, carbohydrates, fats, vitamins, and minerals. The nutrients in Lisa's yogurt include protein, carbohydrates, some fat, and calcium from milk. Protein is needed for growth and repair (wound healing). It can also be used to provide energy although this isn't its greatest use.

Carbohydrates are the main energy source for our bodies. They give us the energy to run and jump, and do many other things as well. Our brains can only use carbohydrates as fuel. Fats serve to cushion our nerves and internal organs. They also give us energy for activities that take a few minutes or more.

Fruits, vegetables, and grains contain carbohydrates. Meats, beans, and eggs are high in protein. Fried foods, butter, oils, and icing are high in fat. Most foods also contain vitamins and minerals.

If you are not sure which nutrients your foods contain, you could use online resources. Some examples are:

The National Heart, Lung, and Blood Institute's, Food Exchange Lists:

[https://www.nhlbi.nih.gov/health/educational/lose\\_wt/eat/fd\\_exch.htm](https://www.nhlbi.nih.gov/health/educational/lose_wt/eat/fd_exch.htm)

The USDA National Nutrient Database for Standard Reference:

<http://ndb.nal.usda.gov/>

**Activity:** Activity-Nutrients (worksheet)

**Closing:** Discuss the nutrients in various foods that students in the class ate recently.

**Reference:**

Gutierrez, Jacqueline S., What Happened to My Strawberry Yogurt?, Sprouting Seed Press, 2015



© 2015 Sprouting Seed Press

<http://www.sproutingseedpress.com/lesson-plan-ideas.html>

May be reproduced for educational purposes only.

English Language Arts Lesson Plan

Teacher's Name: \_\_\_\_\_

Grade: \_\_\_\_\_

Date: \_\_\_\_\_

**Problem:** Given a writing prompt, how could students use their creativity to pretend that they are as small as a pea and express their own ideas and viewpoints about what could happen?

**Student Objectives:** Students will write their own fictional stories about what they would encounter and/or where they would go if they shrunk down to the size of a pea.

**Materials:** What Happened to My Strawberry Yogurt? by Jacqueline S. Gutierrez, MS, MEd, RDN, CDN

Creative Writing Activity-Where Would You Go If You Could Shrink Down to the Size of a Pea? (worksheet)

**Mini Lesson:** In the story, Andy shrank down the size of a pea and was accidentally swallowed by his sister. Imagine that happened to you. How would you react? What would you do if Shawn gave you the shrink suit? Where would you be able to go if you were that small?

**Activity:** Creative Writing Activity-Where Would You Go If You Could Shrink Down to the Size of a Pea?

**Closing:** Students will discuss/read their compositions and talk about all of the places they would be able to explore if they were that small.

**Reference:**

Gutierrez, Jacqueline S., What Happened to My Strawberry Yogurt?, Sprouting Seed Press, 2015



© 2015 Sprouting Seed Press

<http://www.sproutingseedpress.com/lesson-plan-ideas.html>

May be reproduced for educational purposes only.

English Language Arts Lesson Plan

Teacher's Name: \_\_\_\_\_

Grade: \_\_\_\_\_

Date: \_\_\_\_\_

**Problem:** Given a picture, can students use their imaginations to write about what is going on, and would come next?

**Student Objectives:** Students will write their own essays about what they think Andy and Shawn are discussing in the picture and what might happen next.

**Materials:** What Happened to My Strawberry Yogurt? by Jacqueline S. Gutierrez, MS, MEd, RDN, CDN

Creative Writing Activity- Talking About The Shrink Suit (worksheet)

**Mini Lesson:** After reading a book, have you ever wondered what would happen next? In What Happened to My Strawberry Yogurt?, Andy had quite an adventure. After growing back to full size, he didn't want to look at the shrink suit ever again. What do you think should come next in the story? The picture on page 54 shows Andy and Shawn are talking about the shrink suit, but there is no caption. Why is Andy pointing at the shrink suit? What do you think that Andy and Shawn are talking about in this picture?

**Activity:** Creative Writing Activity- Talking About The Shrink Suit

**Closing:** Students will discuss what they feel that Andy and Shawn are discussing in the picture, and read from their essays.

**Reference:**

Gutierrez, Jacqueline S., What Happened to My Strawberry Yogurt?, Sprouting Seed Press, 2015



© 2015 Sprouting Seed Press

<http://www.sproutingseedpress.com/lesson-plan-ideas.html>

May be reproduced for educational purposes only.

Name: \_\_\_\_\_ Class: \_\_\_\_\_ Date: \_\_\_\_\_

## Digestion Worksheet

Andy had quite an adventure in the book, What Happened to My Strawberry Yogurt?

1) Name the parts of Lisa's gastrointestinal tract that Andy traveled through:

---

---

2) Why was Andy scared to go near Lisa's teeth? What is the main function of your teeth?

---

---

---

3) On the way down Lisa's throat, he passed by her epiglottis. Why does the epiglottis need to close when you swallow food?

---

---

4) The stickers on Andy's shrink suit dissolved in Lisa's stomach. Stomach acid helps to break down foods and digest proteins. What might have happened to Andy if he wasn't wearing the shrink suit?

---

---

---



**Sprouting Seed Press**

Books and ebooks to help children explore science and nature,  
grow up healthy, and have fun along the way.  
[www.sproutingseedpress.com](http://www.sproutingseedpress.com)

© 2015 Sprouting Seed Press

<http://www.sproutingseedpress.com/lesson-plan-ideas.html>

May be reproduced for educational purposes only.

Name: \_\_\_\_\_ Class: \_\_\_\_\_ Date: \_\_\_\_\_

## Digestion Worksheet (continued)

- 5) In Lisa's small intestine, Andy's hand got stuck to her villi for a few seconds. What role do the villi play in the digestion process?

---

---

---

- 6) Andy found that things were getting dry in Lisa's large intestine. Where did the water in Lisa's food go?

---

---

---

---



**Sprouting Seed Press**

Books and ebooks to help children explore science and nature,  
grow up healthy, and have fun along the way.  
[www.sproutingseedpress.com](http://www.sproutingseedpress.com)

© 2015 Sprouting Seed Press

<http://www.sproutingseedpress.com/lesson-plan-ideas.html>

May be reproduced for educational purposes only.



## Digestion Worksheet-Answer Key

- 1) Name the parts of Lisa's gastrointestinal tract that Andy traveled through:

Mouth, throat/esophagus, stomach, small intestine, large intestine

- 2) Why was Andy scared to go near Lisa's teeth? What is the main function of your teeth?

Andy did not want to get chewed by Lisa's teeth. Teeth function to break the food into smaller pieces, which are more easily digested than large pieces.

- 3) On the way down Lisa's throat, he passed by her epiglottis. Why does the epiglottis need to close when you swallow food?

The epiglottis closes when you swallow so the food goes down your throat, not into your lungs.

- 4) The stickers on Andy's shrink suit dissolved in Lisa's stomach. Stomach acid helps to break down foods and digest proteins. What might have happened to Andy if he wasn't wearing the shrink suit?

If Andy wasn't wearing the shrink suit, he might have dissolved into Lisa's stomach acid. Andy might have been digested.

- 5) In Lisa's small intestine, Andy's hand got stuck to her villi for a few seconds. What role do the villi play in the digestion process?

The villi absorb nutrients in the small intestines. They enable the nutrients to get from the small intestine into your bloodstream. Once into the bloodstream, the nutrients can travel to your body's cells.

- 6) Andy found that things were getting dry in Lisa's large intestine. Where did the water in Lisa's food go?

The water was absorbed into Lisa's bloodstream. The large intestine mainly functions mainly to absorb water from the digested food waste before that waste is eliminated from the body.



© 2015 Sprouting Seed Press

<http://www.sproutingseedpress.com/lesson-plan-ideas.html>

May be reproduced for educational purposes only.

Name: \_\_\_\_\_ Class: \_\_\_\_\_ Date: \_\_\_\_\_

## Activity-Nutrients

Like all living things, humans need to take in nutrients to grow and survive. Foods contain proteins, carbohydrates, fats, vitamins, and minerals. The nutrients in Lisa's yogurt include protein, carbohydrates, some fat, and calcium from milk. Protein is needed for growth and repair (wound healing). It can also be used to provide energy although this isn't its greatest use.

Carbohydrates are the main energy source for our bodies. They give us the energy to run and jump, and do many other things as well. Our brains can only use carbohydrates as fuel. Fats serve to cushion our nerves and internal organs. They also give us energy for activities that take a few minutes or more.

Fruits, vegetables, and grains contain carbohydrates. Meats, beans, and eggs are high in protein. Fried foods, butter, oils, and icing are high in fat. Most foods also contain vitamins and minerals.

If you are not sure which nutrients your foods contain, you could use online resources. Some examples are:

The National Heart, Lung, and Blood Institute's, Food Exchange Lists:  
[https://www.nhlbi.nih.gov/health/educational/lose\\_wt/eat/fd\\_exch.htm](https://www.nhlbi.nih.gov/health/educational/lose_wt/eat/fd_exch.htm)

The USDA National Nutrient Database for Standard Reference:  
<http://ndb.nal.usda.gov/>

What foods have you eaten today? What nutrients do they contain?

---

---

---

---



**Sprouting Seed Press**

Books and ebooks to help children explore science and nature,  
grow up healthy, and have fun along the way.  
[www.sproutingseedpress.com](http://www.sproutingseedpress.com)

© 2015 Sprouting Seed Press

<http://www.sproutingseedpress.com/lesson-plan-ideas.html>

May be reproduced for educational purposes only.

Name: \_\_\_\_\_ Class: \_\_\_\_\_ Date: \_\_\_\_\_

### Creative Writing Activity-

## Where Would You Go If You Could Shrink Down to the Size of a Pea?

Andy shrank down to the size of a pea and accidentally traveled through his sister's gastrointestinal tract in the book, What Happened to My Strawberry Yogurt? After his adventure, Andy did not want to hold onto the shrink suit. He gave to Shawn, who took it home and put it into his closet.

Pretend that Shawn gave the shrink suit to you. How would you use it? Where would you go if you could use it to shrink down to the size of a pea?

[illegible]

## Sprouting Seed Press

Books and ebooks to help children explore science and nature,  
grow up healthy, and have fun along the way.  
[www.sproutingseedpress.com](http://www.sproutingseedpress.com)

© 2015 Sprouting Seed Press

<http://www.sproutingseedpress.com/lesson-plan-ideas.html>

May be reproduced for educational purposes only.

Name: \_\_\_\_\_ Class: \_\_\_\_\_ Date: \_\_\_\_\_

**Creative Writing Activity-**  
**Where Would You Go If You Could Shrink Down to the Size of a Pea?**  
**(continued)**

[illegible]

## Sprouting Seed Press

Books and ebooks to help children explore science and nature,  
grow up healthy, and have fun along the way.  
[www.sproutingseedpress.com](http://www.sproutingseedpress.com)

© 2015 Sprouting Seed Press

<http://www.sproutingseedpress.com/lesson-plan-ideas.html>

May be reproduced for educational purposes only.

Name: \_\_\_\_\_ Class: \_\_\_\_\_ Date: \_\_\_\_\_

### Creative Writing Activity- Talking About The Shrink Suit



Look at the picture above, which is from page 54 of What Happened to My Strawberry Yogurt? After Andy's adventure, he did not want to hold onto the shrink suit any longer. He gave to Shawn, who took it home and put it away in his closet.

Why is Andy pointing at the shrink suit? What do you think that Andy and Shawn are talking about in this picture?

---

---



**Sprouting Seed Press**

Books and ebooks to help children explore science and nature,  
grow up healthy, and have fun along the way.  
[www.sproutingseedpress.com](http://www.sproutingseedpress.com)

© 2015 Sprouting Seed Press

<http://www.sproutingseedpress.com/lesson-plan-ideas.html>

May be reproduced for educational purposes only.

Name: \_\_\_\_\_ Class: \_\_\_\_\_ Date: \_\_\_\_\_

### Creative Writing Activity-Talking About The Shrink Suit (continued)

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

## Sprouting Seed Press

Books and ebooks to help children explore science and nature,  
grow up healthy, and have fun along the way.  
[www.sproutingseedpress.com](http://www.sproutingseedpress.com)

© 2015 Sprouting Seed Press

<http://www.sproutingseedpress.com/lesson-plan-ideas.html>

May be reproduced for educational purposes only.

We hope that you like these lesson plans and find them useful.

We welcome your feedback and would love to hear from you!

Please let us know what you thought about the lessons by filling out our contact form at:

<http://www.sproutingseedpress.com/contact-us.html>

or by sending us an email at:

[info@sproutingseedpress.com](mailto:info@sproutingseedpress.com)



*Sprouting Seed Press*

Books and ebooks to help children explore science and nature,  
grow up healthy, and have fun along the way.  
[www.sproutingseedpress.com](http://www.sproutingseedpress.com)

© 2015 Sprouting Seed Press

<http://www.sproutingseedpress.com/lesson-plan-ideas.html>

May be reproduced for educational purposes only.