'Empowered, Educated Eating'

Body Parts

Lesson: The different parts inside of our bodies.

Date: As Used

Time: As Used

Class: Junior/Senior Infants

Strand: Myself

Strand Unit: Taking care of my body.

Materials Needed: The Lunch Bag 'Knowing your body parts' game as the introduction, the Lunch Bag 'body parts' video as the lesson, the Lunch Bag 'Can you name' game as the assessment, and the 'Colour me in' activity worksheet all of which are available on the Lunch Bag website (www.thelunchbag.ie).

Learning Objectives

1. Students will be able to name parts of the human body using anatomical terms.
2. Make students aware of how food supplies our body with energy for work and play.
3. Explore and discuss some of the different things the body can do.

Introduction/Stimulus

The Lunch Bag 'Knowing your body parts' game is used as the introduction to get the students thinking about the different parts of their bodies.

Development

The Lunch Bag video 'Body Parts' is used as the lesson in which the body parts covered include;

- **Skeleton;** the role that our bones play in giving our body it's shape.
- **Heart;** our hearts role in pumping blood to the different areas of our body. A game is also played where students try to find their heartbeat in their chest.
- **Lungs;** the role of our lungs is explored in helping us to breath. Students are educated on this through a breathing exercise and an explanation on what's happening inside the body during breathing.
- **Stomach;** The role of the stomach in holding food and digesting it is explained to students.
- **Intestines;** The structure of our intestines is shown to students using an image of 'Poe' the puppet. The intestines' role in nutrient absorption is also explained to students.

Conclusion

The lesson is concluded with a game of can you remember the names of these body parts, whereby all the body parts learned about are gone back through and students must try and help Poe to name them. The assessment 'Can you name' game is used to further assess the learnings from the lesson.

The lesson then concludes with the 'Body Parts' worksheet.

Assessment	The stage in the video where students help Poe name the body parts can be used as the assessment along with the 'Can you name game' assessment.
Linkage:	Links both the food and nutrition and the knowing about my body sections of the 'Taking care of my body' strand unit.
Integration:	**Oral Language Skills:** Both expressive and receptive language skills. One example of a word learned in this lesson is the word intestines which is broken down step by step for students to pronounce. **Suggested Integration:** - **Science:** If learning about the different internal organs, this video can be used also. - **Irish:** The different body parts could be used to improve vocabulary in Irish.