

## Lesson Plan Example

<b>Lesson Title:</b>	Is Gluten-Free for Me?
<b>Audience:</b>	10 <sup>th</sup> grade health class
<b>Time/Duration:</b>	25-30 minutes
<b>Lesson Summary:</b>	Gluten is a protein found in specific grains. People diagnosed with celiac disease must avoid eating gluten, but most other people do not need to cut out gluten from their diet.
<b>Prior Knowledge Needed:</b>	Students have heard the term “gluten-free”, or may have heard of someone choosing to following a gluten-free diet
<b>Lesson Objectives:</b>	After this lesson students will be able to: <ol style="list-style-type: none"> <li>1. Describe what gluten is.</li> <li>2. Correctly identify 3 food items that have gluten.</li> <li>3. Describe what celiac disease is and why gluten must be avoided in that case.</li> <li>4. Determine if a gluten-free diet is appropriate for them.</li> </ol>
<b>Preparation &amp; Supplies Needed:</b>	<ul style="list-style-type: none"> <li>• Download powerpoint to laptop</li> <li>• Set up projector with sound</li> <li>• Download Jimmy Kimmel video to laptop</li> <li>• Prepare pieces of regular bread and gluten-free bread cut up into sample pieces</li> <li>• Bring gloves for distributing bread samples</li> </ul>
<b>Diversity Group:</b>	Wheelchair bound student
<b>Diversity Adjustments:</b>	<ol style="list-style-type: none"> <li>1. Make sure all students can see the screen for the powerpoint and the video.</li> <li>2. If selected to talk to the class, make sure there is room to move the wheelchair to the front of the room.</li> </ol>

Objective	Time/Duration	Lesson Content & Teaching Method/Activity	Lesson Plan Materials (PPT, links, visual aids, etc.)
#1	5 min	<p>Lesson: Gluten is a protein composite found in wheat, barley, and rye.</p> <p>Teaching Method/Activity: Introduce the topic by showing Jimmy Kimmel clip. Ask students what they have heard about gluten. Then “quiz” the class about what gluten actually is via PowerPoint slide.</p>	<p>Powerpoint</p> <p>Jimmy Kimmel clip [link]</p>
#2	10 min	<p>Lesson: Many foods contain gluten, such as fried foods, cakes, beer, ketchup, etc.</p>	Powerpoint

		Teaching Method/Activity: Ask 2 students to come to the front of the class and say what they have eaten in the last 24 hours. Ask the class what they think would have to be avoided if they had to eat gluten-free. Show the list of Gluten/No-Gluten foods and call on 3 students to share something from the list that surprised them.	
#3	5 min	<p>Lesson: Celiac disease is a chronic, systemic, autoimmune disease that affects 1% of the population. Gluten causes the body to destroy the villi in the small intestine, leaving the body malnourished</p> <p>Teaching Method/Activity: Ask the true/false question listed on the slide. Go through the three words: chronic, systemic, and autoimmune to describe what the disease is. Show students the pictures on the slides to describe how the disease works.</p>	Powerpoint
#4	5 min	<p>Lesson: A gluten-free diet is not necessary so long as a person does not have celiac disease or gluten intolerance. Avoiding gluten unnecessarily can cause one's diet to become malnourishing.</p> <p>Teaching Method/Activity: Pass out pieces of regular bread and gluten-free bread. Ask the class which one they think is gluten-free. Show them a slide of a muffin comparing gluten to gluten-free and explain that gluten-free options often have more sodium and sugar, and are more expensive.</p>	Powerpoint Bread samples

**References:**