



Educator guide: Goal setting lesson

Recommended for grades:

Kindergarten

Time:

2 minutes

National Health Education Standards:

This activity aligns with the following National Health Education Standards:

- Standard 1: Use functional health information to support health and well-being of self and others.
- Standard 6: Use a goal-setting process to support health and well-being of self and others.

For more information about the National Health Education Standards, visit the SHAPE America website: shapeamerica.org.

Learning objectives:

After completing this lesson students will be able to:

1. Identify two trusted adults who can help them set a health-related goal.
2. Track a nutrition goal for one week.

Lesson description:

The Goal setting lesson teaches students what a goal is and which adults can help them with their goals. They will hear some different food goal examples and they can practice setting their own goal.

Vocabulary:

Use the following list of vocabulary as a reference for yourself or your students as you complete the Goal setting lesson. You may choose to use this list in any way that fits your needs.

- Goal – something you decide to do



Goal setting worksheet

Name: _____

Write down your food goal for the week.

I will:

Who are two adults that can help you?

1: _____

2: _____

Put an X in one of the boxes for each day you reach your goal.



Supplemental activity: Family meals

Objectives:

After completing this activity students will be able to:

- Recognize the importance of family meals.
- Talk with their family about family meals.

Materials needed:

- Family meals handout on next page

Time required:

10 minutes

Instructions:

Have a discussion with students about the importance of eating as many meals together with their family as possible. Life can get really busy. This makes it hard to plan sit-down meals together. Eating together is one of the most important things families can do for their health. Family meals help kids do better in school, feel better about themselves and have better social skills.

Send each student home with a copy of the Family meals handout and have them bring it back to class. At the bottom of the handout is a place for families to write down their goal for eating together as a family. Allow students the chance to share their family's goals with the class if they'd like to.

Family meals

Eat 4 family meals each week

Life can get really busy. This makes it hard to plan sit-down meals together with your family. Eating together is one of the most important things you can do for your family's health. Family meals help kids do better in school, feel better about themselves and have better social skills. Try these things:

- Make eating together a priority. Plan set days and times on the calendar to eat family meals.
- Gather all who are at home at meal times. Eat together in the same room, facing each other. Move to a table in a dining area, if able.
- As you get better with eating together, try focusing more on each other. Turn off screens so you can talk with one another.
- Plan set days and times on the calendar to eat together. Start with 4 times per week. This could be breakfast, lunch, dinner or even a snack time. Clear off an eating surface like a table so the family has a place to eat.

Set a goal

Think about how many meals you eat together most weeks. Then set a goal for eating more family meals together. Try to eat at least 4 family meals each week.

1. Right now, how many meals do we eat together as a family each week? _____
2. Our goal is to eat _____ meals together as a family next week.

Put an X in each box for the meals that you will try to eat together as a family next week.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast							
Lunch							
Dinner							



Transcript

Slide 1

Goal setting

Slide 2

Do you know what a goal is? When you have a goal, you decide what you're going to do, and then you try to do it. Can you set a food goal for this week? You might decide to try five different fruits or vegetables, or stop drinking sugary drinks. You can use the worksheet to write down how you're doing with your goal. There are plenty of adults who can help you with your goals: parents, relatives, teachers, and even doctors or food experts! If you have a question, they can help you answer it. And remember, different people set different goals, even your friends here in outer space. Click their pictures to hear about their goals.

Sofia: What's my goal? I want to try three foods I've never had before. In the vegetables group, there's something called asparagus. I wonder what that tastes like?

Carly: My goal is to be an astronaut when I grow up so I need to be really healthy. I'm going to try to drink more milk and water instead of soda and juice.

Jack: I used to skip breakfast all the time. My goal is to have a good breakfast every day for a week. I'm doing okay so far.

Zach: Sometimes I only eat certain colored foods. My whole plate is filled with white and brown foods. My goal is to eat at least three different colored foods at each meal.

Slide 3

Good job!



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