



Grade 3 Sample Lesson Plan: Unit 1 – The Digestive System

SOLs

- 3.1.A Identify the major structures and functions of the digestive system.
- 3.1.B Describe why digestion is important and how the body uses digested food molecules.
- 3.1.G Define and describe noncommunicable diseases.
- 3.3.A Evaluate the role of the digestive system in providing energy for the body.
- 3.3.C Identify ways in which health care has improved as a result of technology.

Objectives/Goals

- Students will understand the structure and functions of the digestive system.

Materials

- Internet access

Procedure

- Have students visit the KidsHealth.org site - *How the Body Works*: to:
 - read the article *Your Digestive System* (<http://kidshealth.org/en/kids/digestive-system.html>);
 - watch the movie *How The Digestive System Works* (<http://kidshealth.org/en/kids/dsmovie.html>);
 - take the *Digestive System Quiz* at <http://kidshealth.org/en/kids/dsquiz.html> and
 - complete the *Digestive System* worksheet at <http://kidshealth.org/en/kids/bfs-dsactivity.html> to label parts of the skin.
- Scholastic Study Jams! is an interactive site on the digestive system: <http://studyjams.scholastic.com/studyjams/jams/science/human-body/digestive-system.htm>.

- Create a fun, active digestive system relay race: students start with an apple and run the “course” it would take through the digestive system. Be creative and funny!
- The KidsHealth.org *Teacher’s Guide on the Digestive System* (<https://classroom.kidshealth.org/classroom/3to5/body/systems/digestive.pdf>) provides additional information for discussion and instructions for two student activities, (i.e., students create and perform The *Digestive Dance* to show how food moves through the digestive system, and students create an play a *Let’s Digest Board Game*).
- To additionally engage students in demonstrations of the digestive system, adapt ideas provided in the lesson plans:
- Amazing Body Systems ([http://www.coreknowledge.org/mimik/mimik_uploads/lesson_plans/271/Amazing](http://www.coreknowledge.org/mimik/mimik_uploads/lesson_plans/271/Amazing%20Body%20Systems.pdf)
[ng%20Body%20Systems.pdf](http://www.coreknowledge.org/mimik/mimik_uploads/lesson_plans/271/Amazing%20Body%20Systems.pdf)).
- Body Systems Lesson Plan (<http://inside.mines.edu/~nstambac/Body%20Systems%20Lesson%20Plan.pdf>), and
- What Happens When You Eat? (<http://mypages.iit.edu/~smile/bi9706.html>),
- Include a discussion of how technological advances (e.g., various internal scoping and imaging techniques which allow doctors to see inside the body) have improved the diagnosis of digestive disorders and diseases.

Assessment Idea

- Evaluate student participation in class discussion and activities.

References

- KidsHealth.org <http://kidshealth.org>
- Kids Health How the Body Works YouTube Video Series <https://www.youtube.com/playlist?list=PLRmb5AxU-JXgajvrrcozhkhMeSWa0XI0Z>
- Scholastic Study Jams! <http://studyjams.scholastic.com>
- Amazing Body Systems ([http://www.coreknowledge.org/mimik/mimik_uploads/lesson_plans/271/Amazing](http://www.coreknowledge.org/mimik/mimik_uploads/lesson_plans/271/Amazing%20Body%20Systems.pdf)
[ng%20Body%20Systems.pdf](http://www.coreknowledge.org/mimik/mimik_uploads/lesson_plans/271/Amazing%20Body%20Systems.pdf)).
- Body Systems Lesson Plan ([http://inside.mines.edu/~nstambac/Body%20Systems%20Lesson%20Plan](http://inside.mines.edu/~nstambac/Body%20Systems%20Lesson%20Plan.pdf)
[.pdf](http://inside.mines.edu/~nstambac/Body%20Systems%20Lesson%20Plan.pdf))
- What Happens When You Eat? (<http://mypages.iit.edu/~smile/bi9706.html>)