

# Lesson critique

Education



**ASSIGN  
BUSTER**

Lesson Critique Lesson Critique When choosing a topic, cognitive development level of the learners is a very essential consideration. This topic MyPyramid: Simple steps for healthy living, is appropriate for learners from the ninth to twelfth grade.

The lesson plan has health goals which are appropriate to effect a behaviour change within the learners. This is from the objective of engaging the learner in creating his or her personal set of food guidelines. In addition, the creation of a food diary to record how much the meal's for a week are worth in comparison with the analyzed entries from the personalized plan developed from MyPyramid also contributes towards the achievement of a health goal. The lesson plan identifies national health education standards which it adopts from the National academy of sciences and the Mid-continent Research for Education and Learning (McREL). The one national standard that this lesson plan addresses from the National academy of sciences is that of science in personal and social perspective by emphasizing concern on personal and community health. The others which it addresses from the Mid-continent Research for Education and Learning are: knowing how to maintain and promote personal health; knowing essential concepts about prevention and control of disease and understanding the fundamental concepts of growth and development (California & California, 2009).

The lesson plan provides an elaborately detailed list of procedures to be followed by the learner and this constitutes mastery. These engage the learner in discussions as well as analysis of foods high in nutrients and creation of food diaries.

The lesson plan also provides the assessment procedures to evaluate the learner's understanding of the lesson. These involve the learner in describing <https://assignbuster.com/lesson-critique/>

and/or explaining what is learnt in the lesson.

The lesson plan, however, does not provide rationale for action. Despite its failure to do so, from the procedures which are developed to take the learner through the learning process through the lesson, one can see that collaboration is enhanced through group work, communication through discussion, and critical and creative thinking is addressed through devising of personalized MyPyramid plan.

The materials provided by the lesson plan include My Pyramid: Simple Steps to Healthy Living, computers which have internet access and printers. Their use is integrated in the procedures which are meant to effect learning in the learner.

The lesson is planned in such a way that it is learner-centered. The activities of understanding the concepts on good nutrition and those related to it are planned in a step by step procedure to help the learner understand the concept effectively. Discussions and group works form the shared practice in the lesson plan.

Cultural diversity is adequately addressed by the lesson plan by personalizing the creation of MyPyramid plan by every learner.

Making the lesson learner centered take care of the individual differences. Thus gifted as well as learning challenged learners can achieve the objectives set for the lesson at each individual's ability.

The lessons plan employs the use of technology through the use of audio visual for teaching, the use of computers with access to internet for researching and printers.

The lesson plan lacks metacognition.

References

<https://assignbuster.com/lesson-critique/>

California, & California. (2009). Health education content standards for California public schools: Kindergarten through grade twelve. Sacramento, CA: California Dept. of Education.