

Special Ed

HEALTHY CHOICES



ALSO INCLUDES GOOGLE SLIDES

Special Needs for Special Kids



This unit was created with this guy in mind. He has autism and an intellectual disability. He is a non-reader, has a very short attention span, and struggles to sit still. With some support he is able to do this unit, and enjoys the challenge. He is my tester!!

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Worksheet pages	Title
4-23	Making Healthy Choices book
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110-114	Dairy sorting activity
115-130	Quiz
131-132	Terms of Use

In separate files you will find:

- Lesson plan
- Directions and links to digital activities
- PowerPoint shows for both books

This unit contains over 100 pages of material plus 32 google slides. I have included a detailed lesson plan to help you make the most of everything in this unit including how to add some group activities.

Healthy Choices Lesson Plan

Preparation

- Print out a vocabulary board for each student to use throughout unit
 - Laminate or place in page protector
- Book
 - Print out, laminate, and bind

Preassessment (do day 1 before starting lesson)

- Use the fact sheet to assess what your students may already know
- I cannot emphasize enough how important this step is. If you want to see growth, this preassessment is so important!!

Teaching Tips

1. *Color Coding:* this is a really easy way to add more structure to a matching activity. Outline or color in an empty box or sorting label. Outline or color in the corresponding picture symbols the same colors. Becomes a color matching task.
 - a. For more info, read more here:
<https://specialneedsforspecialkids.org/2015/09/05/using-color-coding-for-differentiation/>
 - b. I also have a blog post on differentiating one activity 3 ways:
<https://specialneedsforspecialkids.org/2018/10/22/differentiating-1-activity-3-ways-easily-and-effectively/>
2. *Make you own copies of the activities:* Every day I review the activity we did yesterday. For that reason:
 - a. I often complete the activity myself and often laminated it for easy review that I could use year after year.
 - b. My copies were also helpful as either a model for students who needed more support or as a way for more advanced students to self-check their work.
3. *Options for Use:* Turn any activity into a reusable file folder activity by laminating and adding Velcro.
 - a. For more info, watch this video here:
<https://www.teacherspayteachers.com/Product/Making-File-Folder-Activities-3474240>

The lesson plans contain:

Overall tips for teaching
students with significant
needs

Quick Look

Day	Activity
1	<ul style="list-style-type: none">• Book• Vocab board activity• Circle map• Multiple choice activity
2	<ul style="list-style-type: none">• Book• Vocab board activity• Circle map• Multiple choice activity
3	<ul style="list-style-type: none">• Book• Vocab board activity• Circle map• Multiple choice activity
4	<ul style="list-style-type: none">• Book• Vocab board activity• Circle map• Multiple choice activity
5	<ul style="list-style-type: none">• Book• Vocab board activity• Sorting activity• Multiple choice activity
6	<ul style="list-style-type: none">• Book• Vocab board activity• Sorting activity
7	<ul style="list-style-type: none">• Book• Vocab board activity• Sorting activity
8	<ul style="list-style-type: none">• Quiz

The lesson plans contain:

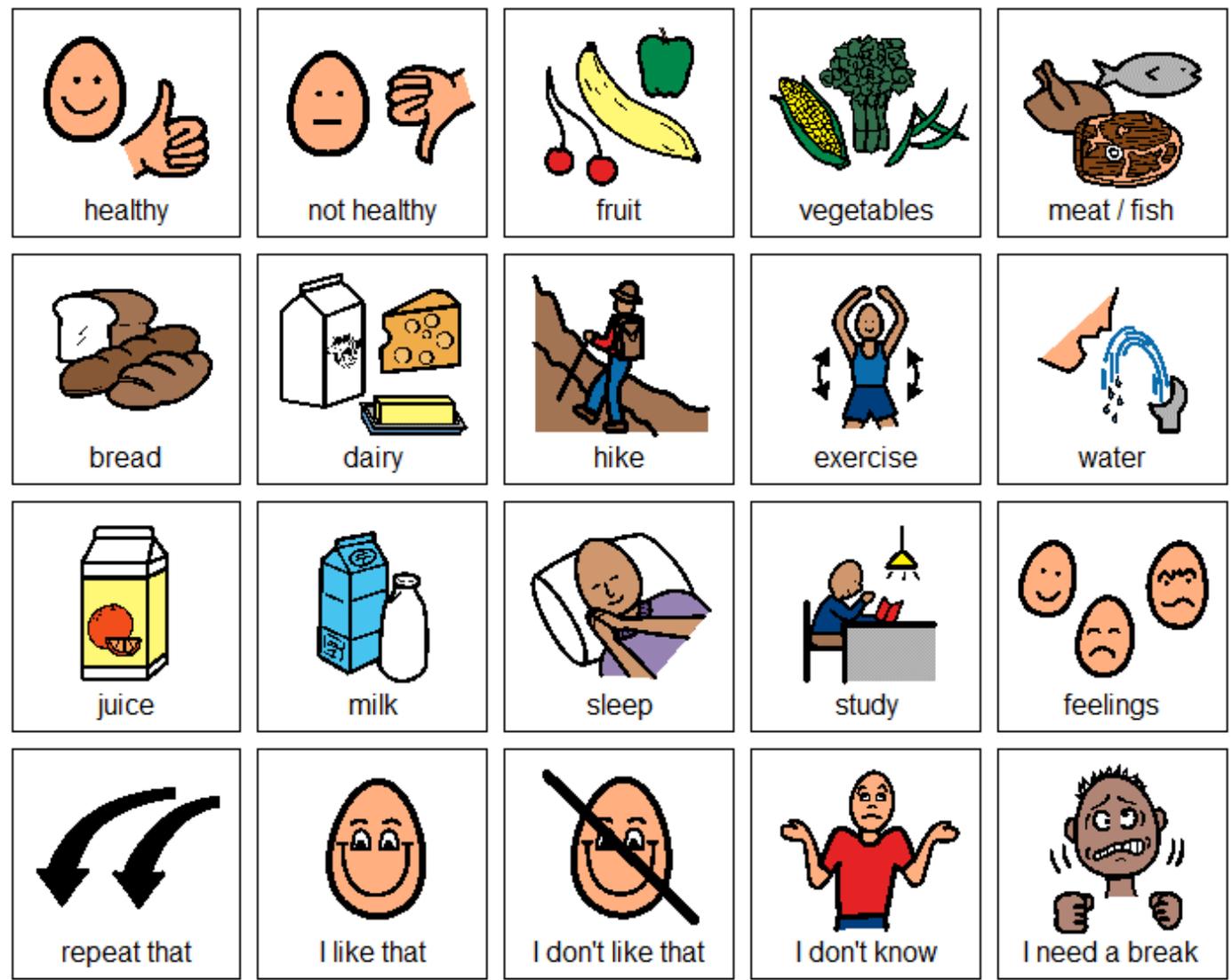
A quick look at what you will do each day

Day 2

Activity	Notes	Materials
Read the book or listen to the recorded PowerPoint (10 minutes)	<ul style="list-style-type: none">• Read through the story, asking lots of questions• Continue to make connections between book and vocabulary board	<ul style="list-style-type: none">• Book• Vocabulary board
I Spy Game with vocabulary board (10 minutes)	<ul style="list-style-type: none">• Hold up one of the pictures from the board so only you can see it.• Describe it with as much detail as you can• Ask students to put their marker/counter on the picture they think you are holding• Turn it around and ask students to raise their hand if they got it correct	<ul style="list-style-type: none">• Vocabulary board cut apart• Vocabulary board
Circle map review (5 minutes)	<ul style="list-style-type: none">• Review the circle map completed yesterday	<ul style="list-style-type: none">• Circle map completed yesterday
Circle Map (10 minutes)	<ul style="list-style-type: none">• Do the circle map on healthy drinks.• Choose the best version (errorless or not) depending on the learning level of your students• Students cut out symbols and place in circle map.• Make connections to the book as necessary	<ul style="list-style-type: none">• Circle map• Scissors• Glue
Multiple Choice activity (5 minutes)	<ul style="list-style-type: none">• Do one of the multiple-choice activities.• Read the scenario and discuss each set of choices.• If varying opinions, consider tallying up the votes for each pair of items	<ul style="list-style-type: none">• worksheet
Sharing (10 minutes)	<ul style="list-style-type: none">• Each student shares their finished activity with the group using the communication method of their choice	<ul style="list-style-type: none">• Completed activity• Communication devices

The lesson plans contain:

Detailed instructions on how that day's lesson should run



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This unit comes with a vocabulary board.

Vocabulary boards are great for ALL students to assist with participation and engagement in group discussions.

Tips on how to use in the unit!!

(There are NO vocabulary cards in this unit.)

So how will you know which choice is the best one?



There is a 20-page book with simple text and engaging photos.

It comes in pdf version as well as a voice recorded PowerPoint (so you don't have to print it out.) There is also a movie version you can use in google slides.

What about if you are thirsty?



Which do you think would be the most healthy choice?

Our bones have important jobs to do, like standing up straight and riding our bike.



™

When your skin is exposed to sunlight, it makes Vitamin D.



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There is a second book all about keeping your bones strong.

It comes in pdf version as well as a voice recorded PowerPoint (so you don't have to print it out.) There is also a movie version you can use in google slides.

Bingo cards



- Included are 10 bingo cards in color and 10 bingo cards in BW.
- Place the cards in page protectors or laminate for long term use.
- This is a great way to practice the new vocabulary included in this unit.
- Cut apart a set of the vocabulary cards to use as the calling cards.
- To download a quick list of 10 ways to play bingo, [CLICK HERE](#)
- To get detailed directions on how to play these 10 different games including different ways to mark the board to increase engagement, then visit this blog post:
 - <https://specialneedsforspecialkids.org/2022/01/31/10-ways-to-play-bingo-in-your-special-education-classroom/>

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Healthy Choices

 vegetables	 fruit	 dairy	 grains
 meat	 fish	 milk	 snacks
 moving	 park	 playground	 water
 bike ride	 sleep	 shower	 exercise

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This unit comes with 20 Bingo cards. There are suggestions for 10 different ways to play bingo as a review of the vocabulary.

My Healthy Journal



By

Christa Joy, Special Needs for Special Kids

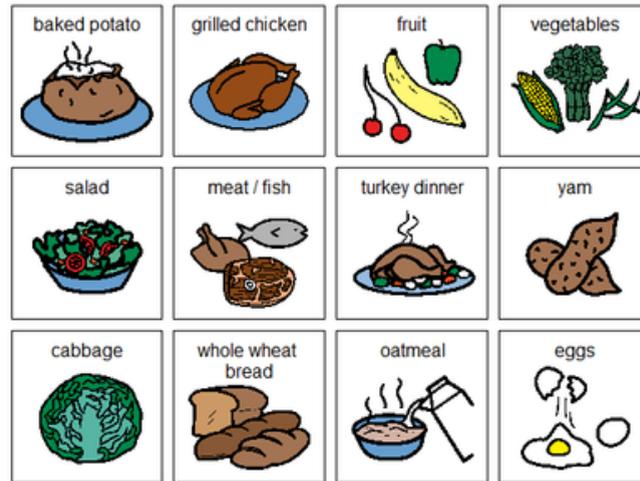
Today's date: _____

Healthy Choices I made today!!

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This unit comes with a journal that students can fill out throughout the unit documenting some choices they make each day that are healthy.

The pictures below are some healthy foods. Cut out the pictures and place in the circle map on the previous page.



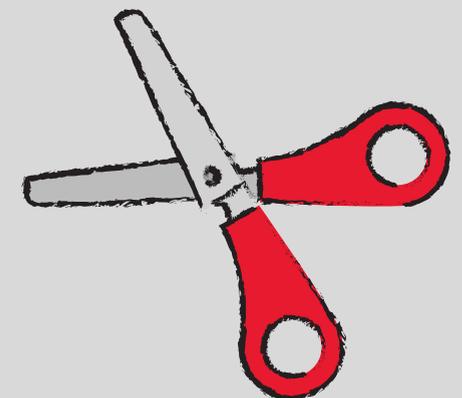
Place the pictures below in the circle map **ONLY IF** you think they are healthy foods.



There are 4 circle maps about healthy habits, including foods, drinks, snacks, and breakfast choices.

Circle maps are a great way for students to see the concept at a glance. There are 2 versions:

- One is errorless
- One has wrong answers mixed in students will have to set aside



When you get home from school, you might want a snack. Some snacks are healthier than others. Look at the snacks on the next page and sort them into those that would be healthy choices and those that would not be healthy choices.



potato chips	pretzel	apple	banana	candy
candy bar	French fries	cheese	yogurt	ice cream
cookies	brownie	carrot	celery	fruit roll
cake	rice cake	salsa	pizza	fish crackers

You finish all your homework and have some free time. Look at the activities on the next page and sort them into those that would be healthy choices and those that would not be healthy choices.



watch TV	hike	go to the park	stay inside
go for a walk	ride bike	video game	run
computer	shoot baskets	jump rope	go fishing

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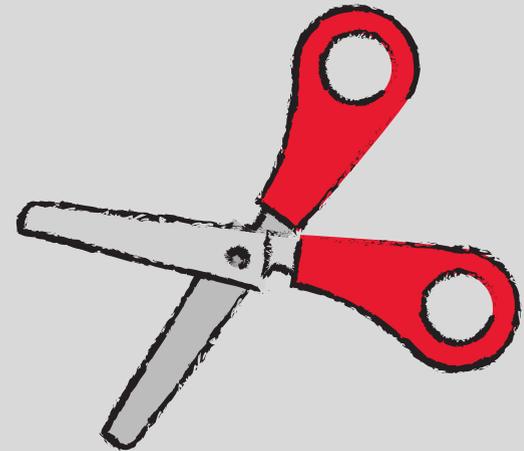
After playing outside on a hot day, you get thirsty. Look at the drinks on the next page and sort them into those that would be healthy choices and those that would not be healthy choices.



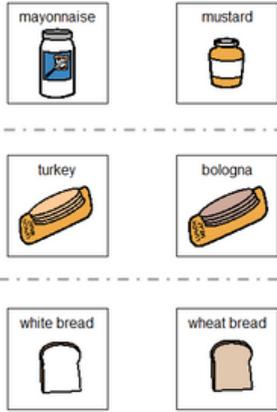
apple juice	milk	soda	grape juice
milkshake	chocolate milk	water	sweet tea
Kool-Aid	Mountain Dew	orange juice	

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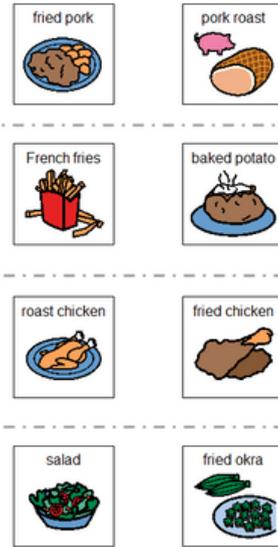
There are 3 sorting activities looking at choices that are healthy and less healthy in different scenarios. Suggestions for differentiation are included.



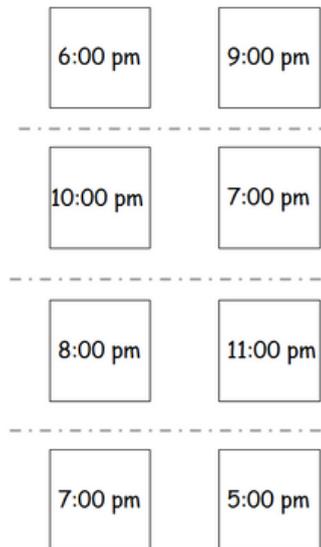
1. You are making a sandwich. Circle the option that would be healthier in each pair.



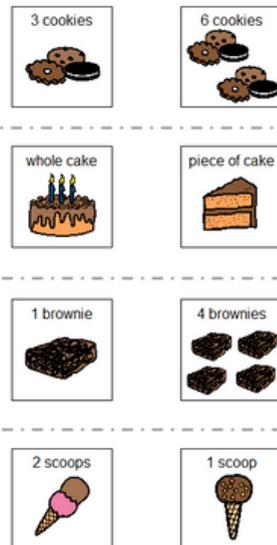
2. Your mom is getting ready to cook dinner. There are different ways she can cook the same thing. Circle the method of cooking that would be healthier in each pair.



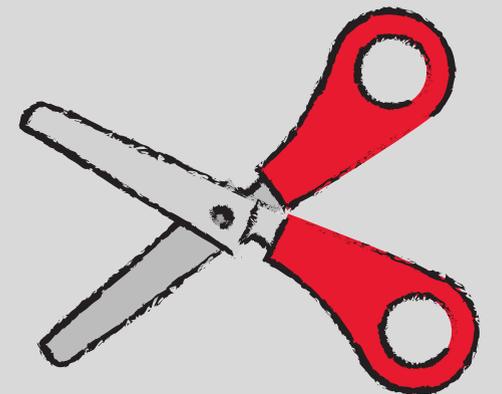
3. Did you know that eating late at night is not a healthy choice? Circle the time that would be the healthier time to eat dinner, dessert, or a snack.



4. Everyone likes dessert sometimes. It is just important to not over do it. Circle the choice that would be a healthier amount for dessert when you have it.



There are 5 multiple choice activities. Students will be given two choices, and they will choose the healthier choice.





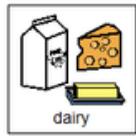
dairy



non-dairy



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dairy



non-dairy



milk

cottage cheese

lemon

orange

ice cream

butter

hamburger

yogurt

hot dog

ice cream

ice cream cone

waffle

cheese slices

fish crackers

chocolate milk

steak

cheese

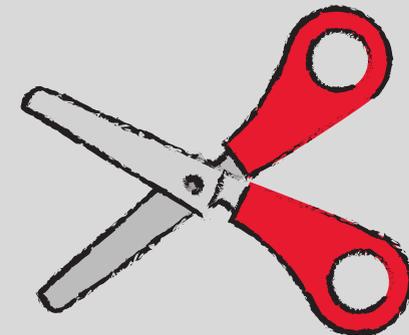
tomato soup

ice cream

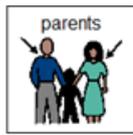
strawberry

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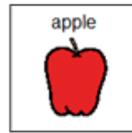
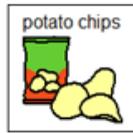
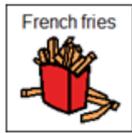
There is a sorting activity that goes with the story about strong bones. It comes with real photos and picture symbols. Students will sort foods that do and do not belong to the dairy food group.



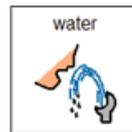
1. As you get older, who makes most of your decisions?



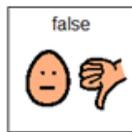
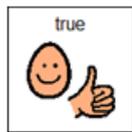
2. Circle the best option for a snack when you are hungry.



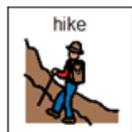
3. Circle the best option for a drink when you are thirsty.



4. True or False. Eating a healthy breakfast is a good choice.



5. What is the best option when you have some free time?



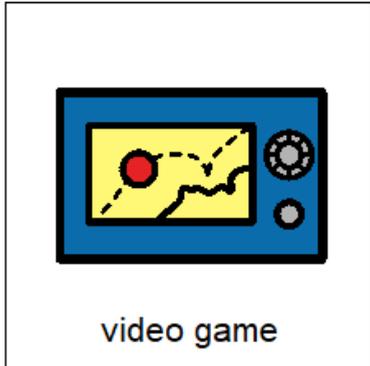
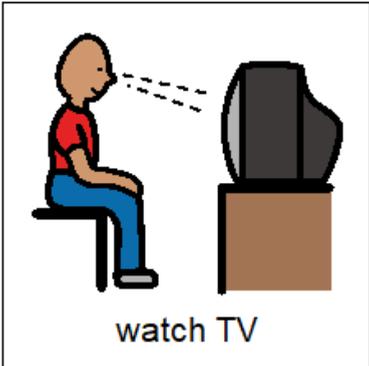
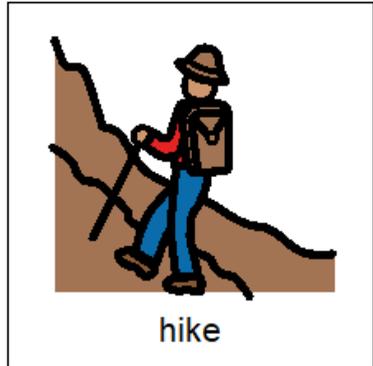
There is a 10 question assessment.

There are 3 versions. This version has 10 questions with 3 picture choices for each question.

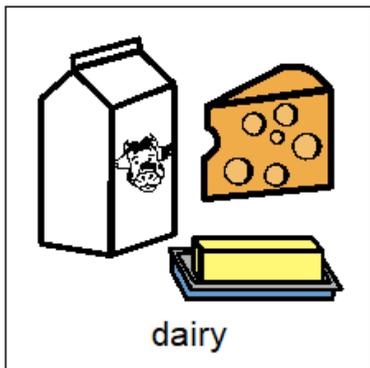
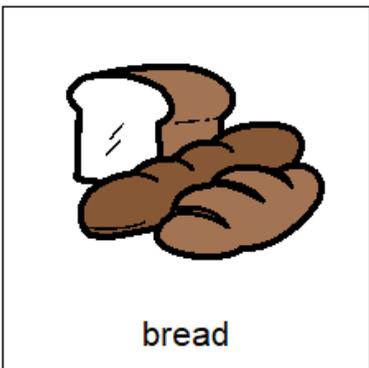
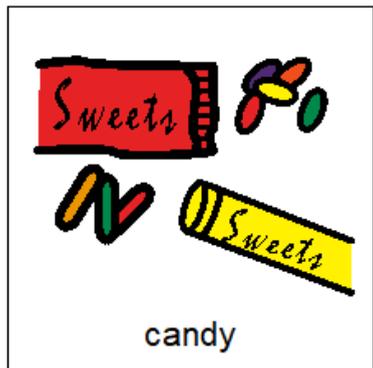
Answer key included.

Print onto cardstock or mount on index cards. Cut pictures apart and show student answer choices for each question.

Q 5



Q 6



With this version, you cut out the answer choices and glue them on index cards. Ask the student the question, and they point to the correct answer.

1. As you get older, who makes most of your decisions?
 - A. You
 - B. Police officer
 - C. Parents
2. Circle the best option for a snack when you are hungry.
 - A. French fries
 - B. Potato chips
 - C. apple
3. Circle the best option for a drink when you are thirsty.
 - A. Soda
 - B. Milkshake
 - C. Water
4. True or False. Eating a healthy breakfast is a good choice.
 - A. True
 - B. False
 - C. I don't know
5. What is the best option when you have some free time?
 - A. Hike
 - B. Watch TV
 - C. Video games
6. Which food group helps to keep your bones healthy?
 - A. Candy
 - B. Bread
 - C. dairy

This is your traditional multiple choice version. It can also be used as a recording sheet if your students are using the version with index cards.

Watch the
movie on
Making
Healthy
Choices



Making Healthy Choices

By
Christa Joy

*This unit also includes
digital versions of the
activities.*

Watch the
movie on
Strong
Bones

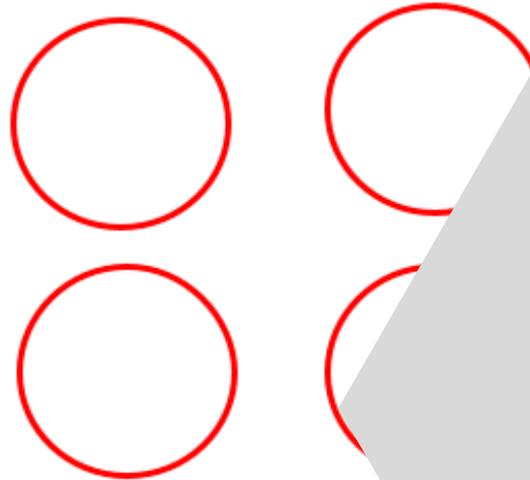
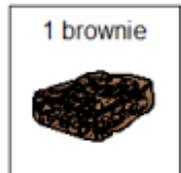
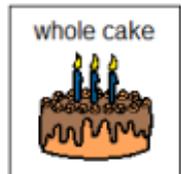


Strong Bones

By
Christa Joy

*Students can watch
movie versions of the
books rather than
printing them out.*

4. Everyone likes dessert sometimes. It is just important to not over do it. Circle the choice that would be a healthier amount for dessert when you have it.



Each activity is set up so students can click and drag answers. No typing is required.

When you get home from school, you might want a snack. Some snacks are healthier than others. Look at the snacks on the next page and sort them into those that would be healthy choices and those that would not be healthy choices.



healthy



less healthy

Place the pictures in the correct column. If you are not sure, place it on the middle line.

potato chips	pretzel	apple	banana
candy	candy bar	French fries	cheese
yogurt	ice cream	cookies	brownie
carrot	celery	fruit roll	cake
rice cake	salsa	pizza	fish crackers

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The second set of slides uses color for differentiation and extra support for students who may need it. Mix and match slides from both sets to make the perfect set for each student.



I realize there will be some students out there unable to do cutting activities. I have a blog post with ways to complete activities without a pair of scissors!!

Most of the activities (except the book) come in color and black and white.

[Click Here to read more!!](#)