

## Essential Questions

Inquiring into Essential Questions gives teaching and learning purposeful, meaningful and "big picture" focus for learning details and ideas. It engages higher mental and emotional capacities at a time when "high stakes" testing trivializes students' thinking and learning.

Essential questions are “important questions that recur throughout all our lives.” They are “broad in scope and timeless by nature.”

Essential questions point to core, big ideas.

They hook and hold the attention of *your* students.

In posing essential questions of this type, we teach our student that “education is not just about learning ‘the answer’ but about learning how to learn”

Help students to personalize the questions. Have them share examples, personal stories, and articles.

### The Hungry Caterpillar

What are the factors involved in living a healthy lifestyle?

In groups of three, word web as many factors as you can think of.

For the The Hungry Caterpillar unit, you will focus on nutrition and the five food groups found in MyPlate. Students will list food found in each of the different food groups.

<b>Protein</b>	<b>Vegetables</b>	<b>Grains</b>	<b>Dairy</b>	<b>Fruits</b>
Meat	Beans	Bread	Milk	Apples
Poultry	Peas	Rice	Cheese	Cherries
Fish	Corn	Oatmeal	Yogurt	Pears
Nuts	Spinach	Popcorn	Pudding	Grapes
Eggs	Potato	Pasta	Ice cream	Oranges
Seeds	Carrots	Tortillas		Limes

Students participate in all of the different activities found in The Hungry Caterpillar to teach them the food and days vocabulary.

As a closing activity for the unit which takes them back to the **essential question**, students will categorize all of the different food items into their proper food group.