

The Old Lady Who Swallowed A Cheeseburger-Downloaded from:

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Lesson Summary:

Students will identify foods, which together make up combination (or "mixed") foods.

Learning Objectives:

- Identify food group foods within combination foods.
- Relate foods to food groups shown in the pyramid.
- Count the numbers of "individual foods" within a combination food.
- Recognize that "Combination" means more than one.

Lesson Plan Text:

Assemble "Old Lady". Materials: Gallon-size re-sealable bag. Blackline master of Old Lady. Cut-out parts and staple to the gallon size ziploc bag. Make the parts to a cheeseburger: a bun, burger patty, lettuce, tomato, ketchup, pickle, and a slice of cheese.

Tell students that today they're going to look v-e-r-y closely at some of the foods they often eat to find out what's really in them.

Using the There was an Old Lady lyrics, sing or read the poem. Add each new food to the re-sealable bag body as you go.

Old Lady re-write

There was an old lady who swallowed a bun,
I don't know why she swallowed a bun.
Perhaps for fun.

There was an old lady who swallowed some meat,
It made her so happy, she kicked up her feet.
She swallowed the meat to put on the bun,
I don't know why she swallowed the bun.
Perhaps for fun.

There was an old lady who swallowed some cheese,
It tasted so yummy, she felt very pleased.
She swallowed the cheese to top the meat,
She swallowed the meat to put on the bun,
I don't know why she swallowed the bun
Perhaps for fun.

There was an old lady who swallowed some lettuce,
How could it be? She hasn't yet met us!
She swallowed the lettuce to dress up the cheese,
She swallowed the cheese to top the meat,
She swallowed the meat to put on the bun,
I don't know why she swallowed the bun.
Perhaps for fun.

There was an old lady who swallowed a tomato,
Oh dear! Did she think it was a potato?
She swallowed the tomato to jazz up the lettuce,
She swallowed the lettuce to dress up the cheese,
She swallowed the cheese to top the meat,
She swallowed the meat to put on the bun,
I don't know why she swallowed the bun.
Perhaps for fun.

There was an old lady who swallowed a pickle.
It wiggled and jiggled and was the size of a nickel.
She swallowed the pickle to join the tomato,
She swallowed the tomato to jazz up the lettuce,
She swallowed the lettuce to dress up the cheese,
She swallowed the cheese to top the meat,
She swallowed the meat to put on the bun,
I don't know why she swallowed the bun.
Perhaps for fun.

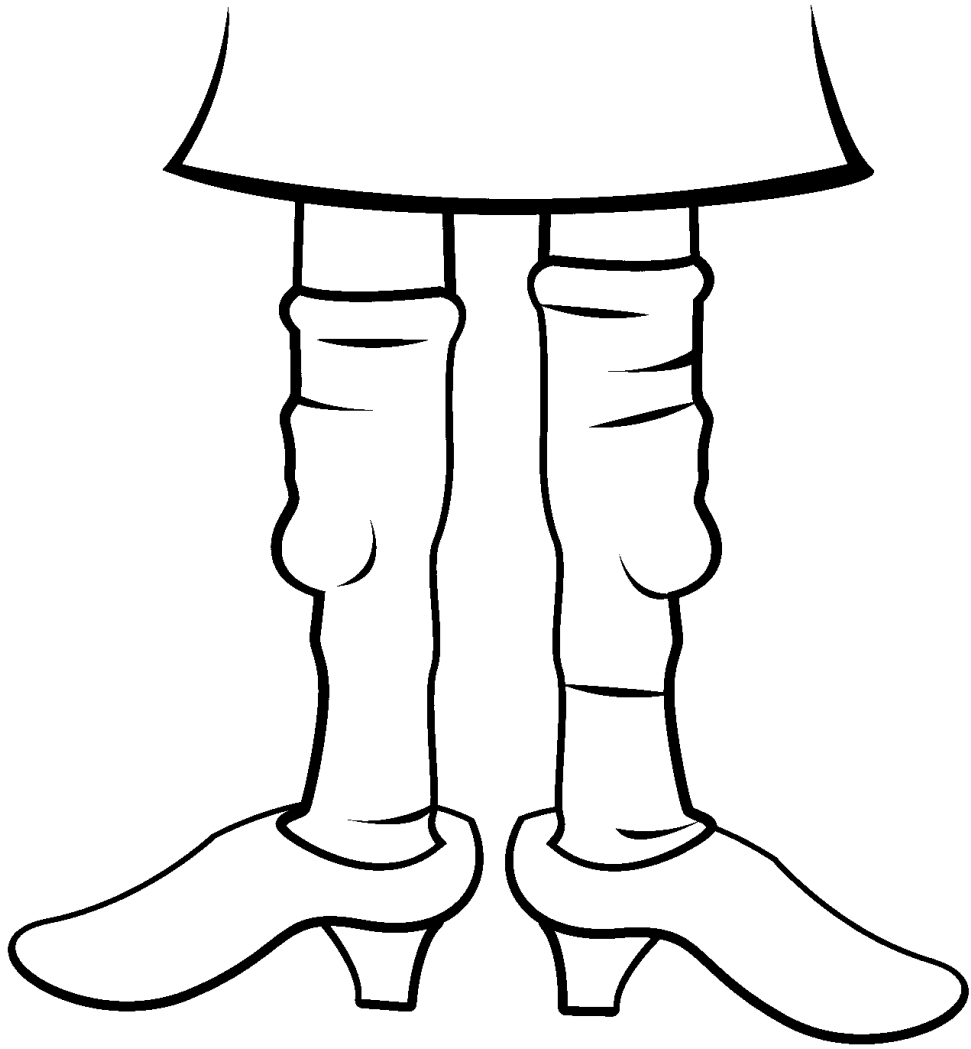
There was an old lady who swallowed some ketchup,
Oh what a mess, that runny, red ketchup.

She swallowed the ketchup to cover the pickle,
She swallowed the pickle to join the tomato,
She swallowed the tomato to jazz up the lettuce,
She swallowed the lettuce to dress up the cheese,
She swallowed the cheese to top the meat,
She swallowed the meat to put on the bun,
I don't know why she swallowed the bun.
Perhaps for fun.

There was an old lady who swallowed a bun,
What? Another bun? Is she almost done?
She swallowed the bun to hide the ketchup,
She swallowed the ketchup to cover the pickle,
She swallowed the pickle to join the tomato,
She swallowed the tomato to jazz up the lettuce,
She swallowed the lettuce to dress up the cheese,
She swallowed the cheese to top the meat,
She swallowed the meat to put on the bun,
I don't know why she swallowed the bun.
Perhaps for fun.

What did the old lady eat?
A cheeseburger!!!

Tell students when we eat the foods we should eat, we'll feel good and live to be strong and healthy.



Old Lady



Old Lady