

POP! TEACHER RESOURCE

Lesson Plan

A Healthy Snack

Lesson Plan for *Cashews*

Grade 1

Objective

To help students identify the differences between two texts about minerals.

Things Needed

- *Cashews* book
- Access to the “Cashews” page on the Pop! website:
<https://popbooksonline.com/how-foods-grow/cashews>
- Access to the “Minerals” article on the KidsHealth website:
<https://kidshealth.org/en/kids/minerals.html>

Before the Activity

Read the *Cashews* book out loud to students. Pull up the “Cashews” page in your web browser. Click on the “Watch a Video” tab. In a separate tab in your browser, pull up the “Minerals” article.

Activity

As a class, read the caption on the “Watch a Video” tab of the “Cashews” web page. It describes how cashews have minerals that are important for people’s health. Ask students if they have ever heard of minerals before, and if so, what minerals they’ve heard of. Give students time to share. Then ask students the following questions:

- What minerals does the caption say that cashews have? (Answer: iron and copper)
- What do those minerals do? (Answer: They help with heart and blood health.)

Next, read through the “Minerals” article as a class. It describes what minerals are and gives some examples of them. Ask students the following questions:

- What new minerals does this article mention that the video caption did not? (Answers: calcium, phosphorus, magnesium, sodium, potassium, chloride, sulfur, manganese, iodine, zinc, cobalt, fluoride, and selenium)



- What new mineral does this article say that cashews have? (Answer: zinc)
- What does that mineral do? (Answer: Zinc helps with the immune system, which fights off illnesses and infections. It also helps wounds heal and cells grow.)

Evaluation

Could students identify the new information on minerals and cashews in the article?
Could students recall key details from the article and the video caption?

Standards

This lesson plan may be used to address the Common Core State Standards' reading standards for informational texts, grade 1 (RI 1.1, 1.9).

