

T E X A S A D U L T E D U C A T I O N S T A N D A R D S
L E S S O N P L A N

Before you begin

Title: Watching Your Weight

Setting: ABE/ASE

NRS Level(s): Level 2: Beginning Basic Education
 Level 3: Low Intermediate Basic Education
 Level 4: High Intermediate Basic Education

Open entry/exit: Yes

Context: Family

Standard(s): Use Math to Solve Problems and Communicate

Benchmark(s): 2.2, 2.3, 3.3, 2.4

Objective: To use mathematical concepts for personal goals such as monitoring and tracking weight gain/loss.

Materials:

- Mitchell, R. (2000). *Contemporary's number Power X Pre-Algebra: A real world approach to Math* (Paperback), (pp. 16-23). Contemporary Books
- One large cardboard square, ruler, several markers of assorted colors

Estimated time needed to prepare for this lesson plan: 15 minutes

Estimated time needed to complete this lesson plan: (4) 45 minute lecture sessions and (4) 30 minute tutoring sessions.

The Lesson Plan

Introduce the lesson:

Discussion should begin by asking the class to identify situations where they needed math skills to track or monitor their health. As students brainstorm their answers point out how we need math skills in our everyday lives.

Teach the lesson:

Review concepts of positive and negative numbers, the number line, comparing numbers/inequalities, graphing inequalities, and order of operations.

Practice the lesson:

Using an activity called Watch Your Weight, students will be asked to make a chart that monitors their weight gain or loss, collectively for an entire month. They must record daily/weekly movements and make comparisons.

Assess the lesson:

Each student will be given a real world problem situation that requires reading a chart and making calculations. Responses will be made orally and in writing.

Apply the lesson to the real world:

After completing this lesson, students should be able to monitor their health (sugar levels, blood pressure as well as body weight).

Submitted by: Alvin LeBlanc