

# CHICKEN SOUP POWER

**Focus Lesson: Chicken Soup Power**

**Materials:**

Books on reading list  
Paper  
Markers

**Time:** 1 hour

**\*Common Core Standards:**

**CCSS.ELA-LITERACY.RI.5.3**

Explain the relationships or interactions between two or more individuals, events, ideas, or concepts in a historical, scientific, or technical text based on specific information in the text

**CCSS.ELA-LITERACY.RI.5.8**

Explain how an author uses reasons and evidence to support particular points in a text, identifying which reasons and evidence support which point(s).

**Thinking Skill:** Inquiry

**Objective:**

Students will discuss the scientific method and propose an experiment to test the healing powers of chicken soup.

**Connection:**

Who here has ever had a cold?  
What happens when you have a cold?  
What are your symptoms?  
How do you cure a cold?  
While there is no proven way to officially cure a common cold, there are remedies that are believed to help recovery.

**Explicit Instruction:**

Read page 14 from *Does an Apple a Day Keep the Doctor Away?*  
Review the steps scientists take to form a hypothesis and test whether it is true or not.

**Guided Practice:**

Have students form small groups. Think about the scientists who believe that the ingredients in chicken soup make it a good medicine. How did these scientists test their idea? Imagine you are scientists.

Devise an experiment to test whether or not chicken soup can cure a cold. Devise a hypothesis. Determine how you will test your hypothesis. Determine how you will analyze the data. Determine which result might prove your hypothesis is correct.

Share and discuss ideas. Talk about which ideas actually test the hypothesis.

**Independent Practice:**

Continue reading the first paragraph on page 15 from *Does an Apple a Day Keep the Doctor Away?*

Discuss the roles of neutrophils and mucus. Does anyone have any other ideas as to how to test this hypothesis? Write them down, and then we'll keep reading. (Allow a few minutes for students to write).

Read the final 2 paragraphs. Discuss University of Nebraska's method and guesses for why this might work. Do you have any other ideas?

Draw a picture of chicken soup fighting the common cold virus. Be sure to label neutrophils and antibodies!

**Reflection – Group Share:**

Share drawings with the class.

Next time you have a cold, will you try to eat some chicken soup? Explain your answer!

**Reading list:**

*Does An Apple a Day Keeps the Doctor Away?: And Other Questions about your Health and Body* by Sandy Donovan

**Teacher Note:**