LESSON PLAN

The Pugilist's Diet

GRADES	TIME	READING LEVEL
9+	50 min	4

Lesson flow



5 min

Opening Hook

- Start with a quick discussion on the phrase "no pain, no gain." Ask students for examples of when they had to face something difficult to achieve a goal.

15–20 min

Story Exploration

- Read "The Pugilist's Diet" aloud to the class.

15 min

Analysis Exercises

- Break students into small groups and have them analyze the story. Each group will identify the challenges faced by the pugilist and relate them to personal experiences.

10 min

Application/Reflection

- Ask students to reflect on a personal challenge they have faced and how it has contributed to their growth. They can write a short paragraph about it.

5 min

Assessment Strategy

- Conclude with a quick quiz or verbal assessment on the key themes and characters from the story.

STORY OVERVIEW

- **Title and moral/theme**: The Pugilist's Diet; Moral: Tougher challenges are necessary for growth and strength.
- **Plot Summary**: A trainer consults a physician about the diet of a pugilist. The physician advises that while tender beef-steaks are easier to digest, they do not provide the necessary challenge for strengthening the pugilist's jaw. This leads to a deeper understanding of how facing tougher challenges can lead to greater strength and resilience.
- **Key Characters**:
  - **The Trainer**: Represents the caring and knowledgeable guide who wants the best for the pugilist.
  - **The Physician**: Symbolizes wisdom and the understanding that growth often requires discomfort and harder choices.

LESSON FUNDAMENTALS

- **Learning Objectives**:
  - Students will understand the moral lesson of the story.

- Students will identify the key characters and their roles in conveying the theme.
- Students will discuss the significance of facing challenges in their own lives.
- Students will analyze the story's plot and its implications for personal growth.
- Students will create their own short story with a moral inspired by "The Pugilist's Diet".

- **Discussion Questions**:
  1. Why does the physician recommend tougher meat for the pugilist?
  2. How can this story be related to challenges we face in everyday life?
  3. What are some examples of "tough challenges" that have helped you grow?
- **Required Materials**:
  - Copies of "The Pugilist's Diet"
  - Whiteboard and markers
  - Paper and writing utensils for students
  - Projector for visual aids (optional)

✓ Original text available on the story page.