

# Health and Nutrition

## Summary

Students will learn about and be able to apply different aspects of the Dietary Guidelines for Americans. They will understand how physical activity impacts personal health. The students will rotate through four academic stations that include a technology station, two exploration stations and a text station.

## Main Core Tie

Health Education - 5th Grade

[Strand 5: NUTRITION \(N\) Standard 5.N.2:](#)

## Time Frame

4 class periods of 60 minutes each

## Group Size

Small Groups

## Life Skills

Thinking & Reasoning

## Materials

- Calculators (3-4 depending on group size at each station)
- Computers with Internet Access
- Different food advertisements that students can read or look at

## Intended Learning Outcomes

Students will be able to apply the food pyramid when planning their meals. They will see the importance of physical activity and be able to calculate their personal health information. The students will begin to understand how different foods affect our bodies.

## Instructional Procedures

**Technology Station:** Using the "Health and Nutrition Mathematics" worksheet and calculators, students will calculate their (BMI) Body Mass Index, (BMR) Basal Metabolic Rate, and (TDEE) Total Daily Energy Expenditure. Students should be able to apply the calculations to their personal health. Place the task card attached for the Technology Station.

**Exploration Station 1:** The students will look at and read some food advertisements. Working in partners or as a group they will discuss some of the articles. Then they will write down on their paper the pros or cons of the advertisement. They will finish with their final thought on if they would choose to eat this food based on ad.

**Exploration Station 2:** The students will log onto the Internet and go to the Nutrition Cafe web site. Then they will complete the following three games: Nutrition sleuth, where the student will decide what nutrient a person needs after given their diet; Grab a Grape, which is like jeopardy and the answer is given but the student must figure out the question; and Have-A-Bite, where the student can build healthy meal plans that meet the needs of their age group and sex.

**Text Station:** Using the "Pyramid Worksheet", students will compare what they ate yesterday to the food pyramid. They will then plan a 5 meal menu using the "Menu Planner" worksheet in accordance

with the guidelines of the food pyramid. Students will use the provided menu worksheet for this.

## Rubrics

[Health](#)

## Authors

[Danielle Epperson](#)

[Maria Fifield](#)

[Rebecca Fischer](#)

[Dan Lawes](#)

[Holly Miller](#)

[Boon Nakhornthai](#)