

Nutrition and Fitness

Summary

Students will analyze their food and physical activity habits by keeping a food and exercise diary for three days. They will create a personal nutrition and activity plan and follow it for 3 days and report on their success.

Main Core Tie

Health Education - 4th Grade

[Strand 5: NUTRITION \(N\) Standard 4.N.4:](#)

Time Frame

5 class periods of 45 minutes each

Group Size

Individual

Life Skills

Thinking & Reasoning, Communication

Materials

- Food Diary Form
- Activity Form
- Health Journal
- Pencils
- Calculators
- Computers

Background for Teachers

Teachers must have a general knowledge of nutrition, and the relationship between food intake and activity, and growth and body function.

Student Prior Knowledge

Basic knowledge of computer and internet use and ability to do basic calculations with a calculator.

Intended Learning Outcomes

Students will develop an awareness of the importance of what they eat and their physical activity to their overall mental and physical health. Students will continue to use their plan to eat more nutritiously and get more exercise.

Instructional Procedures

During the week prior to starting the unit, students will keep a food and activity diary for 3 days. Students will research nutrition and exercise using internet websites. They will read articles, do activities, and play games on these websites.

They will report their findings in their health notebook. They will include the websites they visited and what they learned. Included in their notebook will be the Nutrients Activity Sheet. They will need to find answers as they do their research.

During this week they will do the Caloric Burning Activity.(Follow lesson plan under Background for Teachers. Rubric for this activity is included in the lesson plan.)

Students will prepare a health plan which includes nutrition and activity goals using the MyPlate -Get a Personalized Plan tool.

Students will complete another food tracker for 3 days following the guidelines on their Personalized Plan.

Students will report on their success in following their plan by writing an essay describing their plan and how well they followed it during the three days.

Class Discussion - Review the Nutrients Activity Sheet with the class and discuss the nutrients and what they do for the body.

Class Discussion - Pose the essential question: How does a healthy diet and exercise increase the likelihood of physical and mental wellness? (Simplified - How will eating healthy foods and getting exercise help you to feel better mentally and physically?) Make sure that the students are able to apply what they learned in their research to how it affects their overall health and mental wellness.

Assessment Plan

Students will fill out a food tracker for 3 days and will complete the Caloric Burning Activity worksheet.

Rubrics

[Food Intake and Activity](#)

Bibliography

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Authors

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