

# Exercise and Nutrition

## Summary

The students will understand how a healthy diet and regular exercise can help them to be healthy and happy, both physically and mentally.

## Main Core Tie

Health Education - 6th Grade

[Strand 5: NUTRITION \(N\) Standard 6.N.2:](#)

## Time Frame

6 class periods of 45 minutes each

## Group Size

Pairs

## Life Skills

Thinking & Reasoning, Character, Systems Thinking

## Background for Teachers

The ipad will be used by the students to take pictures of balanced healthy meals, as well as different activities they can do to be active. We will go outside or in the gym to come up with these activities. I will use my laptop to connect the ipad to the projector. The ipad will be used as a student tool as we take pictures. It will then become a teacher tool as we present their ideas.

## Student Prior Knowledge

Students will need to know how to create a balanced meal using the basic food groups. And will need to know why it is important to make healthy food choices throughout their life. Students will need to know what type of activities and the duration of the activity to get their heart rate up and the benefit of exercising.

## Intended Learning Outcomes

Students will be able to consider their options, develop realistic plans, set goals and identify obstacles, and improve their daily food and activity choices.

## Instructional Procedures

Have the students list their favorite meals for breakfast, lunch, dinner and snack time.

Put the students in small groups to go over their meals and decide what they need to add or subtract to make it a balanced meal.

Discuss any incorrect placements, explaining why the meal isn't balanced.

Direct students to the websites for additional help.

Come up with activities and things they can do that will help them become fit and stay fit throughout their life.

## Strategies for Diverse Learners

Put the special needs students with a partner who can talk through their meals with them or who can work together to create their meal plan. Or direct them to a game "Kevin's build a meal game" to

create their own meal.

### Extensions

Write in a "Track Food Daily" Journal for one week, as well as an "Exercise Log". Go over their food and discuss problems and how we can fix those problems and why we need to make better choices.

### Assessment Plan

I will ask them to research the pros and cons of eating healthy and exercising often. I will have them create a list with the pros and cons and then write a summary of how they think food and exercise effect them, and will effect them in the future.

### Authors

[Celesta Stephenson](#)