

# Heath Education Nutrition and Fitness

## Summary

Objective 1. Foods that comprise a healthy diet. Physical activity to maintain optimal body weight.

## Main Core Tie

Health Education - 6th Grade

[Strand 5: NUTRITION \(N\)](#)

## Time Frame

1 class periods of 30 minutes each

## Life Skills

Thinking & Reasoning

## Materials

Two handouts from nutrition.gov. Both are attached along with answer key. Make copies of handouts, one for each student, and only 1 set of answer keys for teacher.

## Background for Teachers

This lesson covers information given at nutrition.gov. This describes a healthy plate of food, amounts and types of food needed every day, and also physical activity every day.

## Student Prior Knowledge

Students should be able to identify types of foods (fruits, veggies, dairy, proteins, grains (carbohydrates), fats)

## Intended Learning Outcomes

Students will identify the food groups and the servings needed every day. Students will also know to get 60 minutes of physical activity a day.

## Instructional Procedures

Go through slide show  
Give the students the [quiz](#)  
Hand out activity pages

## Authors

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