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

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