

Health 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

[Melodie Shaw](#)