



Grade 3 Sample Lesson Plan: Unit 1 – Nutrition, Physical Activity, and Health Promotion

SOLs

- 3.1.C Explain the importance of water and healthy food choices for digestion and body function.
- 3.1.D Identify healthy food and beverage choices based on nutritional content.
- 3.1.E Describe the benefits of physical activity and personal fitness.
- 3.1.F Describe the benefits of getting enough sleep.
- 3.1.M Identify the steps for goal setting to adopt positive health practices.
- 3.2.A Evaluate how physical activity and healthy food and beverage choices impact personal health.
- 3.2.B Determine when and how much water to drink to keep the body hydrated.
- 3.2.I List the benefits of goal setting for personal health.
- 3.2.J Describe strategies for solving problems related to health.
- 3.3.B Develop a plan to meet the recommended physical activity guidelines of 60 minutes a day.

Objectives/Goals

- Students will be able to describe the benefits of healthy food and beverage choices, how nutrition and physical activity impacts personal health, and demonstrate personal efficacy in improving their health.

Procedure

- Read and discuss the articles and information at KidsHealth.org *Why Water is the Way to*

Go <https://kidshealth.org/en/kids/water.html>.

- Have students complete a worksheet that calculates how much water they should drink on a daily basis and keep a log of their water consumption for a week.
- Have students evaluate the nutritional content of their lunch using the food guide pyramid.
- Have students list and explain the benefits of several vitamins and minerals.
- Have students plan a meal that is high in calcium and iron.
- Have students compare the nutritional content of two food items by using the food labels.
- Have students design a meal that uses all the food groups from the food pyramid.
- Have students make a bulletin board of the food guide and have students fill in each category with pictures of foods.
- Have students develop a one-week physical fitness plan for their family that provides 60 minutes of activity a day.
- Have students identify two exercises that develop aerobic capacity, muscle strength, muscle endurance, and flexibility
- Have students explain different country's ethnic foods, cultural traditions, celebrations, and recreational activities.
- Have students identify dietary customs and practices, recreational activities, celebrations, and traditions in their community.
- After students read scenarios about people who are eating unhealthy foods and or engaging in sedentary lifestyles, ask them to role-play how this makes them feel and one way they could modify their behaviors and feel better.
- Have students set a weekly improvement goal to include making one or two changes that will improve their nutrition and physical activity. Have them define the daily activities that will help them reach the weekly goal on a one-week calendar.

Assessment Idea

- Evaluate student participation in activities and discussion.

References

Nutrition

- American Heart Association (AHA) - Elementary Lesson Plans http://www.heart.org/HEARTORG/Educator/FortheClassroom/ElementaryLessonPlans/Elementary-Lesson-Plans_UCM_001258_Article.jsp#.WHVMj2VNGs0
- AHA Balance It Out Teacher's Guide http://www.heart.org/idc/groups/heart-public/@wcm/@fdr/documents/downloadable/ucm_448421.pdf
- AHA It Takes a Heart to be a Hero Teacher's Guide 2012-2013 http://www.heart.org/idc/groups/heart-public/@wcm/@fdr/documents/downloadable/ucm_467892.pdf

- AHA It Takes a Heart to be a Hero Teacher's Guide 2013-2014 http://www.heart.org/idc/groups/heart-public/@wcm/@fdr/documents/downloadable/ucm_467893.pdf
- BAM! Body and Mind Teacher's Corner Nutrition - <http://www.cdc.gov/bam/nutrition/index.html>
- Education World Popcorn Nutrition - http://www.educationworld.com/a_lesson/03/lp324-04.shtml
- Food Plate Game - <https://lesson-plans.theteacherscorner.net/health/food-plate-game.php>
- Fuel Up to Play 60 - 101 Tips for Teaching Nutrition in Physical Education <http://westerndairyassociation.org/download/101-tips-for-teaching-nutrition-in-pe/>
- Kids Health Teacher's Guides:
- *-Breakfast*
- <https://classroom.kidshealth.org/classroom/3to5/personal/nutrition/breakfast.pdf>
- *-Food Labels*
- https://classroom.kidshealth.org/classroom/3to5/personal/nutrition/food_labels.pdf
- *-Healthy Snacking*
- http://classroom.kidshealth.org/3to5/personal/nutrition/healthy_snacking.pdf
- *-School Lunch*
- https://classroom.kidshealth.org/classroom/3to5/personal/nutrition/school_lunch.pdf
- Learning to Give- What Is a Balanced Menu? <http://www.learningtogive.org/units/helping-others-feed-themselves/what-balanced-menu>
- Learning to Give- What Is My Plate - <http://www.learningtogive.org/units/helping-others-feed-themselves/what-my-plate>
- Learning to Give- World Hunger - <http://www.learningtogive.org/units/helping-others-feed-themselves/world-hunger>
- NIH We Can! Eat Play Grow site <http://www.nhlbi.nih.gov/health/educational/wecan/>
- PBS Nutrition for Educators – <http://pbskids.org/arthur/health/nutrition/educators.html>
- PBS Learning Media Nutrition Resources http://www.pbslearningmedia.org/search/?q=nutrition&order=&selected_facets=

- [&selected_facets=grades_exact%3A3](#)
- PE Central Lessons <http://www.pecentral.org/lessonideas/pelessonplans.html>
- PE Central Nutrition Station Circuit - <http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=5786#.V8jDZMdNFho>
- Science NetLinks - Got Broccoli? - <http://sciencenetlinks.com/lessons/nutrition-3-got-broccoli/>
- There's a Rainbow on My Plate http://www.pbhfoundation.org/pub_sec/edu/cur/rainbow/
- Together Counts - Nutrition curriculum <http://www.togethercounts.com>
- Together Counts - Wellness Lessons http://www.togethercounts.com/sites/togethercounts.com/files/downloads/K_T_hru_5/TCLessons_3-5.pdf
- USDA - Serving Up My Plate – A Yummy Curriculum Grades 3-4
- <https://www.choosemyplate.gov/kids-parents-educators>
http://www.fns.usda.gov/multimedia/tn/sump_level2.pdf
<http://www.fns.usda.gov/tn/serving-myplate-yummy-curriculum>
- USDA My Plate Kids Place <https://www.choosemyplate.gov/kids>
- Utah Education Network Design A Meal - <http://www.uen.org/Lessonplan/preview.cgi?LPid=68>

Physical Activity

- Action for Healthy Kids - Instant Recess, Brain Breaks, and Energizers
- <http://www.actionforhealthykids.org/tools-for-schools/1252-brain-breaks-instant-recess-and-energizers>
- Active Classroom Resources <http://www.healthiestmc.org/docs/Active%20Classrooms%20Resources.pdf>
- Activity Breaks <http://www.healthworldeducation.org/industry-trends/item/183-activity-break-5-ways-add-burst-physical-activity-classroom>
- American Heart Association (AHA) - NFL Play 60 Challenge http://www.heart.org/HEARTORG/Educator/FortheClassroom/Play60Challenge/PLAY-60-Challenge_UCM_304278_Article.jsp#.WHVKCWNGs0
- East Carolina University -Energizers for Grades K-2 https://www.ecu.edu/cs-hhp/exss/upload/Energizers_for_Grades_K_2.pdf
- Fuel Up to Play 60 <https://www.fueluptoplay60.com/tools#tab-why-physical-activity>
- Fast Breaks Poster

https://kidshealth.org/classroom/posters/nba_fit_classroom_color.pdf

- Kids Health Teacher's Guides:
- *-Fitness*
<https://classroom.kidshealth.org/classroom/3to5/personal/fitness/fitness.pdf>
- *-Screentime*
https://classroom.kidshealth.org/classroom/3to5/personal/fitness/screen_time.pdf
- *-Sports Safety*
https://classroom.kidshealth.org/classroom/3to5/personal/fitness/sports_safety.pdf
- *-Sportsmanship*
<https://classroom.kidshealth.org/classroom/3to5/personal/fitness/sportsmanship.pdf>
- National Institutes of Health (NIH)- We Can! Eat Play Grow site
<http://www.nhlbi.nih.gov/health/educational/wecan/>
- PE Central Lessons Site <http://www.pecentral.org/lessonideas/pelessonplans.html>
- PE Central - Heart Power
<http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=5848#.V8jCnMdNFho>
- Safe Routes to School <http://www.saferoutesinfo.org/program-tools/access-classroom-resources>
- SHAPE America Lessons:
- *-PE Musical Spots Fitness Edition*
http://www.shapeamerica.org/events/pesportweek/upload/Musical_Spots.pdf
- *-Healthy Heart Transport*
http://www.shapeamerica.org/events/pesportweek/upload/Heart_Healthy.pdf

Other

- BAM! Oral Health - <http://www.cdc.gov/bam/body/smile.html>
- PBS Kids Its My Life Interactive Site <http://pbskids.org/itsmylife/index.html>
- Together Counts - Wellness Lessons
http://www.togethercounts.com/sites/togethercounts.com/files/downloads/K_T_hru_5/TCLessons_3-5.pdf