



SAMPLE LESSON PLANS

Health Smart Virginia - Sample Lesson Plan

Grade 3rd

Unit **General Nutrition**

SOLs:

- 3.5 A- Explain that **energy balance** relates to good nutrition (**energy in**) and physical activity (**energy out**).

Title: **Food Card Tic Tac Toe**

Objectives/ Goals:

[Students are learning about energy balance]

- Students will be able to explain that the body gets energy from food and uses that energy to move

Materials:

[Equipment and Set Up]

- Food cards- placed face down in the middle of the gym
- 1 laminated tic tac toe board for each group- (printable copy attached at the bottom of the page)
- 1 dry erase marker for each group
- 1 jump rope for each student

Procedure:

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Intro- Discussion should cover:

- The body gets energy from food consumption (caloric intake) and uses that energy throughout the day (caloric output). The uses more energy when we are physically active.
- Staying active is an important part of the energy balance equation

Description-

Students form partner groups and collect the necessary equipment. Each group needs a good space to work. Each student draws a food card from the middle of the gym and brings it back to their space. Students perform the desired skill to match the number of calories on the card (can be a fitness activity or a skill- for this example, students are jumping rope). If student A draws watermelon (46 calories), and student B draws plum (30 calories) student A must do 46 reps while student B does 30. The first to complete the task, gets to mark 1 square on the tic tac toe board. Each partner then turns the food card in and draws a new one. If the calorie number is too high for the desired skill, have students count by 2s, 3s, 5s or even 10s.

Closure

- Where do our bodies get energy from?
- How does physical activity factor in to energy balance?

Assessments, References & Sources:**Resources:**

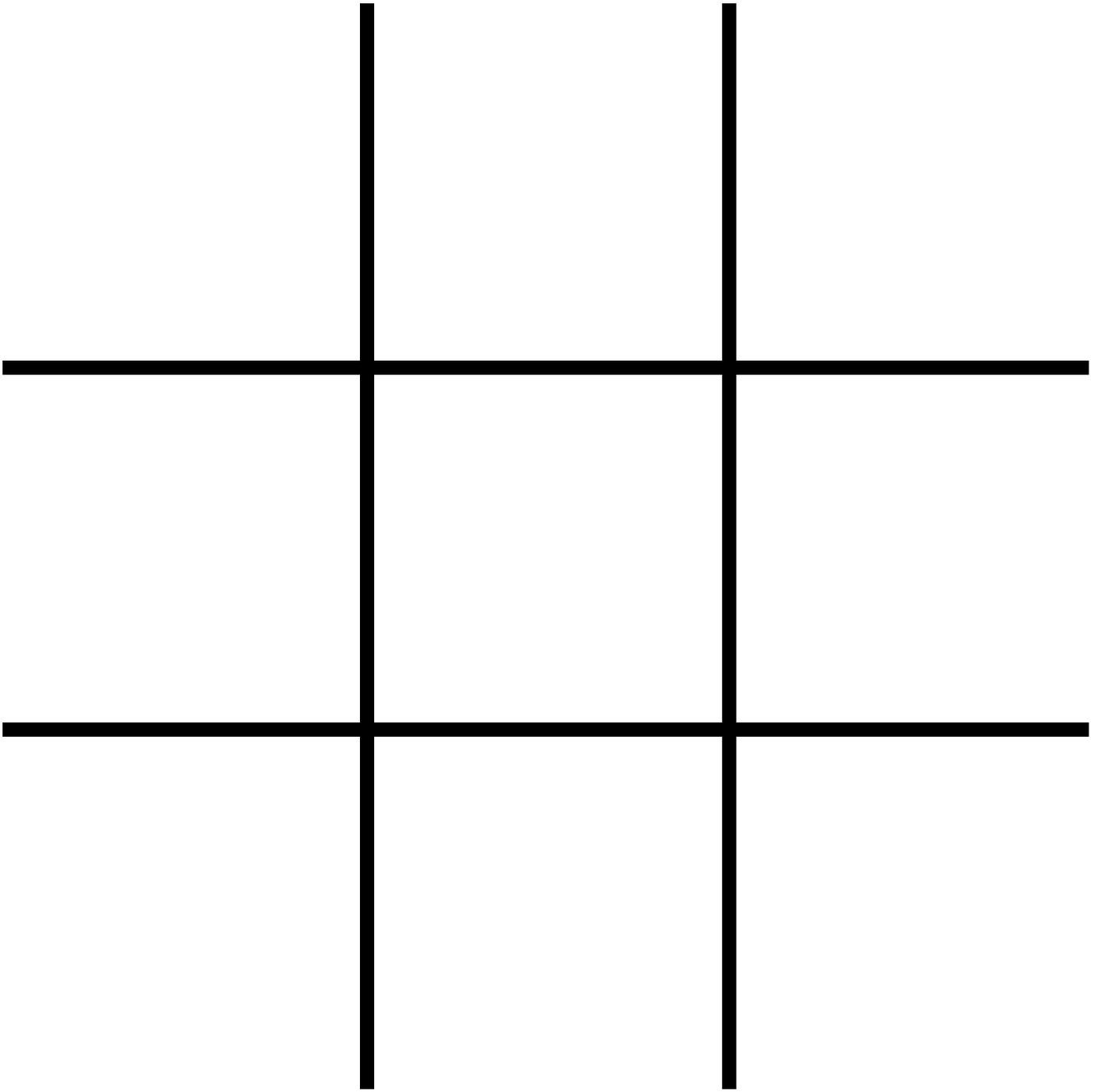
- <https://www.globalhealingcenter.com/natural-health/what-are-macronutrients/>

Assessments:

Use the exit slip found below.

In class today, we learned about energy balance. Please answer the following question:

1) In your own words, explain how energy balance works:



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