



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: Energy In, Energy Out Tag

Objectives/ Goals:

- [Students are learning about energy balance]
- Students will be able to explain the concept of energy balance
- Students will learn how nutrition and physical activity are connected

Materials:

- [Equipment and Set Up]
- Food cards- Set face down in a corner of the gym
- 3-4 tagging noodles for every 20 students
- Pedometers- 1 for every student

Procedure:

Lesson Created by Tommy Landseadel and Luke Noble

Intro- Discussion should cover:

- Our bodies get energy from the food we eat. The energy we get from food is measured in calories.
- We burn calories (using energy) with everything that we do, even while we are sleeping. The higher the intensity level we are working at, the more calories we burn.
- In order to be in energy balance, calories consumed should roughly equal calories burned. The more active a person is, the more calories they need to consume to stay in energy balance
- Being out of energy balance on either side (too many calories consumed, or too few) is unhealthy if continued over time.
- Counting calories is impossible, so don't try. Focus on eating a healthy, balanced diet and getting regular physical activity.

Description-

Every student needs a pedometer. Taggers represent food (calories in). When a student gets tagged, they go get a food card from the pile. The student must find the total number of calories that food contains (listed near the top). The tagged student takes 1 step for every calorie in the food chosen. Use the pedometer to help count. Once the student burns all the calories, they return to the tagging portion of the game.

Closure-

- Where do we get energy from? (food)
- How do our bodies use energy? (we use energy with everything we do, exercise uses more)
- What does it mean to say you are in energy balance? (calories in = calories out)

Note- Make sure your students know this activity is just a rough simulation. 1 step does not burn 1 calorie, and every calorie consumed does not need to be burned by exercising.

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

- <https://www.precisionnutrition.com/all-about-energy-balance>

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, describe what energy balance is:
