



## Health Smart Virginia - Sample Lesson Plan

Grade 4th

Unit General Nutrition

**SOLs:**

- 4.5 G-Explain the role of moderate to vigorous physical activity (MVPA) for energy balance.

**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 the role of moderate to vigorous physical activity with regards to energy balance

**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:**

**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 60 minutes of moderate to vigorous physical activity daily.

### **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**

- What does it mean to say you are in energy balance?
- How does physical activity relate to energy balance?

**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 the importance of moderate to vigorous physical activity in terms of energy balance and a healthy lifestyle:

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