



SAMPLE LESSON PLANS

Grade 5 – Health Promotion

Unit 1

SOLs:

- 5.1.D Describe why some food groups have a greater number of recommended servings than other food groups.
- 5.1.E Explain the concepts of eating in moderation and energy balance.
- 5.2.C Select healthy foods and beverages for breakfast and lunch.
- 5.2.D Interpret information on food labels.
- 5.2.E Identify connections between nutritional guidelines and weight management.

Title: Healthy Nutrition

Procedure:

The Health Smart Virginia website provides a bank of suggested lesson plans and activities to address the Grade 5 Healthy Nutrition SOLs in the *Related Resources* listing under this lesson on the website. To directly access these on their source sites, click the links on the references below.

References:

- 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>

- CA Media Smarts - Looking at Food Advertising -
<http://mediasmarts.ca/lessonplan/looking-food-advertising-lesson>
- Education World Popcorn Nutrition - How Nutritious Are Your Snacks
http://www.educationworld.com/a_lesson/03/lp324-04.shtml
- FCS Fast Food
- 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/>
- Jump Into Foods – Grades 3-5
http://msue.anr.msu.edu/resources/jump_into_foods_fitness_jiff_information_for_staff_educators_volunteers
- 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
- Shape America – What’s in My Fast Food
<http://www.shapeamerica.org/events/pesportweek/upload/What-sinFastFood2>
- Together Counts - What Is Energy Balance? -
http://www.togethercounts.com/sites/togethercounts.com/files/lesson_plans/documents/3-5_1.1.pdf
- Together Counts - What is the Pattern?
http://www.togethercounts.com/sites/togethercounts.com/files/downloads/K_Thru_5/Lesson_2.1_WhatsthePattern.pdf_Activity2015.pdf
- USDA - Serving Up My Plate – A Yummy Curriculum Grades 5-6
https://www.fns.usda.gov/sites/default/files/sump_level3.pdf
- Utah Education Network- Calorie Burning -
<http://www.uen.org/Lessonplan/preview.cgi?LPid=103>
- Utah Education Network- Design A Meal -
<http://www.uen.org/Lessonplan/preview.cgi?LPid=68>