



SAMPLE LESSON PLANS

Health Smart Virginia - Sample Lesson Plan

Grade 5th

Unit **Label Reading**

SOLs:

-
- Evaluate components of **food labels** for a variety of foods, to include **macronutrients, RDA, and portion size.**

Title: **Not in my Bowl: Good Fats and Bad Fats**

Objectives/ Goals:

[Students are learning how to analyze food labels]

- Students will know that our bodies need fat. About 20% of our daily caloric intake should come from fat
- Monounsaturated fat and Polysaturated fat are healthy! Saturated fat is okay in moderation, but needs to be limited. Trans fats should always be avoided.
- Students will learn where to find fat content on the food label

Materials:

[Equipment and Set Up]

- 4 large containers to throw objects in- 1 goes in each corner of the gym. Allow enough space for students to travel behind the container so they can shoot from all directions.
- Cones or poly spots arranged in a 6'-8' radius circle around the container (no throw zone)
- 8 pool noodles, 2 near each container in the "no throw zones"
- Any safely throwable objects you can find. The more objects, the better! Objects need to be split in 2 groups either by color or type (good fats and bad fats). Students need to be able to readily identify which group the object falls in.

Procedure:

Intro- Discussion should cover:

- Our bodies need fat. About 20% of our daily caloric intake should come from fat
- Monounsaturated fat and Polysaturated fat are healthy! Healthy proteins like fish, nuts, and seeds are high in these healthy fats
- Saturated fat is okay in moderation, but needs to be limited. Animal meats and dairy products are high in saturated fat.
- Trans fats should always be avoided. Fried food and fast food and some baked goods contain transfat.
- Trans Fat and excessive saturated fat consumption have been linked to heart disease, obesity, and increased risk of colon cancer
- Show students where to find total fat breakdown on food labels

Description-

Designate some of the objects as “good fats” and some as “bad fats” (saturated and trans fat). Students try to collect “good fats” by throwing them in the bowl on their side, while trying to throw “bad fats” in the other teams’ bowl. Each bowl will have 1 or 2 defenders (give defenders a pool noodle to identify and help block). Defenders are the only players allowed in the no throw zone. They try to block the opposing team from throwing bad fats into their bowl, while allowing teammates to deposit healthy fats. Each team is trying to see who can have the healthier bowl at the end (good fats – bad fats). Keeping score is optional. Only allow students to pick up 1 food item per trip, so the rounds last longer.

Closure-

- Review the 4 fat types
- Which types are healthy? Which type should always be avoided?
- Review where to find fats on the food label

Assessments, References & Sources:

Resources:

- <https://www.webmd.com/diet/obesity/features/skinny-fat-good-fats-bad-fats#4>
- <https://www.health.harvard.edu/staying-healthy/the-truth-about-fats-bad-and-good>

Assessments:

Use the Label reading Assessment

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