



## SAMPLE LESSON PLANS

### Health Smart Virginia - Sample Lesson Plan

Grade 5

Unit Food Label Reading

#### SOLs:

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

**Title:** Blood Pressure Tag

#### Objectives/ Goals:

- [Students are learning about the sodium and how to analyze food labels]
- Students will learn the importance of sodium
  - Students will learn the potential health consequences of consuming too much sodium
  - Students will learn where to find sodium on the food label and how to find the RDA %.

#### Materials:

- [Equipment and Set Up]
- 3 tagging noodles for every 20 students

#### Procedure:

**Intro-** Discussion should cover:

- Sodium is an important electrolyte that our bodies need. We lose some of our sodium

every time we sweat or urinate. It needs to be replenished.

- Excessive salt intake can lead to high blood pressure, which increases risk of heart attack and stroke
- Excess salt causes the body to retain more water to dilute the salt. Water retention leads to increased pressure on arteries.
- Limit sodium intake to less than 2300 Mg. per day
- Show students where to find sodium on the food label. The percentage listed reflects the RDA amount of 2300 Mg.

### **Description-**

The game is played just like sharks and minnows. Taggers start in the middle of the gym. Sideline boundaries represent arteries and the students trying to cross the gym are blood molecules. All blood molecules start on one side and try to cross when the teacher calls them. They only go one way and then stop until called to return to the other side. If tagged, students must freeze where they are. Frozen students represent sodium. They may not move their feet, but they are now taggers also. The more sodium the body takes in, the harder it becomes for the blood to pass through the artery because of the increased pressure.

### **Closure-**

- Do our bodies need sodium?
- What can happen over time if we have too much?

### **Assessments, References & Sources:**

#### **Resources:**

- <https://www.verywellfit.com/what-happens-if-i-dont-consume-enough-sodium-2507757>
- <https://www.popsci.com/heres-what-happens-to-your-body-if-you-eat-too-much-salt#page-2>
- <https://www.mayoclinic.org/diseases-conditions/high-blood-pressure/in-depth/high-blood-pressure/art-20045868>

#### **Assessments:**

Use the end of unit Label Reading Assessment for this activity