



## Grade 7 Sample Lesson Plan: Healthy Nutrition

### SOLs

Analyze the caloric and nutritional value of foods and beverages.

Describe the benefit of eating foods to meet the recommendations for iron, calcium, and fiber.

Analyze the effects of nutrition on daily performance.

Determine the cognitive and physical benefits of eating a healthy breakfast.

Use a decision-making process to evaluate daily food intake and nutritional requirements.

Encourage nutrient-dense food choices at home and at school.

Encourage peers and family members to eat healthy foods and to be physically active.

### Assessment Idea

- Evaluate completion of homework assignment.
- *Homework Assignment:* Write a page about how you will take what you have learned in this unit to encourage peers and family members to eat healthy foods and to be physically active

### References

- 101 Tips for Teaching About Nutrition <http://westerndairyassociation.org/download/101-tips-for-teaching-nutrition-in-pe/>
- 5-2-1-0 Let's Go Middle and High School Toolkit: <http://www.letsgo.org/programs/schools/middlehigh-school-toolkit/>

## Health Smart Virginia Sample Lesson Plan

- American Heart Association (AHA) Middle School Lesson Plans  
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- AHA – Garden Growing While on the Move  
[http://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm\\_467219.pdf](http://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm_467219.pdf)
- AHA – Our Challenge: A Look At the Obesity Epidemic  
[https://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm\\_452021.pdf](https://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm_452021.pdf)
- AHA - Obesity Trends  
[https://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm\\_452018.pdf](https://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm_452018.pdf)
- AHA – NFL Play 60 Challenge  
[http://www.heart.org/HEARTORG/Educator/FortheClassroom/NFLPlay60Challenge/PL\\_AY-60-Challenge-Lesson-Plans\\_UCM\\_453013\\_Article.jsp#.VK0AvArLic](http://www.heart.org/HEARTORG/Educator/FortheClassroom/NFLPlay60Challenge/PL_AY-60-Challenge-Lesson-Plans_UCM_453013_Article.jsp#.VK0AvArLic)
- Body Works Program - Office of Women’s Health, DHHS [www.womenshealth.gov](http://www.womenshealth.gov)
- CA Adolescent Nutrition and Fitness Program- Junk Food Marketing  
<http://canfit.org/pdf/SchoolLessonPlan.pdf>
- Media Smarts Canada
  - Looking at food advertising lesson:  
<http://mediasmarts.ca/lessonplan/looking-food-advertising-lesson>
  - Junk food advertising:  
[http://mediasmarts.ca/sites/mediasmarts/files/pdfs/lesson-plan/Lesson\\_Youve\\_Gotta\\_Have\\_a\\_Gimmick.pdf](http://mediasmarts.ca/sites/mediasmarts/files/pdfs/lesson-plan/Lesson_Youve_Gotta_Have_a_Gimmick.pdf)
- CDC- BAM! Body and Mind- <http://www.cdc.gov/bam/nutrition/index.html>
- Food Span - Johns Hopkins Center for a Livable Future <http://foodspanlearning.org/>
- FCS Fast Food Commercials & Nutrition Lesson:  
<http://www.familyconsumersciences.com/2012/10/fast-food-commercials-nutrition/>
- Food Day Curriculum  
<https://d3n8a8pro7vhm.cloudfront.net/foodday/pages/24/attachments/original/1407160267/Curriculum2014.pdf?1407160267>
- Girlshealth.gov- Nutrition: <http://www.girlshealth.gov/nutrition/index.html>

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- Kids Health Teacher Guides – Grades 6-8
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  - *-School Lunch*  
[https://classroom.kidshealth.org/classroom/6to8/personal/nutrition/school\\_lunch.pdf](https://classroom.kidshealth.org/classroom/6to8/personal/nutrition/school_lunch.pdf)
  - *-Food Labels*  
[https://classroom.kidshealth.org/classroom/6to8/personal/nutrition/food\\_labels.pdf](https://classroom.kidshealth.org/classroom/6to8/personal/nutrition/food_labels.pdf)
  - *-Food Safety*  
[https://classroom.kidshealth.org/classroom/6to8/personal/safety/food\\_safety.pdf](https://classroom.kidshealth.org/classroom/6to8/personal/safety/food_safety.pdf) --
  - *-Healthy Snacking*  
[https://classroom.kidshealth.org/classroom/6to8/personal/nutrition/healthy\\_snacking.pdf](https://classroom.kidshealth.org/classroom/6to8/personal/nutrition/healthy_snacking.pdf)
- Grocery Store Scavenger Hunt  
<http://www.readwritethink.org/classroom-resources/lesson-plans/grocery-store-savenger-hunt-1140.html>
- Maricopa Schools -My Plate Based Grade 5-8 Curriculum  
<http://www.maricopaschoolwellness.org/grades-5-8>
- Mission Nutrition Canada  
<http://www.missionnutrition.ca/eng/announcement.html>
- PBS Frontline- obesity, eating habits, and weight loss:  
<http://www.pbs.org/wgbh/pages/frontline/teach/fat/lesson2.html>
- PBS Frontline- obesity, eating habits, and weight loss:  
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- PE Central- Food Pyramid Game:  
<http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=2645>
- PE Central -Calculating Fat, Carbohydrates & Proteins:  
<http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=919>
- Produce for Better Health- Teacher’s “Rainbow” Curriculum  
[http://pbhfoundation.org/pub\\_sec/edu/cur/rainbow](http://pbhfoundation.org/pub_sec/edu/cur/rainbow)

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- Scholastic -Healthy Body Image Lesson Plan  
<https://beta.scholastic.com/teachers/lesson-plans/teaching-content/body-image/>
- Teaching Fast Food Nation 7-12  
<http://www.bookrags.com/lessonplan/fast-food-nation/#gsc.tab=0>
- U of Missouri- Health: Eating Disorders:  
<http://ethemes.missouri.edu/themes/277?locale=en>
- USDA Choose My Plate Teacher Resources:  
<https://www.choosemyplate.gov/teachers>
- USDA Choose My Plate Parents & Educators Resources  
<https://www.choosemyplate.gov/kids-parents-educators>
- USDA-Serving Up My Plate. A Yummy Curriculum for grades 5 and 6
- <http://www.fns.usda.gov/tn/serving-myplate-yummy-curriculum>
- [http://www.fns.usda.gov/sites/default/files/sump\\_level3.pdf](http://www.fns.usda.gov/sites/default/files/sump_level3.pdf)
- UC Davis Youth Nutrition Education Materials:  
<http://fsnep.ucdavis.edu/curriculum/youth-materials>
  - -Nutrition to Grow On Curriculum  
<http://cns.ucdavis.edu/resources/ntgo/index.html>
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