

Overview

In this lesson, students will be introduced to the concept of Energy Balance as they explore the important role it plays in their lives.

Objectives

Students in grades K-2 will:

- Be introduced to the concept of Energy Balance.
- Generate ideas about where energy comes from and how it is used.
- Identify ways that Energy Balance can contribute to an active, healthy lifestyle.
- Play a game to balance calories consumed from foods and beverages with calories used during physical activities.

Students in grades 3-5 will:

- Be introduced to the concept of Energy Balance.
- Generate ideas about where energy comes from and how it is used.
- Share examples of their own Energy In and Energy Out.

National Health Education Standards

- Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- Standard 5: Students will demonstrate the ability to use decision-making skills to enhance health.

National Reading/Language Arts Standards

- Standard 5: Students employ a wide range of strategies as they write and use different writing process elements appropriately to communicate with different audiences for a variety of purposes.

- Standard 12: Students use spoken, written, and visual language to accomplish their own purposes (e.g., for learning, enjoyment, persuasion, and the exchange of information).

National Science Standards

- Life Science
- Science in Personal and Social Perspectives