



## SAMPLE LESSON PLANS

### Health Smart Virginia - Sample Lesson Plan

Grade 3rd

Unit      General Nutrition

#### SOLs:

- 3.5 A- Explain that **energy balance** relates to good nutrition (**energy in**) and physical activity (**energy out**).

**Title:**      Energy In, Energy Out Tag

#### Objectives/ Goals:

- [Students are learning about energy balance]
- Students will be able to explain the concept of energy balance
- Students will learn how nutrition and physical activity are connected

#### Materials:

- [Equipment and Set Up]
- Food cards- Set face down in a corner of the gym
- 3-4 tagging noodles for every 20 students
- Pedometers- 1 for every student

#### Procedure:

Lesson Created by Tommy Landseadel and Luke Noble

**Intro-** Discussion should cover:

- Our bodies get energy from the food we eat. The energy we get from food is measured in calories.
- We burn calories (using energy) with everything that we do, even while we are sleeping. The higher the intensity level we are working at, the more calories we burn.
- In order to be in energy balance, calories consumed should roughly equal calories burned. The more active a person is, the more calories they need to consume to stay in energy balance
- Being out of energy balance on either side (too many calories consumed, or too few) is unhealthy if continued over time.
- Counting calories is impossible, so don't try. Focus on eating a healthy, balanced diet and getting regular physical activity.

**Description-**

Every student needs a pedometer. Taggers represent food (calories in). When a student gets tagged, they go get a food card from the pile. The student must find the total number of calories that food contains (listed near the top). The tagged student takes 1 step for every calorie in the food chosen. Use the pedometer to help count. Once the student burns all the calories, they return to the tagging portion of the game.

**Closure-**

- Where do we get energy from? (food)
- How do our bodies use energy? (we use energy with everything we do, exercise uses more)
- What does it mean to say you are in energy balance? (calories in = calories out)

**Note-** Make sure your students know this activity is just a rough simulation. 1 step does not burn 1 calorie, and every calorie consumed does not need to be burned by exercising.

**Assessments, References & Sources:****Resources:**

- <https://www.precisionnutrition.com/all-about-energy-balance>

**Assessments:**

Use the exit slip found below.

In class today, we learned about energy balance. Please answer the following question:

1) In your own words, describe what energy balance is:

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