



## Grade 5 Sample Lesson Plan: Unit 1 – Healthy Nutrition

Describe why some food groups have a greater number of recommended servings than other food groups.  
Explain the concepts of eating in moderation and energy balance.  
Select healthy foods and beverages for breakfast and lunch.  
Interpret information on food labels.  
Identify connections between nutritional guidelines and weight management.

### Resources

- American Heart Association (AHA) - Elementary Lesson Plans  
[http://www.heart.org/HEARTORG/Educator/FortheClassroom/ElementaryLessonPlans/Elementary-Lesson-Plans\\_UCM\\_001258\\_Article.jsp#.WHVMj2VNGs0](http://www.heart.org/HEARTORG/Educator/FortheClassroom/ElementaryLessonPlans/Elementary-Lesson-Plans_UCM_001258_Article.jsp#.WHVMj2VNGs0)
- AHA Balance It Out Teacher's Guide  
[http://www.heart.org/idc/groups/heart-public/@wcm/@fdr/documents/downloadable/ucm\\_448421.pdf](http://www.heart.org/idc/groups/heart-public/@wcm/@fdr/documents/downloadable/ucm_448421.pdf)
- AHA It Takes a Heart to be a Hero Teacher's Guide 2012-2013  
[http://www.heart.org/idc/groups/heart-public/@wcm/@fdr/documents/downloadable/ucm\\_467892.pdf](http://www.heart.org/idc/groups/heart-public/@wcm/@fdr/documents/downloadable/ucm_467892.pdf)
- AHA It Takes a Heart to be a Hero Teacher's Guide 2013-2014  
[http://www.heart.org/idc/groups/heart-public/@wcm/@fdr/documents/downloadable/ucm\\_467893.pdf](http://www.heart.org/idc/groups/heart-public/@wcm/@fdr/documents/downloadable/ucm_467893.pdf)
- BAM! Body and Mind Teacher's Corner  
Nutrition -  
<http://www.cdc.gov/bam/nutrition/index.html>

## Health Smart Virginia Sample Lesson Plan

- CA Media Smarts - Looking at Food Advertising -  
<http://mediasmarts.ca/lessonplan/looking-food-advertising-lesson>
- Education World Popcorn Nutrition - How Nutritious Are Your Snacks [http://www.educationworld.com/a\\_lesson/03/lp324-04.shtml](http://www.educationworld.com/a_lesson/03/lp324-04.shtml)
- FCS Fast Food
- Food Plate Game - <https://lesson-plans.theteacherscorner.net/health/food-plate-game.php>
- Fuel Up to Play 60 - 101 Tips for Teaching Nutrition in Physical Education  
<http://westerndairyassociation.org/download/101-tips-for-teaching-nutrition-in-pe/>
- Jump Into Foods – Grades 3-5  
[http://msue.anr.msu.edu/resources/jump\\_into\\_foods\\_fitness\\_jiff\\_information\\_for\\_staff\\_educators\\_volunteers](http://msue.anr.msu.edu/resources/jump_into_foods_fitness_jiff_information_for_staff_educators_volunteers)
- Kids Health Teacher's Guides:
  - Breakfast*  
<https://classroom.kidshealth.org/classroom/3to5/personal/nutrition/breakfast.pdf>
  - Food Labels*  
[https://classroom.kidshealth.org/classroom/3to5/personal/nutrition/food\\_labels.pdf](https://classroom.kidshealth.org/classroom/3to5/personal/nutrition/food_labels.pdf)
  - Healthy Snacking*  
[http://classroom.kidshealth.org/3to5/personal/nutrition/healthy\\_snacking.pdf](http://classroom.kidshealth.org/3to5/personal/nutrition/healthy_snacking.pdf)
  - School Lunch*  
[https://classroom.kidshealth.org/classroom/3to5/personal/nutrition/school\\_lunch.pdf](https://classroom.kidshealth.org/classroom/3to5/personal/nutrition/school_lunch.pdf)
- Shape America – What's in My Fast Food  
<http://www.shapeamerica.org/events/pesportweek/upload/What-sinFastFood2> Together Counts - What Is Energy Balance? -
- [http://www.togethercounts.com/sites/togethercounts.com/files/lesson\\_plans/documents/3-5\\_1.1.pdf](http://www.togethercounts.com/sites/togethercounts.com/files/lesson_plans/documents/3-5_1.1.pdf)
- Together Counts - What is the Pattern?  
[http://www.togethercounts.com/sites/togethercounts.com/files/downloads/K\\_T\\_hru\\_5/Lesson\\_2.1\\_WhatsthePattern.pdf\\_Activity2015.pdf](http://www.togethercounts.com/sites/togethercounts.com/files/downloads/K_T_hru_5/Lesson_2.1_WhatsthePattern.pdf_Activity2015.pdf)
- USDA - Serving Up My Plate – A Yummy Curriculum  
Grades 5-6  
<https://www.fns.usda.gov/sites/default/files/sumplevel3.pdf>
- Utah Education Network- Calorie Burning -  
<http://www.uen.org/Lessonplan/preview.cgi?LPid=103>

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- Utah Education Network- Design A Meal -  
<http://www.uen.org/Lessonplan/preview.cgi?LPid=68>