

Macronutrients

Learning Objectives

- I can explain how the body used macronutrients and how I can find RDA for each on a food label [5.1c and 5.2c]

Teacher Notes

- Students will need 1 food label, 1 safe ball and 3 targets for the ball (trash can, laundry basket, tupperware, etc.). This activity will work best with a food label that has about 100 calories per serving. Much more, and the final activity will take a long time to complete. Much less and it will be too easy. The food label may require prior warning for students to find.
- Pause the video as needed during macronutrient card fitness to give students extra time
- Pause the video at 8 minutes 11 seconds for students to locate their items for the last activity
- Video Run Time 10 minutes and 1 second. Allow 7 -10 minutes for the final activity

Lesson Steps: Video Outline [Video Link](#)

Step 1 Introduction

- Pre-assessment is included in the video

Step 2 Activity

- There are 2 mini activities here. First, students will engage with me on the video in a round of macronutrient card fitness. Then, students will use information from their food label and try to earn the correct amount of each macronutrient by making shots in the appropriate target.

Step 3 Closure

- [Exit Slip](#) (see attached)

Assessments

- Included in video
- For the exit slip, open the link provided above under Step 3. Change the last 4 letters of the URL in the link from ‘edit’ to ‘copy’. Use the new URL and paste it in the chat to your students. That will force them to make a copy of the exit slip so they can each create their own individual response.



Extensions/Connections/Applications

- Students should adjust their distance from their target for the appropriate levels of challenge.
- You can adjust the exit slip by trimming off the calories per gram questions. Those are review from 4th grade PE standards.

Resources/References

- [Healthykids](#)

Handout

Exit Slip found below and linked in step 3 above

Macronutrient Exit Slip

1) What does our body use macronutrients for?

2) How many calories per gram of protein?

3) How many calories per gram of fat?

4) How many calories per gram of carbohydrate?

5) Which choice best demonstrates a healthy ratio of calories from each of the 3 macronutrients over the course of a day?

- A) 50% carbohydrate, 25% fat and 25% protein
- B) 50% protein, 25% carbohydrate and 25% fat
- C) 50% fat, 25% protein and 25% carbohydrate
- D) 75% carbohydrate, 25% protein and 0% fat