



## Grade 6 Sample Lesson Plan: Nutrition and Physical Activity Resources

### SOLs

Analyze the recommended daily intake of macronutrients (carbohydrates, fat, and protein) for adolescent males and females.

Compare the intake of nutrients and metabolism.

Determine the effects of environmental influences on personal health.

Analyze the benefits of following recommended daily allowances for macronutrients when selecting beverages and planning meals and snacks.

Recognize how family, peers, and culture affect food and physical activity choices, as well as choices about bedtime and how long to sleep.

Describe how screen time affects physical and social health.

Identify external influences that affect personal health choices.

Create a one-day plan for meals, snacks, and beverages that includes the daily recommended macronutrients.

Assess personal and family wellness related to nutrition, physical activity, and sleep choices.

Monitor personal progress toward a physical activity, nutrition, and sleep goal.

Develop strategies to prevent chronic disease.

### References

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- Girlshealth.gov- Nutrition: <http://www.girlshealth.gov/nutrition/index.html>
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- Sample Physical Activity Log – Michigan State University  
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