



## 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

- 101 Tips for Teaching About Nutrition  
<http://westerndairyassociation.org/download/101-tips-for-teaching-nutrition-in-pe/>
- 5-2-1-0 Let's Go Middle and High School Toolkit:  
<http://www.lets-go.org/programs/schools/middlehigh-school-toolkit/>

- American Heart Association (AHA) Middle School Lesson Plans  
<http://www.heart.org/HEARTORG/Educator/FortheClassroom/MiddleSchoolLessonPlans/Middle-School-Lesson-Plans> UCM 304280 Article.jsp?appName=MobileApp
- AHA - We Jump We Shoot We Save Teachers Guide 2012-13  
[http://www.heart.org/idc/groups/heart-public/@wcm/@fdr/documents/downloadable/ucm\\_467922.pdf](http://www.heart.org/idc/groups/heart-public/@wcm/@fdr/documents/downloadable/ucm_467922.pdf)
- AHA - We Jump We Shoot We Save Teachers Guide 2013-14  
[http://www.heart.org/idc/groups/heart-public/@wcm/@fdr/documents/downloadable/ucm\\_467933.pdf](http://www.heart.org/idc/groups/heart-public/@wcm/@fdr/documents/downloadable/ucm_467933.pdf)
- AHA - What or Who Influences Your Food Choices  
[http://www.heart.org/idc/groups/heart-public/@wcm/@global/documents/downloadable/ucm\\_314238.pdf](http://www.heart.org/idc/groups/heart-public/@wcm/@global/documents/downloadable/ucm_314238.pdf)
- AHA - Brain Power [https://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm\\_467221.pdf](https://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm_467221.pdf)
- AHA - Garden Growing While on the Move [http://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm\\_467219.pdf](http://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm_467219.pdf)
- AHA - Lesson In Sportsmanship -
- AHA - Don't Fumble With This Jumble [https://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm\\_306494.pdf](https://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm_306494.pdf)
- AHA - Stepping Across the States - [http://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm\\_306495.pdf](http://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm_306495.pdf)
- AHA - Our Challenge: A Look At the Obesity Epidemic  
[https://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm\\_452021.pdf](https://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm_452021.pdf)
- AHA - Obesity Trends [https://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm\\_452018.pdf](https://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm_452018.pdf)
- AHA - NFL Play 60 Challenge  
<http://www.heart.org/HEARTORG/Educator/FortheClassroom/NFLPlay60Challenge/PLAY-60-Challenge-Lesson-Plans> UCM 453013 Article.jsp#.V K0AvArLic
- CA Adolescent Nutrition and Fitness Program- Junk Food Marketing  
<http://canfit.org/pdf/SchoolLessonPlan.pdf>
- Media Smarts Canada
  - Looking at food advertising lesson:  
<http://mediasmarts.ca/lessonplan/looking-food-advertising-lesson>
  - Junk food advertising:  
[http://mediasmarts.ca/sites/mediasmarts/files/pdfs/lesson-plan/Lesson\\_Youve\\_Gotta\\_Have\\_a\\_Gimmick.pdf](http://mediasmarts.ca/sites/mediasmarts/files/pdfs/lesson-plan/Lesson_Youve_Gotta_Have_a_Gimmick.pdf)
- CDC- BAM! Body and Mind- <http://www.cdc.gov/bam/nutrition/index.html>
- Food Span - Johns Hopkins Center for a Livable Future <http://foodspanlearning.org/>
- FCS Fast Food Commercials & Nutrition Lesson:  
<http://www.familyconsumersciences.com/2012/10/fast-food-commercials-nutrition/>
- Food Day Curriculum  
<https://d3n8a8pro7vhm.cloudfront.net/foodday/pages/24/attachments/original/1407160267/Curriculum2014.pdf?1407160267>
- Girlshealth.gov- Nutrition: <http://www.girlshealth.gov/nutrition/index.html>
- Action for Healthy Kids - Instant Recess, Brain Breaks, and Energizers

## Health Smart Virginia Sample Lesson Plan

- <http://www.actionforhealthykids.org/tools-for-schools/1252-brain-breaks-instant-recess-and-energizers>
- Health Work Education- Activity Break  
<http://www.healthworldeducation.org/industry-trends/item/183-activity-break-5-ways-add-burst-physical-activity-classroom>
- Kids Health- Fast Breaks  
[https://kidshealth.org/classroom/posters/nba\\_fit\\_classroom\\_color.pdf](https://kidshealth.org/classroom/posters/nba_fit_classroom_color.pdf)
- Kids Health Teacher Guides – Grades 6-8
- -NBA Fit Classroom Lesson:  
[http://kidshealth.org/classroom/posters/nba\\_fit\\_classroom\\_color.pdf](http://kidshealth.org/classroom/posters/nba_fit_classroom_color.pdf)
- -Breakfast  
<https://classroom.kidshealth.org/classroom/6to8/personal/nutrition/breakfast.pdf>
- -Fitness  
<https://classroom.kidshealth.org/classroom/6to8/personal/fitness/fitness.pdf>
- -School Lunch  
[https://classroom.kidshealth.org/classroom/6to8/personal/nutrition/school\\_lunch.pdf](https://classroom.kidshealth.org/classroom/6to8/personal/nutrition/school_lunch.pdf)
- -Food Labels  
[https://classroom.kidshealth.org/classroom/6to8/personal/nutrition/food\\_labels.pdf](https://classroom.kidshealth.org/classroom/6to8/personal/nutrition/food_labels.pdf)
- -Food Safety  
[https://classroom.kidshealth.org/classroom/6to8/personal/safety/food\\_safety.pdf](https://classroom.kidshealth.org/classroom/6to8/personal/safety/food_safety.pdf)
- --
- -Healthy Snacking  
[https://classroom.kidshealth.org/classroom/6to8/personal/nutrition/healthy\\_snacking.pdf](https://classroom.kidshealth.org/classroom/6to8/personal/nutrition/healthy_snacking.pdf)
- -Screen Time  
[https://classroom.kidshealth.org/classroom/6to8/personal/fitness/screen\\_time.pdf](https://classroom.kidshealth.org/classroom/6to8/personal/fitness/screen_time.pdf)
- Grocery Store Scavenger Hunt  
<http://www.readwritethink.org/classroom-resources/lesson-plans/grocery-store-scavenger-hunt-1140.html>
- Lets Get Moving Unit – Michigan State University  
<http://commtechlab.msu.edu/sites/letsnet/noframes/subjects/health/b8u4.html>
- Maricopa Schools -My Plate Based Grade 5-8 Curriculum  
<http://www.maricopaschoolwellness.org/grades-5-8>
- Mission Nutrition Canada

## Health Smart Virginia Sample Lesson Plan

- <http://www.missionnutrition.ca/eng/announcement.html>
- PE Central- Food Pyramid Game:  
<http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=2645>
- PE Central -Calculating Fat, Carbohydrates & Proteins:  
<http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=919>
- Sample Physical Activity Log – Michigan State University  
<http://commtechlab.msu.edu/sites/letsnet/frames/subjects/health/log.html>
- Scholastic -Healthy Body Image Lesson Plan  
<https://beta.scholastic.com/teachers/lesson-plans/teaching-content/body-image/>
- USDA-Serving Up My Plate. A Yummy Curriculum for grades 5 and 6
- <http://www.fns.usda.gov/tn/serving-myplate-yummy-curriculum>
- [http://www.fns.usda.gov/sites/default/files/sump\\_level3.pdf](http://www.fns.usda.gov/sites/default/files/sump_level3.pdf)
- UC Davis Youth Nutrition Education  
Materials:  
<http://fsnep.ucdavis.edu/curriculum/youth-materials>
- -Nutrition to Grow On Curriculum  
<http://cns.ucdavis.edu/resources/ntgo/index.html>
- -Eat Fit <http://fsnep.ucdavis.edu/curriculum/youth-materials/youth-materials/ef/eatfit>