**CheMystery**

Health and Nutrition

Wednesday | August 10, 2016

Unit: Obesity

Lesson: The Future of Health

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| **Standard(s)** North Carolina Essential Standards Health Education—Grades 3-5 | 1. 4.ICR.1: Understand healthy and effective interpersonal communication and relationships. 2. 4.NPA.3: Understand the benefits of nutrition and fitness to disease prevention. 3. 5.MEH.1: Apply positive stress management strategies. 4. 4.PCH.2: Understand body systems and organs, functions, and their care. |
| **Objective(s)** | 1. Explain the prevalence of obesity in America today and the need for better play opportunities both inside and outside of school. 2. Inform students how they can make a difference in their lives through an “hour of fun a day!” 3. Explain the important of family connectivity with shopping, eating, activity, travel, and fun! |
| **Materials** | **Harvard Healthy Eating Plate Guidelines**  <https://www.hsph.harvard.edu/nutritionsource/healthy-eating-plate/>  **521 Almost None Poster (Color)**  <https://classroom.kidshealth.org/classroom/3to5/problems/conditions/521almostnone_35_schoolyear.pdf>  **Powerful Hour Full Poster (Color)**  <https://classroom.kidshealth.org/classroom/3to5/problems/conditions/be_active_60_minutes_a_day_k5.pdf>  **Kids Health in the Classroom (Obesity)**  <https://classroom.kidshealth.org/classroom/3to5/problems/conditions/obesity.pdf>  **Web Related Links:**  [*http://kidshealth.org/en/kids/overweight.html*](http://kidshealth.org/en/kids/overweight.html)  [*http://KidsHealth.org/en/kids/bmi.html*](http://KidsHealth.org/en/kids/bmi.html)  [*http://KidsHealth.org/en/kids/fat-thin.html*](http://KidsHealth.org/en/kids/fat-thin.html)  [*http://KidsHealth.org/en/kids/diet.html*](http://KidsHealth.org/en/kids/diet.html) |
| **Instructional Strategy** | 1. Give students Kidshealth activity sheets. 2. Show any related web materials. |
| **Assessments** | 1. Instructor-led discussion of understanding. 2. Student discussion. 3. Let the kids play! |
| **Reflection** | * Teaching kids to have a positive self-image of themselves is the best way to teach kids about their bodies. * The concept of BMI is really variable across the entire life-course and is heavily utilized in childhood and adolescence. When someone becomes an adult, the rules are slightly different. * Energy in=energy out may not be the way to handle weight loss or weight gain. Weight is a confluence of factors that includes food intake, exercise, and genetics. |