**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.
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| **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!
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| **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.
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| **Assessments** | 1. Instructor-led discussion of understanding.
2. Student discussion.
3. Let the kids play!
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| **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.
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