



Grade 6 Sample Lesson Plan: Unit 1 – Nutrition and Physical Activity

SOLs

- 6.1.B Analyze the recommended daily intake of macronutrients (carbohydrates, fat, and protein) for adolescent males and females.
- 6.1.C Compare the intake of nutrients and metabolism.
- 6.1.G Determine the effects of environmental influences on personal health.
- 6.2.A Analyze the benefits of following recommended daily allowances for macronutrients when selecting beverages and planning meals and snacks.
- 6.2.B Recognize how family, peers, and culture affect food and physical activity choices, as well as choices about bedtime and how long to sleep.
- 6.2.E Describe how screen time affects physical and social health.
- 6.2.K Identify external influences that affect personal health choices.
- 6.3.A Create a one-day plan for meals, snacks, and beverages that includes the daily recommended macronutrients.
- 6.3.B Assess personal and family wellness related to nutrition, physical activity, and sleep choices.
- 6.3.C Monitor personal progress toward a physical activity, nutrition, and sleep goal.
- 6.3.E Develop strategies to prevent chronic disease.

Procedure

- The Health Smart Virginia website provides a bank of suggested lesson plans and activities to address the Grade 6 Nutrition and Physical Activity SOLs in the *Related Resources* listing under this lesson on the website. To directly access these on their source sites, click the links on the references below.

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.letsgo.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
- 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
- AHA - What or Who Influences Your Food Choices
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
- AHA - Garden Growing While on the Move 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
- AHA - Stepping Across the States - 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
- AHA - Obesity Trends 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%20Youve%20Gotta%20Have%20a%20Gimmick.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

- <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
- Kids Health Teacher Guides – Grades 6-8
- -NBA Fit Classroom Lesson:
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
- -Food Labels
https://classroom.kidshealth.org/classroom/6to8/personal/nutrition/food_labels.pdf
- -Food Safety
https://classroom.kidshealth.org/classroom/6to8/personal/safety/food_safety.pdf
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- -Healthy Snacking
https://classroom.kidshealth.org/classroom/6to8/personal/nutrition/healthy_snacking.pdf
- -Screen Time
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

- <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
- 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>