



## Grade 5 Sample Lesson Plan: Unit 1 – Healthy Nutrition

### SOLs

- 5.1.D Describe why some food groups have a greater number of recommended servings than other food groups.
- 5.1.E Explain the concepts of eating in moderation and energy balance.
- 5.2.C Select healthy foods and beverages for breakfast and lunch.
- 5.2.D Interpret information on food labels.
- 5.2.E Identify connections between nutritional guidelines and weight management.

### Procedure

- The Health Smart Virginia website provides a bank of suggested lesson plans and activities to address the Grade 5 Healthy Nutrition 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

- American Heart Association (AHA) - Elementary Lesson Plans  
[http://www.heart.org/HEARTORG/Educator/FortheClassroom/ElementaryLessonPlans/Elementary-Lesson-Plans\\_UCM\\_001258\\_Article.jsp#.WHVMj2VNGs0](http://www.heart.org/HEARTORG/Educator/FortheClassroom/ElementaryLessonPlans/Elementary-Lesson-Plans_UCM_001258_Article.jsp#.WHVMj2VNGs0)
- AHA Balance It Out Teacher's Guide  
[http://www.heart.org/idc/groups/heart-public/@wcm/@fdr/documents/downloadable/ucm\\_448421.pdf](http://www.heart.org/idc/groups/heart-public/@wcm/@fdr/documents/downloadable/ucm_448421.pdf)
- AHA It Takes a Heart to be a Hero Teacher's Guide 2012-2013  
[http://www.heart.org/idc/groups/heart-public/@wcm/@fdr/documents/downloadable/ucm\\_467892.pdf](http://www.heart.org/idc/groups/heart-public/@wcm/@fdr/documents/downloadable/ucm_467892.pdf)
- AHA It Takes a Heart to be a Hero Teacher's Guide 2013-2014  
[http://www.heart.org/idc/groups/heart-public/@wcm/@fdr/documents/downloadable/ucm\\_467893.pdf](http://www.heart.org/idc/groups/heart-public/@wcm/@fdr/documents/downloadable/ucm_467893.pdf)
- BAM! Body and Mind Teacher's Corner Nutrition -  
<http://www.cdc.gov/bam/nutrition/index.html>

- CA Media Smarts - Looking at Food Advertising - <http://mediasmarts.ca/lessonplan/looking-food-advertising-lesson>
- Education World Popcorn Nutrition - How Nutritious Are Your Snacks [http://www.educationworld.com/a\\_lesson/03/lp324-04.shtml](http://www.educationworld.com/a_lesson/03/lp324-04.shtml)
- FCS Fast Food
- Food Plate Game - <https://lesson-plans.theteacherscorner.net/health/food-plate-game.php>
- Fuel Up to Play 60 - 101 Tips for Teaching Nutrition in Physical Education <http://westerndairyassociation.org/download/101-tips-for-teaching-nutrition-in-pe/>
- Jump Into Foods – Grades 3-5 [http://msue.anr.msu.edu/resources/jump\\_into\\_foods\\_fitness\\_jiff\\_information\\_for\\_staff\\_educators\\_volunteers](http://msue.anr.msu.edu/resources/jump_into_foods_fitness_jiff_information_for_staff_educators_volunteers)
- Kids Health Teacher's Guides:
  - Breakfast*  
<https://classroom.kidshealth.org/classroom/3to5/personal/nutrition/breakfast.pdf>
  - Food Labels*  
[https://classroom.kidshealth.org/classroom/3to5/personal/nutrition/food\\_labels.pdf](https://classroom.kidshealth.org/classroom/3to5/personal/nutrition/food_labels.pdf)
  - Healthy Snacking*  
[http://classroom.kidshealth.org/3to5/personal/nutrition/healthy\\_snacking.pdf](http://classroom.kidshealth.org/3to5/personal/nutrition/healthy_snacking.pdf)
  - School Lunch*  
[https://classroom.kidshealth.org/classroom/3to5/personal/nutrition/school\\_lunch.pdf](https://classroom.kidshealth.org/classroom/3to5/personal/nutrition/school_lunch.pdf)
- Shape America – What's in My Fast Food <http://www.shapeamerica.org/events/pesportweek/upload/What-sinFastFood2>
- Together Counts - What Is Energy Balance? - [http://www.togethercounts.com/sites/togethercounts.com/files/lesson\\_plans/documents/3-5\\_1.1.pdf](http://www.togethercounts.com/sites/togethercounts.com/files/lesson_plans/documents/3-5_1.1.pdf)
- Together Counts - What is the Pattern? [http://www.togethercounts.com/sites/togethercounts.com/files/downloads/K\\_T\\_hru\\_5/Lesson\\_2.1\\_WhatsthePattern.pdf\\_Activity2015.pdf](http://www.togethercounts.com/sites/togethercounts.com/files/downloads/K_T_hru_5/Lesson_2.1_WhatsthePattern.pdf_Activity2015.pdf)
- USDA - Serving Up My Plate – A Yummy Curriculum Grades 5-6 <https://www.fns.usda.gov/sites/default/files/sumplevel3.pdf>
- Utah Education Network- Calorie Burning - <http://www.uen.org/Lessonplan/preview.cgi?LPid=103>

- Utah Education Network- Design A Meal -  
<http://www.uen.org/Lessonplan/preview.cgi?LPid=68>

**Handout**

The next page includes a handout for the lesson. The handout is designed for print use only.