

CLASS II



Children's **Lifestyle And School-performance Study**

Healthy Active Living Lesson Plan

Overview	
Area of learning	A Healthy Self
Grade 5 curriculum outcomes	1.5) Demonstrate an understanding of the basic nutrients found in food and the function they serve within the body
Objective	To explain the importance of healthy eating and physical activity through an active learning experience
Organization	Whole class activity
Resources	<ul style="list-style-type: none">🍎 Activity cards with pictures of foods (one sheet of pictures for each team)🍎 Hoops or objects to jump over (5 for each team)🍎 Three containers for each team to collect food pictures
Preparation	Cut the sheet of activity cards along the dotted lines so that each team has a set of small food cards (25 in total)
Adaptation	If the weather is nice, this activity could be done outside to allow more space.

This lesson is aligned with specific curriculum outcomes in Health Education 5 and was reviewed through the Department of Education, English Program Services.

CLASS II Healthy Active Living Lesson Plan (30 minutes)

Introduction (5 minutes)

Explain that the class took part in an important research project called CLASS II, which stands for the Children's Lifestyle And School Performance Study. All Grade 5 students across Nova Scotia had the chance to take part. Grade 5s filled out two surveys and had their growth and development measured.

Discussion Question: Do you remember what types of questions were asked?

- The surveys asked about different foods that you eat and the activities that you do. There were also questions about your opinions and feelings about nutrition and physical activity.

Discussion Question: Why do you think it's important to have good nutrition and do physical activity?

- Food is important because they have nutrients that give our body energy, help us grow and help us stay healthy by protecting us against disease.
- Physical activity is important to: build strong bones and strengthen muscles, maintain flexibility, promote good posture and balance, improve fitness, strengthen the heart, improve physical self-esteem, increase relaxation.
- Nutrition and physical activity also help with growth and development, help us concentrate and learn and supports positive mental wellbeing.

Teaching points (10 minutes)

Discussion Question: Why do we need to fuel our body with healthy foods?

- The body needs energy from food for the brain to think, for muscles to work, for the heart to beat and for the lungs to breathe. Three different macronutrients in food - carbohydrates, fats and proteins - provide the body with the energy it needs.
- **Carbohydrates** (sugars and starches) are the body's preferred fuel. About half of our energy (or calories) should come from carbohydrates each day. The best sources of carbohydrates include Grain Products (especially whole grain products) such as cereals, bread, pasta, rice and other grains, vegetables and fruit.
- **Fats** are a key source of energy for children's healthy growth, development and activity. Fats help the body absorb some of the nutrients that are essential for good health, such as vitamins A, D, E and K. Everyone needs fat, but many Canadians eat more fat than they need for good health. Children should be encouraged to enjoy lower fat choices including lower fat milk and yogurts, grain products and dried peas, beans and lentils. However, nutrient rich foods such as peanut butter and cheese should not be restricted during childhood because of concerns about fat.
- **Proteins** help the body grow and develop. The body breaks down proteins into building blocks, called amino acids, that cells use to build and repair tissue like muscle, skin, hair and nails. Animal products like milk, yogurt, cheese, meat, poultry, fish and eggs are sources of complete protein that provide all of the amino acids that you need for life. Soy protein is also a complete protein. Meat alternatives such as peanut butter, dried peas, beans and lentils are sources of incomplete protein that provide some of the essential amino acids. Grain products such as cereal, bread, rice and pasta also provide some incomplete protein in smaller amounts. Most people get plenty of protein by eating a variety of foods.

Activity (15 minutes)

Explain that the activity today will involve an active learning experience to combine their knowledge of healthy eating with some physical activity. The activity is a game where the teams will race against each other to collect pictures of food and put them in their nutrient basket. One at a time, each team member should collect one item and return it to the team basket. The winning team will be the one that can correctly match all of the foods to the best source of nutrient they provide.

Depending on space, split the class into four teams. Make a start line and then place five hoops (or objects) for each team in a line, jumping distance apart. At the far end of the hoops, place the pile of pictures of food. Each team should have three baskets that represent the three macronutrients: carbohydrates, proteins and fats.

Each team member must jump through the hoops to reach the food pictures, select a picture from their pile, then jump through the hoops back to the start line, dropping their food into a nutrient basket before the next team member can repeat. The winning team is the one that finishes first, with all of the foods in the basket that matches the best source of nutrient they provide.

Nutrient Answer Key

Carbohydrates	Protein	Fat
2% Milk*	2% Milk*	Almonds*
Asparagus	Almonds*	Avocado*
Avocado*	Chicken	Eggs*
Carrots	Eggs*	Goat Cheese*
Couscous	Goat Cheese*	Peanut Butter*
Figs	Peanut Butter*	Swiss Cheese*
Green Beans	Red Kidney Beans*	Sunflower Seeds*
Mushrooms	Salmon	
Peanut Butter*	Sunflower Seeds*	
Pineapple	Swiss Cheese*	
Pita Bread	Tofu	
Red Kidney Beans*	Tuna	
Spaghetti	Yogurt*	
Sunflower Seeds*		
Whole Wheat Bread		
Wild Rice		
Yogurt*		



Almonds



Red Kidney Beans



Salmon



Chicken



Tofu



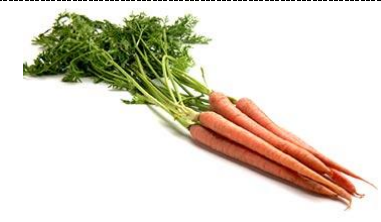
Figs



Pineapple



Mushrooms



Carrots



Avocado



Asparagus



Couscous



Pita Bread



Wild Rice



Spaghetti



Whole Wheat Bread



Yogurt



2% Milk



Swiss Cheese



Goat Cheese



Peanut Butter



Eggs



Tuna



Sunflower Seeds



Green Beans