

Chapter 1 : Nutrition Lesson Plans

Our cross-curricular resources on health and nutrition will engage your students with fun and informative lessons, printables, and activities on their well-being. Teach them about illness, physical education, and balanced diets so they have the knowledge to make healthy choices.

Nutrition is important for fitness. Eating a well-balanced diet can help you get the calories and nutrients you need to fuel your daily activities, including regular exercise. You need to get the right types of food at the right times of the day. Learn about the importance of healthy breakfasts, workout snacks, and meal plans. Get off to a good start. Your first meal of the day is an important one. According to an article published in *Harvard Health Letter*, eating breakfast regularly has been linked to a lower risk of obesity, diabetes, and heart disease. Starting your day with a healthy meal can help replenish your blood sugar, which your body needs to power your muscles and brain. Eating a healthy breakfast is especially important on days when exercise is on your agenda. Choosing the right kind of breakfast is crucial. Too many people rely on simple carbohydrates to start their day. In comparison, a fiber- and protein-rich breakfast may fend off hunger pangs for longer and provide the energy you need to keep your exercise going. Instead of eating sugar-laden cereals made from refined grains, try oatmeal, oat bran, or other whole-grain cereals that are high in fiber. Then, throw in some protein, such as milk, yogurt, or chopped nuts. Then, stir some cottage cheese into the batter. If you prefer toast, choose whole-grain bread. Then pair it with an egg, peanut butter, or another protein source. Count on the right carbohydrates. Thanks to low-carb fad diets, carbohydrates have gotten a bad rap. According to the Mayo Clinic, about 45 to 65 percent of your total daily calories should come from carbohydrates. This is especially true if you exercise. Choosing the right kind of carbohydrates is important. Too many people rely on the simple carbs found in sweets and processed foods. Instead, you should focus on eating the complex carbs found in whole grains, fruits, vegetables, and beans. Whole grains have more staying power than refined grains because you digest them more slowly. They can help you feel full for longer and fuel your body throughout the day. They can also help stabilize your blood sugar levels. Finally, these quality grains have the vitamins and minerals you need to keep your body running at its best. Pack protein into your snacks and meals. Protein is needed to help keep your body growing, maintained, and repaired. For example, the University of Rochester Medical Center reports that red blood cells die after about 120 days. Protein is also essential for building and repairing muscles, helping you enjoy the benefits of your workout. Adults need to eat about 0.5 grams of protein per pound of body weight. Exercisers and older people may need even more. That protein can come from: Limit the amount of red meat and processed meats that you eat. Boost your fruit and vegetable intake. Fruits and vegetables are rich sources of natural fiber, vitamins, minerals, and other compounds that your body needs to function properly. Aim to fill half your plate with fruits and veggies at every meal, recommends the United States Department of Agriculture. This will help you enjoy the full range of vitamins, minerals, and antioxidants that the produce aisle has to offer. Every time you go to the grocery store, considering choosing a new fruit or vegetable to try. For snacks, keep dried fruits in your workout bag and raw veggies in the fridge. Choose healthy fats. Unsaturated fats may help reduce inflammation, and they help provide calories. While fat is a primary fuel for aerobic exercise, we have plenty stored in the body to fuel even the longest workouts. However, getting healthy unsaturated fats helps to provide essential fatty acids and calories to keep you moving.

Chapter 2 : Printable Nutrition Activities for Kids - Mom Foodie

*Diet and Nutrition Activities: Just for the Health of It, Unit 2 (Health Curriculum Activities Library) [Patricia Rizzo Toner] on theinnatdunvilla.com *FREE* shipping on qualifying offers. The Just for the Health of It series is an unmatched tool for teaching basic health concepts and skills to students in grades*

Relaxation – Learning how to deal with stress and let go of worries is an important component in keeping fit. Instruct your students to lay down on a mat and close their eyes. Have them breathe in deeply filling their lungs up with air, then slowly exhaling all of the negatively they feel letting go of all of the tension and air from their lungs. Have students practice breathing as you guide them. Students can breathe in slowly for counts of seven, then breathe out solely for counts of seven. Instruct students to put their hands on their abdomen and feel it rise up and down as they breathe. After doing this exercise for about minutes, ask students how they feel. Discuss how they can do this every day to feel calm and refreshed.

Food and Health Like cars need gasoline in order to run, our bodies need food in order for us to stay alive. As students get older they are able to make their own food choices. Here are a few activities about food and their health.

Food into Fuel – The first step into learning about nutrition is to help students understand the pattern of digestion and how the foods they choose to eat is broken down. Discuss how when food enters your mouth it is broken down and partially digested before down your body. Then the stomach squeezes it even more, and adds water, enzymes, and hydrochloric acid to break it down even more. After discussing digestion, challenge students to choose a piece of food and write a short story as if they were that piece of food going through their body.

A Balanced Diet – To encourage students to eat healthy meals have students create a balanced meal of their own. They will need to search through grocery ads and magazines to find a balanced meal for breakfast, lunch or dinner. Instruct students to cut out photos and glue them onto a paper plate. Before sending them off to search for a balanced meal, discuss how our bodies need a variety of foods. Show students what a balanced meal looks like by going to choosemyplate. Once students have made their meals, have students try and guess who made each plate and if the plate was balanced or not.

Food Diary – Ask students to keep a food diary of all of the foods that they eat for five days Monday – Friday. They should keep a record of everything they consume, even the drinks. On the next school day Monday have students diet compares to the national guidelines of what is recommended they should eat. Then, have students see if they need to modify their diets in any way. Remind students that when we eat a balanced meal we are getting all of the vitamins and minerals that our bodies need in order to be healthy. Remind students that being fit and eating right is important, and it is their responsibility for keeping themselves healthy. There are essential nutrients that our bodies need, which can only come from healthy foods. So as much as students may love to eat their sugary sweets, it all has to be in moderation.

How are you celebrating National Nutrition Month in your classroom? Do you have any fun activities to promote health and nutrition that you would like to share? Please share with us in the comment section below, we would love to hear your ideas. Janelle Cox is an education writer who uses her experience and knowledge to provide creative and original writing in the field of education. She is also the elementary education expert for About.

Chapter 3 : Diet and Nutrition Questions for Tests and Worksheets

Students discuss and complete activities to further their knowledge about nutrition in their diet. In this nutrition lesson, students discuss their diets and the amount of vegetables and fruits they are consuming daily.

Eat foods with heart-healthy fats, which mainly come from these foods: Choose healthy fats, such as from nuts, seeds, and olive oil. What foods and drinks should I limit if I have diabetes? Foods and drinks to limit include fried foods and other foods high in saturated fat and trans fat foods high in salt, also called sodium sweets, such as baked goods, candy, and ice cream beverages with added sugars, such as juice, regular soda, and regular sports or energy drinks. Drink water instead of sweetened beverages. Consider using a sugar substitute in your coffee or tea. If you use insulin or diabetes medicines that increase the amount of insulin your body makes, alcohol can make your blood glucose level drop too low. When should I eat if I have diabetes? Some people with diabetes need to eat at about the same time each day. Others can be more flexible with the timing of their meals. Depending on your diabetes medicines or type of insulin, you may need to eat the same amount of carbohydrates at the same time each day. If you use certain diabetes medicines or insulin and you skip or delay a meal, your blood glucose level can drop too low. Ask your health care team when you should eat and whether you should eat before and after physical activity. How much can I eat if I have diabetes? Eating the right amount of food will also help you manage your blood glucose level and your weight. Your health care team can help you figure out how much food and how many calories you should eat each day. Weight-loss planning If you are overweight or have obesity, work with your health care team to create a weight-loss plan. The Body Weight Planner can help you tailor your calorie and physical activity plans to reach and maintain your goal weight. To lose weight, you need to eat fewer calories and replace less healthy foods with foods lower in calories, fat, and sugar. If you have diabetes, are overweight or obese, and are planning to have a baby, you should try to lose any excess weight before you become pregnant. Learn more about planning for pregnancy if you have diabetes. Meal plan methods Two common ways to help you plan how much to eat if you have diabetes are the plate method and carbohydrate counting, also called carb counting. Plate method The plate method helps you control your portion sizes. The plate method shows the amount of each food group you should eat. This method works best for lunch and dinner. Use a 9-inch plate. Put nonstarchy vegetables on half of the plate; a meat or other protein on one-fourth of the plate; and a grain or other starch on the last one-fourth. Starches include starchy vegetables such as corn and peas. You also may eat a small bowl of fruit or a piece of fruit, and drink a small glass of milk as included in your meal plan. Your daily eating plan also may include small snacks between meals. Portion sizes You can use everyday objects or your hand to judge the size of a portion. Because carbohydrates turn into glucose in your body, they affect your blood glucose level more than other foods do. Carb counting can help you manage your blood glucose level. If you take insulin, counting carbohydrates can help you know how much insulin to take. The right amount of carbohydrates varies by how you manage your diabetes, including how physically active you are and what medicines you take, if any. Your health care team can help you create a personal eating plan based on carbohydrate counting. The amount of carbohydrates in foods is measured in grams. Try to limit carbohydrates with added sugars or those with refined grains, such as white bread and white rice. Instead, eat carbohydrates from fruit, vegetables, whole grains, beans, and low-fat or nonfat milk. Choose healthy carbohydrates, such as fruit, vegetables, whole grains, beans, and low-fat milk, as part of your diabetes meal plan. In addition to using the plate method and carb counting, you may want to visit a registered dietitian RD for medical nutrition therapy. What is medical nutrition therapy? Medical nutrition therapy is a service provided by an RD to create personal eating plans based on your needs and likes. For people with diabetes, medical nutrition therapy has been shown to improve diabetes management. Medicare pays for medical nutrition therapy for people with diabetes. If you have insurance other than Medicare, ask if it covers medical nutrition therapy for diabetes. Will supplements and vitamins help my diabetes? No clear proof exists that taking dietary supplements such as vitamins, minerals, herbs, or spices can help manage diabetes. Talk with your health care provider before you take any dietary supplement since some can cause side effects or affect

how your medicines work. Physical activity is an important part of managing your blood glucose level and staying healthy. Being active has many health benefits.

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Here are the nutrition themed kids activities to help encourage choosing healthy foods. They are fun activities that are easy to incorporate into nutrition education. The nutrition activities and coloring sheets are perfect for both home and school.

When nutrition is added to the curriculum students: Discuss nutrition with friends and family. Make better choices in the lunch line and grocery store. Hold each other accountable for making healthy choices. Bring healthier snacks to school. Enjoy sharing their stories about nutrition. What are the Teachers Saying? Teachers love that our nutrition curriculum works so well in the classroom. The nutrition lesson plans for fourth grade have undergone rigorous field testing to evaluate student outcomes. This process helps us to refine the lessons until they become teacher-friendly, fun for students and effective. Here is what teachers are saying about these fourth grade nutrition lesson plans. I use the program before state testing along with a sleep project to encourage my students to eat right and get plenty of rest. I am thrilled when students come back and tell me about reading labels at home and at the market, and their surprise as to an actual serving size. Today a student in class told me that her mom put in six cookies in her lunch and she only ate two. I commended her on making the right decision. They are learning that each student has a choice in what they eat. I also notice they are much more aware of the importance of exercise in their lives. Dairy Council of California programs and nutrition lesson plans align with the Dietary Guidelines for Americans. This site is best viewed in Firefox v. Some features on this site require popups to be enabled.

Chapter 5 : Kids Games + Activities free online nutrition and health games

All Ages - Family and School Fun Kids Activities All Ages - Family and School Fun (Spanish) The Super Crew's Nutrition Adventures The Super Crew's Fun and Tasty Recipe Activities Seasonal Produce Guides Special Celebrations and Healthy Holiday Fun!

Receive free lesson plans, printables, and worksheets by email: In this lesson students will review what they know about cross contamination and ways they can help prevent it. Healthy or Not Healthy - Students have to make choices every day about what they eat. Helping them think critically about foods is important to encouraging them to have a healthy lifestyle. Pyramid Matching Game - In this lesson, students have to match the correct food to its place on the pyramid. Reading the Label - In this lesson, students will learn how to read a food label. They will have to find information about ingredients, calories, and nutrition. Alcohol and Advertising - Students will identify the reasons alcohol is harmful to your body. Cooking a Few of my Favorite Things - In this activity, students learn about the nutritional value of foods, calculate the measurements, and prepare a healthy recipe for the class. Then students publish a class cookbook with their recipes. Fast Food Junkie - Students analyze the nutritional value of their favorite fast food meals and describe alternative choices for these unhealthy foods. Five Food Groups - Students will differentiate between different types of foods to determine which of the five food groups they belong in. Food and Nutrition - Students will identify healthy, nutritious foods as opposed to foods with little benefit to their health and be able to create healthy choices. Food Pyramid - All students will be able to identify and then sort different fruits and vegetables into their correct location. Food Pyramid Picnic - Teacher and students discuss the food pyramid and appropriate choices for each food group. Students then plan a nutritional meal for a picnic lunch and make a class book. As a culminating event, the class plans and enjoys a picnic. Good Snack, Smart Snack - After completing a unit of study on nutrition, students work as company managers to design and advertise healthy snacks to sell. A list of ingredients will be listed for each snack and an advertisement will be designed to promote their product. Investigating the Food Pyramid - Students learn that the food pyramid is an important nutritional tool. They classify foods and compare the number of servings per group that are necessary for maintaining good health by placing empty food containers in grocery bags. Nutrition Unit - February is Nutrition Month. Several activities for learning about foods and nutrition. Students will listen to a literature selection and then play a game about personal health behaviors related to nutrition. Nutritionist for Hire - Students devise a healthy dietary plan. Rate Your Plate - This activity is a fun way to teach students to analyze what they eat for one day. Salad Factory - Salad Factory allows students the ability to make their own salad and have the salad computer analyze it for the nutritional content. They will analyze snack foods to determine their fat content by completing an experiment. The ABCs of Healthy Foods - Students make an alphabet book of nutritional foods using the information they learned about nutrition and the value of different foods. Students also taste the foods represented by the letters they wrote about in their alphabet books. The Food Guide Pyramid - This lesson introduces the Food Guide Pyramid and Daily Guidelines for Americans and allows students to evaluate their current nutritional habits and to create a plan for developing healthy habits to last a lifetime. Where do Pretzels Come From?

Chapter 6 : 4th Grade Nutrition Education Lesson Plans

Students study nutrition and how to maintain a healthy diet. In this adolescent nutrition lesson students complete several activities that allow them to see different nutrition scenarios. Get Free Access See Review.

Chapter 7 : Free Kids Nutrition Printables - Worksheets, My Plate, Food Groups

In this BrainPOP movie, Tim and Moby examine nutrition, a balanced diet, and what types of foods are healthy to eat. Find out the key to healthy eating for us humans, and where we can get our nutrients from.

Chapter 8 : Diabetes Diet, Eating, & Physical Activity | NIDDK

Nutrition Pathfinders Interactive Games These interactive games from the 4th and 5th grade Nutrition Pathfinders program, help students practice making food decisions. theinnatdunvilla.com, brought to you by Dairy Council of California, is committed to elevating the health of children and families through the pursuit of lifelong healthy eating habits.

Chapter 9 : Classroom Activities to Promote Nutrition & Health

Nutrition and physical activity are important parts of a healthy lifestyle when you have diabetes. Along with other benefits, following a healthy meal plan and being active can help you keep your blood glucose level, also called blood sugar, in your target range. To manage your blood glucose, you.