

Managing Your Health: Weight Control: Teacher's Guide

Grade Level: 6-8

Curriculum Focus: Health

Lesson Duration: Two or three class periods

Program Description

It's fair to say that fat is an American obsession: At least 100 million Americans are overweight, and many others suffer from eating disorders. What do you know about fat and nutrition? Learn the toll obesity takes on health. Discover how fats and sugars contribute to weight, the danger of diet aids, and the benefits of good old-fashioned exercise.

Onscreen Questions

Before watching the video

- Obesity is on the rise in America, despite an abundance of diets, exercise programs, and weight-loss products. As you watch the program, consider why so many people struggle to maintain a healthy weight.
- Think about how lifestyle and diet make remaining fit a challenge.

After watching the video

- Heart disease and type 2 diabetes are life-threatening conditions related to being overweight. Discuss how extra weight, saturated fats, and high cholesterol contribute to these diseases.
 - What healthy lifestyle habits can one develop to avoid these diseases later in life?
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Lesson Plan

Student Objectives

- Develop a healthful school lunch menu for a week.
- Learn about the importance of a healthy diet and assess their eating habits.

Materials

- *Managing Your Health: Weight Control* video and VCR
- Computer with Internet access

- Note and chart paper
- Pens, markers

Procedures

1. Divide the class into two groups and explain that each group will research what constitutes a good diet. Students will create a week's worth of healthful lunches for the school cafeteria. Tell students they will find information about such diets on the Internet. If the class has access to only one computer, one group can brainstorm lunch menus based on past lunches and favorite meals at home while the other group is online.
2. Tell students they will be using the U.S. Department of Agriculture's Food Guide Pyramid as a guide to their meal planning. Ask if they've seen the pyramid on the boxes of such foods as cereal and crackers, and whether they're familiar with the concept.
3. Direct them to the following Web sites:
 - <http://www.nal.usda.gov:8001/py/pmap.htm>
Here they can research the Food Guide Pyramid, a general guide to a healthful diet. Suggest that students take notes as they explore the site with its Dietary Guidelines links to AIM for Fitness, BUILD a Healthy Base, and CHOOSE Sensibly. Have students take a few minutes to look over the Food Guide Pyramid and the recommended daily servings for each food group. Tell students that these servings apply to all people.
 - http://kidshealth.org/kid/stay_healthy/food/pyramid.html
This site features a colorful image of the Food Guide Pyramid and a look at the different food groups, as well as a glossary of medical terms and a link to articles on Being Good to My Body, Fabulous Food, and Keeping Fit and Having Fun.
4. After the two groups have finished their online research, have them create their week's worth of menus on chart paper. Tell them they may use markers to draw some of the foods or decorate their menus as they wish, perhaps even attaching Food Guide Pyramids from product boxes.
5. Have each group share its menus with the class. If a school nutritionist or dietician is available, arrange for that person to attend these presentations, comment on the menus, and talk to the students about the importance of eating right to stay fit.
6. Lead a class discussion on what the students learned about diet from the Web sites, why some foods are "good" and some are "bad," and how the students would assess their own diets.
7. Review important vocabulary words.
8. To help students understand what a serving is, share with them the following equivalencies:

Milk, Yogurt, and Cheese

- 1 serving = 1 cup of milk or yogurt
- 1 serving = 1 1/2 oz. of natural cheese, or 2 oz. of processed cheese



Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts

- 1 serving = 2-3 oz. of cooked lean meat, poultry, or fish
- 1 serving = 1/2 cup of cooked dry beans
- 1 serving = 1 egg
- 2 tablespoons of peanut butter and 1/2 cup of peanuts is equivalent to 1 oz. of meat. Because nuts are high in fat, they must be eaten sparingly. (2 tablespoons of peanut butter is about half a serving, as is 1/2 cup of peanuts. Rather than eat a complete serving of these foods, it may be wise to supplement these portions with other foods from that food group.)

Vegetables

- 1 serving = 1 cup of raw leafy vegetables
- 1 serving = 1/2 cup of other vegetables, cooked or raw
- 1 serving = 3/4 cups of vegetable juice

Fruits

- 1 serving = 1 medium apple, banana, or orange
- 1 serving = 1/2 cup of chopped, cooked, or canned fruit
- 1 serving = 3/4 cup of fruit juice

Bread, Cereal, Rice, and Pasta

- 1 serving = 1 slice of bread
- 1 serving = 1 ounce of ready-to-eat cereal
- 1 serving = 1/2 cup of cooked cereal, rice, or pasta

9. Challenge students to create menus for breakfast and dinner for one week based on the Food Guide Pyramid and basic serving information.

Assessment

Use the following three-point rubric to evaluate students' work during this lesson.

- **3 points:** Students demonstrated a clear understanding of how to use the Internet as a research tool; worked cooperatively in their groups to create and present school lunch menus for a week; and actively participated in the class discussion on the importance of a healthful diet.
- **2 points:** Students demonstrated an on-grade understanding of how to use the Internet as a research tool; worked somewhat cooperatively in their groups to create and present school lunch menus; and took some part in the class discussion on the importance of a healthful diet.
- **1 point:** Students demonstrated a weak understanding of how to use the Internet as a research tool; had trouble working cooperatively in their groups to create and present



school lunch menus; and participated little or not at all in the class discussion on the importance of a healthful diet.

Vocabulary

calorie

Definition: With a lowercase "c," the term refers to the amount of energy needed to raise the temperature of one gram of water one degree Celsius.

Context: When it comes to staying healthy, counting calories is just one aspect.

Calorie

Definition: With an uppercase "C," the term refers to the amount of energy required to raise one kilogram of water (about 2.2 pounds) one degree Celsius; one Calorie, or kcal, is equal to 1,000 calories.

Context: Nutrition is measured in Calories.

diet

Definition: Everything that is consumed. A balanced diet is based on the principle that healthful foods and appropriate nutrients must be consumed each day

Context: Eating a healthful diet helps prevent high cholesterol, high blood pressure, heart disease, and many other health problems.

Food Guide Pyramid

Definition: A visual representation of the number of recommended daily servings in each of the six food groups; designed by the U.S. Department of Agriculture

Context: Use the Food Guide Pyramid as a general guide to help you choose a healthful diet.

nutrients

Definition: Substances, including proteins, carbohydrates, vitamins, and minerals, found in foods that are necessary for good health

Context: Teenagers need to consume a great deal of calcium, the nutrient that helps build strong bones and teeth.

Academic Standards

National Academy of Sciences

The National Science Education Standards provide guidelines for teaching science as well as a coherent vision of what it means to be scientifically literate for students in grades K-12. To view the standards, visit <http://books.nap.edu>.

This lesson plan addresses the following science standard:

- Science in personal and social perspectives: Personal health



Mid-continent Research for Education and Learning (McREL)

McREL's Content Knowledge: A Compendium of Standards and Benchmarks for K-12 Education addresses 14 content areas. To view the standards and benchmarks, visit link:

<http://www.mcrel.org/compendium/browse.asp>

This lesson plan addresses the following national standards:

- Health – Understands essential concepts about nutrition and diet
 - Language Arts – Reading: Uses reading skills and strategies to understand and interpret a variety of informational texts
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Support Materials

Develop custom worksheets, educational puzzles, online quizzes, and more with the free teaching tools offered on the Discoveryschool.com Web site. Create and print support materials, or save them to a Custom Classroom account for future use. To learn more, visit

- <http://school.discovery.com/teachingtools/teachingtools.html>

