

Lesson: Jump Starting Energy

Supplies Needed:

- Clear jar with 20.5 teaspoons of sugar in it
- 3.8_LV_Jump-Starting-Energy-Visuals
- Whiteboard, blackboard or easel with blank pad

Goals:

- Students will understand the health benefits of eating a well-balanced diet.
- Students will be able to make decisions based on nutrition labels.
- Students will learn how to identify unhealthy habits and offer suggestions for how to make better choices.

Lesson:

Let's have everyone get up now and let's do a couple minutes of exercise. **(Select two or three exercises suggested by the students.)**

This year we learned all about healthy habits. Can you think of things that you can do to be healthy? *(Eat Go Foods, eat more fruits and vegetables, use MyPlate as a guide to create balanced meals, exercise, limit electronics, rest, drink water.)*

Today we are going to be health experts. Let's take a look at the lifestyle habits of some people and see if we can suggest ways for them to be healthier.

(Show slide 1.) This is Luisa. She's the goalie for her soccer team. They have a big game coming up on Saturday, and she wants to make sure she has the energy and concentration to perform well. What would you suggest she has for breakfast so she feels satisfied and energized? What about snacks during and after the game?

- *(Use MyPlate as a guide to selecting foods for making balanced meals.)*
- *(Look for Go Foods: whole grains, fruits and veggies, lean proteins, milk, Go cereals.)*
- *(Keep hydrated with water and milk.)*
- *(Listen to her body to judge how big her snacks need to be) Is she thirsty, hungry?)*

(Show slide 2.) Luisa's family is running low on cereal. Which of these would give them long lasting energy?

(Choose cereals with three grams or more of fiber, nine grams or less of sugar

ex: Wheat Chex = Go)

(Show slide 3 if the students are struggling to remember how to do this. Go = Old Fashion Oats and Oatmeal Squares.)

(Show slide 4.) This is Andre. Andre loves skateboarding and just started taking gymnastics. After getting his homework done, he skateboards with friends. Then he eats dinner before heading off to gymnastics. He usually eats spaghetti and drinks juice. When he comes home from gymnastics, he's starving and tired so he has an evening snack. He drinks a soda and has dessert. He's having more and more trouble falling asleep at night and is sleeping later in the morning. When he does finally pull himself out of bed in the morning, he grabs a granola bar and glass of juice before heading to school. He's usually yawning and has trouble concentrating at school until after lunch.

Let's see if we can help Andre improve his habits. What are some of the good habits Andre has?

(Staying physically active, getting his homework done, spending time with friends, eating breakfast)

What are some of the habits that are zapping Andre's energy?

(Staying up too late, not eating balanced meals – there is little protein, fruits, vegetables or dairy; choosing beverages that are high in sugar)

What could Andre do to increase his energy levels? **(Brainstorm as a class and write tips on the board.)**

- *(Use MyPlate to create balanced meals.)*
- *(Eat more fruits and vegetables and protein.)*
- *(Pack a balanced grab and go breakfast before going to bed.)*
- *(Eliminate caffeinated sodas before bed.)*
- *(Choose water or milk instead of juice and soda.)*
- *(Do peaceful activities like reading, bathing or listening to music and limit screen time and other energizing activities before bed.)*

(Show slide 5.) One suggestion was that Andre should eat more balanced meals. Let's think through some specific recommendations for how he can eat a balanced meal.

- **(Here are some examples, but the students should come up with examples. Only share these if they are struggling to come up with ideas.)**
 - *If only having a small dinner of two or three food groups, try and eat Go Foods from the remaining food groups as a snack later at night*
 - *Breakfast before: granola bar, juice*
 - *Breakfast after: granola bar, piece of fruit, milk*
 - *Dinner before: spaghetti and juice*

- *Dinner after: spaghetti with whole wheat spaghetti with meatballs, carrots or salad, milk*
- *Evening snack before: dessert and soda*
- *Evening snack after: piece of fruit, string cheese, whole grain crackers, water*

(Show slide 6.) This is Drew. Drew and his friends used to love to play football and basketball. They'd ride their bikes all over the neighborhood. Drew got some new video games over the winter holidays. He and his friends couldn't wait to try them out so they started playing more and more video games and spent less and less time outside. When it turned to spring they went to play football outside but everyone got tired quickly, so they headed back inside to play more video games. Drew loves having his friends come to his house all the time, and he loves playing video games. But he misses the fun times they used to have playing sports, and he is worried about his lack of energy. He thinks he needs to spend more time playing outside and less time playing video games, but his friends don't want to play outside any more. Worse yet, Andy just got video games Drew's friends like even more. How can Drew get his friends to play outside with him?

(Have the class brainstorm ideas and write them down. Here are some examples:)

- *Ask the friends to play outside first and then play video games. Little by little try to increase how long they play outside before heading in.*
- *See if there is an afterschool football or basketball program he and his friends can join.*
- *Ask his mom to help by setting some time limits. Then Drew can let his friends know that his mom made a new house rule, and they can only play video games for 30 minutes at his house the rest of the time they need to do something else like play outside.*
- *Ask his mom if she'll talk to Andy's mom about setting time limits also.*
- *See if there is another outdoor activity that may be more appealing, like having water gun fights or playing capture the flag.*
- *See if anyone else may be willing to play football or ride bikes.*
- *Tell his friends that he wants to get in shape and sharpen his skills for football/basketball season so he can try out for the team. Say he wants to start doing more cardio and strength training. See if his friends want to also. He could also ask if his friends could they help him practice his sports skills.*

Great job! For the rest of this school year and over the summer, remember all these great ideas you came up with for eating well and being active and use them in your life. Have a great summer!