

Building Blocks
Healthy Eating, Physical Activity, and Oral Health
A Lesson Plan Module for Teachers
Junior Kindergarten – Grade 6

Healthy Eating
Grade 6
Lesson 5

Lesson 5 – Fuel Your Body – What I Need to Stay Healthy

Curriculum Expectations:

Students will describe the benefits of healthy eating for active living.

Objectives:

Students will learn about what their body needs to stay healthy.

Suggested Outline

Section 1: Introduce Today’s Lesson

Section 2: Discussion/Background Information

Section 3: Classroom Discussion and Activity

Section 4: Conclusion

Section 1: Introduce Today’s Lesson

Today we will learn about what our body needs to stay healthy, by comparing it to a car and completing a “What I Need to Stay Healthy” activity sheet.

Section 2: Discussion/Background Information

Healthy Eating and Physical Activity

The concepts of healthy eating and active living are interrelated and complementary to each other. Healthy eating provides the energy required for participation in regular physical activity. Regular physical activity provides young people with opportunities for increasing their self esteem and appreciation for their own bodies. Healthy eating and regular physical activity are essential for growth and development and are important components of a healthy lifestyle.

Physical Activity

When children are active, they are more likely to feel good about themselves and to recognize when they are hungry and when they are full. This allows them to eat enough to meet their nutritional needs and have the energy they need to be active. Children who are hungry or who do not eat well are less likely to have enough energy to be active and to get involved in activities that will help them feel good about themselves. Refer to the section on Active Living for more information.



Vitality

Three positive life choices are highlighted in *Canada's Food Guide to Healthy Eating* that make up the Vitality approach to living – *Enjoy eating well, being active and feeling good about yourself. That's VITALITY.* 'Eating well' emphasizes the components of *Canada's Guidelines for Healthy Eating* . 'Enjoy being active' emphasizes the importance of participating in activities that fit comfortably and conveniently in the usual routines of daily life, like riding a bike, walking, and washing the car. Being active means doing a variety of strength, endurance and flexibility each day. 'Feeling good about yourself' talks about people taking charge of their lives and learning to accept and respect themselves. People with a healthy self-image and body image will have a stronger sense of themselves, have more control over their lives and tend to feel and look happier. The *Vitality* approach to living is making a psychological, social and cultural shift away from body weight, dieting and exercise to a focus on eating well, being active and feeling good about yourself.

Section 3: Classroom Discussion

Display pictures of a car and a person. Ask students to list the types of things that a car needs to operate properly (e.g., gas, oil, windshield wiper fluid, tune up, etc.). Next, ask students to list the type of things a person needs to stay healthy (e.g. foods, physical activity, time to relax, sleep, love). Emphasize that both cars and humans need fuel to function properly.

Activity

Instruct students to complete their own, "What I Need to Stay Healthy" activity sheets. Encourage students to take the *Vitality* approach.

Continue the discussion focusing on the benefits of healthy eating can have on the body and how it functions. Relate the healthy eating pattern to its impact on feeling energized and ready for physical activity.

Section 4: Conclusion

Today we learned about what our body needs to stay healthy, by comparing it to a car and completing a "What I Need to Stay Healthy" activity sheet.