



Anthony Slusher

GRADES
6-8

BALANCED DIET

HEALTH



nearpod

“ TAKE CARE OF
YOUR BODY,
it's the only place
YOU HAVE TO LIVE ”



Anthony James Slusher

Elementary and Middle School Health Educator

Hi there! I'm Anthony, an Elementary and Middle School Health Educator with a craze for motivating our youth on the importance of living a healthy and active lifestyle. In my highly enthusiastic classroom, we engage in the skills, knowledge and understanding it takes to create and sustain lifelong physical, mental and emotional health. I take pride in being a Healthy Role Model for my students and hope to inspire them to do the same :)

Healthy people = Happy people. Who doesn't want to be happy?

Hobbies: Yoga, Sports, Nature, Hiking, Camping, Biking, Reading, Being Grateful.

Qualities: Energetic, Motivated, Passionate.

Lesson Objectives

Students will:

1. Quickly review the five major food groups
2. Learn the recommended daily intake of each food group
3. Be able to design balanced meals

Classroom Time: 30 minutes

Open Ended Question

What is the importance of eating a well balanced diet?

Video next!

Put your headphones on and get ready for the following video which reviews the 5 major food groups

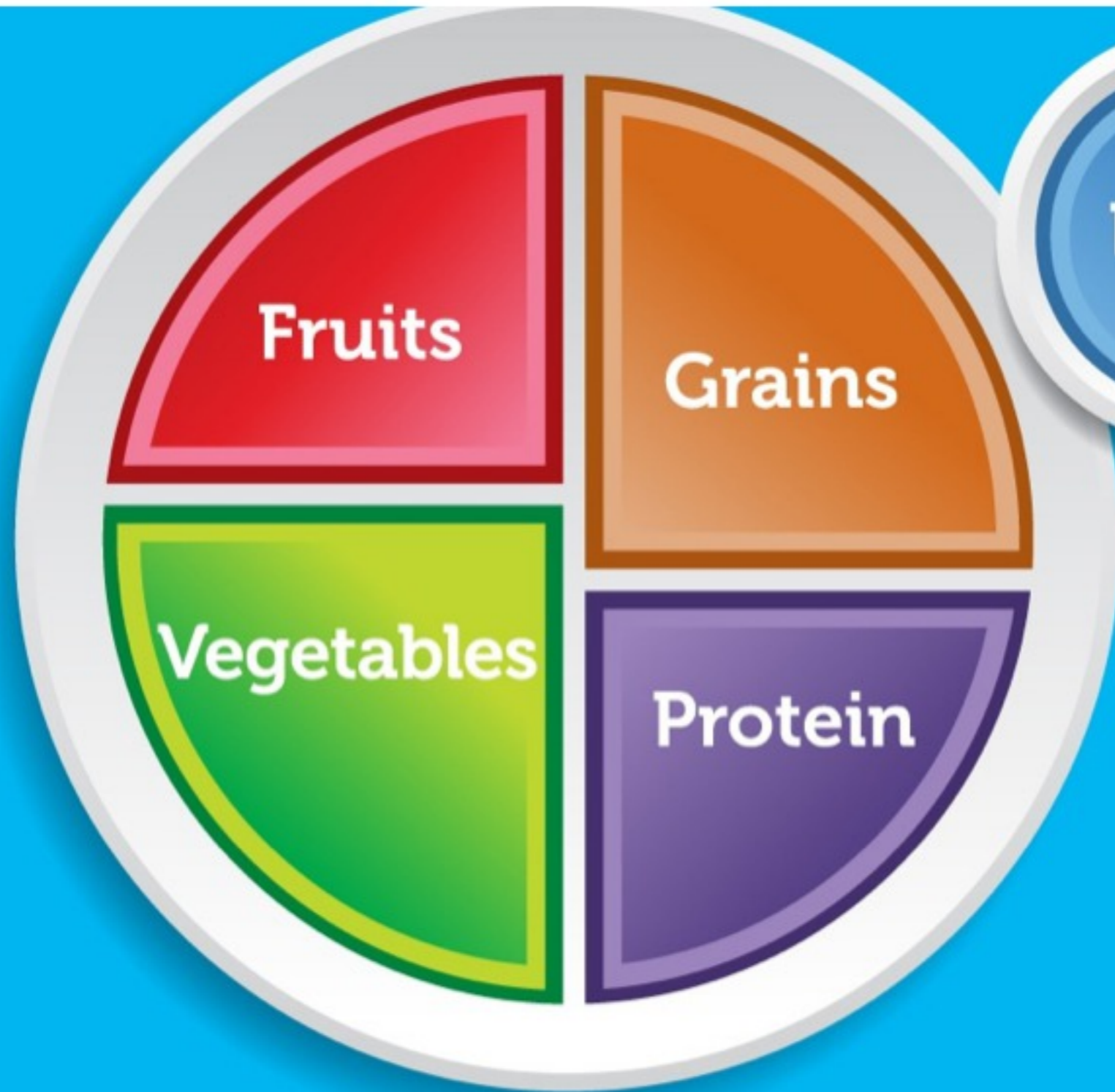


<http://www.youtube.com/embed/J9UVDzkBhkl>

Poll

What are the five main food groups?

- Dairy, fruits, vegetables, wheat, proteins
- Fruit, vegetables, protein, legumes, dairy
- Grains, fruit, vegetables, protein, dairy



Choose **MyPlate**.gov

Open Ended Question

Why is it important for your body to get the recommended portions from each food group?

Remember...

Not every meal needs to include **all** food groups. The previous image is just an example of a large meal.

Open Ended Question



Do you think this is a balanced breakfast? Why or why not?

Daily Amounts

The amount of each food group that you need to eat depends on age, sex, and level of physical activity. Today we will explore the daily amounts for a 12-year-old boy and a 12-year-old girl.

Let's call them **Michael and Kate.**

Fruits

Michael and Kate both need

1 1/2 cups

of fruit per day



Kate needs

2 cups

and Michael needs

2 1/2 cups

of vegetables per day

Vegetables



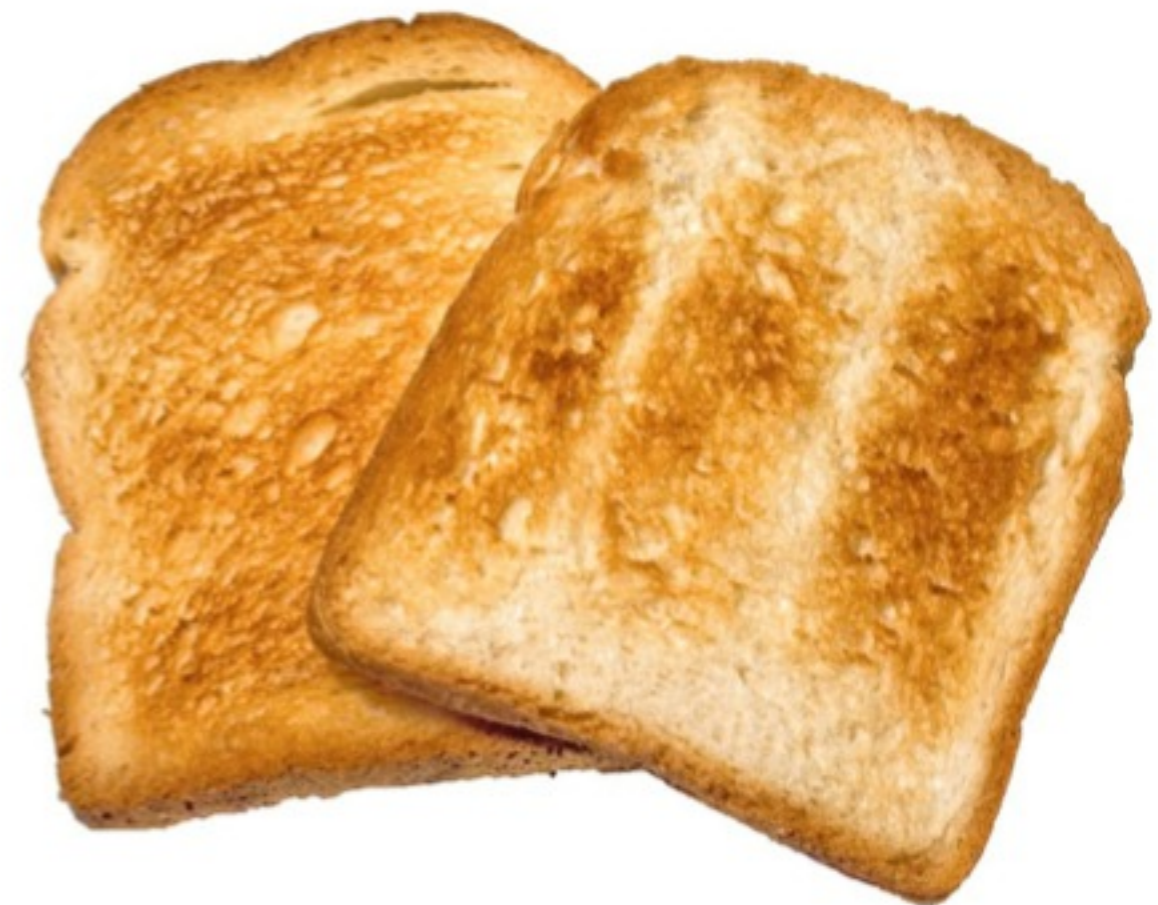
Grains

Since both Kate and Michael do 30 minutes of exercise per day, they both need about

5-7 ounces

of grains per day

At least half of your grains should be whole grains



Grains

How much is
5-7 ounces?

Well, 1 ounce of grains is equivalent to

1 slice of bread

or

1 cup of ready-to-eat cereal

or

$\frac{1}{2}$ cup of cooked rice, cooked
pasta, or cooked cereal

Proteins

Since both Kate and Michael do 30 minutes of exercise per day, they both need about

5-6 ounces

of protein per day



Proteins

How much is
5-6 ounces?

Well, 1 ounce of protein is equivalent to

1 ounce of meat, poultry or fish

or

¼ cup cooked beans

or

1 egg

or

1 tablespoon of peanut butter

or

½ ounce of nuts or seeds

Open Ended Question



What food could we add to this lunch or what would we change about the sandwich to make it a more well balanced meal?

Dairy

Michael and Kate both can have

3 cups

of dairy per day



Quiz

Exit quiz!

True or False. A 12-year-old boy and a 25-year-old girl probably have the same recommended daily intakes of each food group.

True

False

True or False. Every meal needs to include all food groups.

True

False

Michael, a 12-year-old boy should consume about 2.5 cups of _____ per day.

- Fruits
- Vegetables
- Grains
- Protein
- Dairy



Which food groups are NOT included in this dinner?

- Grains and fruits
- Dairy and fruits
- Vegetables and dairy
- Grains and vegetables

Kate a 12-year-old girl should consume about 5-6 ounces of _____ per day.

- Fruits
- Vegetables
- Protein
- Dairy

Which of these does not count as 1 ounce of grains?

- 1 slice of toast
- 1 cup cereal
- 1/2 cup cooked rice
- All of the above count as 1 ounce of grains

Draw It

Draw a well balanced dinner and label each item.

*Thank
You!*

Credits

Choosemyplate.gov

revedavion.com - "Bread Toasts"

Jesse757- "Poolside: 6.21.2008"

<https://www.flickr.com/photos/jesse757/2601739691>

Food Food CK- "The Meat and Wine Co"

<https://www.flickr.com/photos/epessoa/3274944258/>

Noemi Ventosa- "Milk Splash!" - <https://www.flickr.com/photos/oriona/7521220800/>

Rick Ligthelm- "Vegetables" - <https://www.flickr.com/photos/ligthelm/>