



[KidsHealth.org/classroom](http://KidsHealth.org/classroom)

## Teacher's Guide

This guide includes:

- Standards
- Related Links
- Discussion Questions
- Activities for Students
- Reproducible Materials

## Standards

This guide correlates with the following National Health Education Standards:

Students will:

- Comprehend concepts related to health promotion and disease prevention to enhance health.
- Demonstrate the ability to access valid information and products and services to enhance health.
- Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- Demonstrate the ability to use decision-making skills to enhance health.
- Demonstrate the ability to use goal-setting skills to enhance health.
- Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
- Demonstrate the ability to advocate for personal, family, and community health.

Your state's school health policies:  
[nasbe.org/HealthySchools/States/State\\_Policy.asp](http://nasbe.org/HealthySchools/States/State_Policy.asp)

Energy is what helps you do the things you like to do. When you eat or drink, energy goes into your body. And when you do things like run a race or draw a picture, you use up energy. To be healthy, you have to balance the energy your body takes in with the energy it uses up. The following discussion questions and activities will help your students understand what they can do to “balance” their energy.

## Related KidsHealth Links

### Articles for Kids:

#### Learning About Carbohydrates

[KidsHealth.org/kid/nutrition/food/carb.html](http://KidsHealth.org/kid/nutrition/food/carb.html)

#### Learning About Proteins

[KidsHealth.org/kid/nutrition/food/protein.html](http://KidsHealth.org/kid/nutrition/food/protein.html)

#### Learning About Calories

[KidsHealth.org/kid/nutrition/food/calorie.html](http://KidsHealth.org/kid/nutrition/food/calorie.html)

#### Why Exercise Is Cool

[KidsHealth.org/kid/exercise/fit/work\\_it\\_out.html](http://KidsHealth.org/kid/exercise/fit/work_it_out.html)

#### Eating for Sports

[KidsHealth.org/kid/nutrition/food/sports.html](http://KidsHealth.org/kid/nutrition/food/sports.html)

#### School Lunches

[KidsHealth.org/kid/nutrition/food/school\\_lunches.html](http://KidsHealth.org/kid/nutrition/food/school_lunches.html)

#### When Snack Attacks Strike

[KidsHealth.org/kid/nutrition/food/snack\\_attack.html](http://KidsHealth.org/kid/nutrition/food/snack_attack.html)

#### The Real Deal on the Digestive System

[KidsHealth.org/kid/body/digest\\_noSW.html](http://KidsHealth.org/kid/body/digest_noSW.html)

## Discussion Questions

*Note: The following questions are written in language appropriate for sharing with your students.*

1. When you have lots of energy, how do you feel? What do you do? When you don't have lots of energy, how do you feel? What do you do?
2. Have you ever felt really sleepy or tired in the middle of the day? What do you do to get your energy back?
3. Running in a race uses lots of your body's energy, but sitting in front of the television does not. What other kinds of activities use up lots of energy? What kinds of activities do not?



## Activities for Students

*Note: The following activities are written in language appropriate for sharing with your students.*

### An Energy Balancing Act

#### Objectives:

Students will:

- Identify and explain the balance between taking in food and spending energy
- Describe and distinguish between healthy and non-healthy energy sources and high- and low-energy activities

#### Materials:

- Chart paper
- Art supplies (colored pencils, markers, crayons)
- My Energy Balance handout (available at: [KidsHealth.org/classroom/prekto2/personal/nutrition/energy\\_balance\\_handout1.pdf](http://KidsHealth.org/classroom/prekto2/personal/nutrition/energy_balance_handout1.pdf))

#### Class Time:

40 minutes

#### Activity:

Energy balance is the balance your body needs between energy coming in (from what you eat and drink) and energy going out (for the things you do and the ways you move). For example, when you eat breakfast in the morning, your body takes in energy. How do you use that energy? What kinds of things does it allow you to do?

Some foods give you more energy than others. It's important to eat foods from the different food groups so that your body gets the energy it needs. What kinds of healthy foods do you eat at breakfast? Lunch? Snack time? Dinner? (Teachers: Record student responses on chart paper.)

Some activities use up more energy than others. For example, doing 20 jumping jacks gets your heart beating faster than cleaning your room. Jumping up and down is a high-energy activity, and cleaning your room is a low-energy activity. When you climb a set of stairs, you use more energy than when you take an elevator. What are some high-energy activities that you like to do? What are some low-energy activities that you like to do? (Teachers: Record student responses on chart paper.)

Think about what you like to eat and what you like to do. How do you balance your body's energy? On the My Energy Balance handout, draw pictures of the foods you like to eat and the things you like to do. Circle the foods you eat that are healthy and draw a triangle around the activities you do that get your heart beating faster and use up lots of energy. Share your work with your class.

#### Extensions:

1. Use pictures from newspapers and magazines and your own drawings to create an "energy balance collage." On one side, show the kinds of foods you like to eat that give you energy. On the other side, show the activities you like to do that use up energy.



## Snack and Act!

### Objectives:

Students will:

- Identify healthy snacks
- Demonstrate an understanding of the importance of being active, and identify different activities that use energy

### Materials:

- Art supplies (colored pencils, markers, crayons)
- My Snack-and-Act Pact handout (available at: [KidsHealth.org/classroom/prekto2/personal/nutrition/energy\\_balance\\_handout2.pdf](http://KidsHealth.org/classroom/prekto2/personal/nutrition/energy_balance_handout2.pdf))

### Class Time:

30 minutes

### Activity:

Every day your body uses up lots of energy. Sometimes it needs to be “refueled,” and that’s when a snack can come in handy. A snack does not have to be a bag of chips or a handful of cookies. In fact, foods that aren’t so nutritious usually don’t give you the energy you need. But healthy snacks, like an apple or a glass of milk, can give you just the right amount of energy you need to keep going!

You’re going to design your own Snack-and-Act Pact. First, make a list of some of healthy snacks you like. Then, design a 5-minute workout that gets your blood flowing! In each box, write or draw the action or movement you will do. Try to have a good mix of high-energy and low-energy activities, and be sure to give yourself time to catch your breath! When you’re finished, share your workout routine with a partner. Test out each other’s activities. How do they make you feel?

## Reproducible Materials

### Handout: My Energy Balance

[KidsHealth.org/classroom/prekto2/personal/nutrition/energy\\_balance\\_handout1.pdf](http://KidsHealth.org/classroom/prekto2/personal/nutrition/energy_balance_handout1.pdf)

### Handout: My Snack-and-Act Pact

[KidsHealth.org/classroom/prekto2/personal/nutrition/energy\\_balance\\_handout2.pdf](http://KidsHealth.org/classroom/prekto2/personal/nutrition/energy_balance_handout2.pdf)

### Quiz: Energy Balance

[KidsHealth.org/classroom/prekto2/personal/nutrition/energy\\_balance\\_quiz.pdf](http://KidsHealth.org/classroom/prekto2/personal/nutrition/energy_balance_quiz.pdf)

### Answer Key: Energy Balance

[KidsHealth.org/classroom/prekto2/personal/nutrition/energy\\_balance\\_quiz\\_answers.pdf](http://KidsHealth.org/classroom/prekto2/personal/nutrition/energy_balance_quiz_answers.pdf)

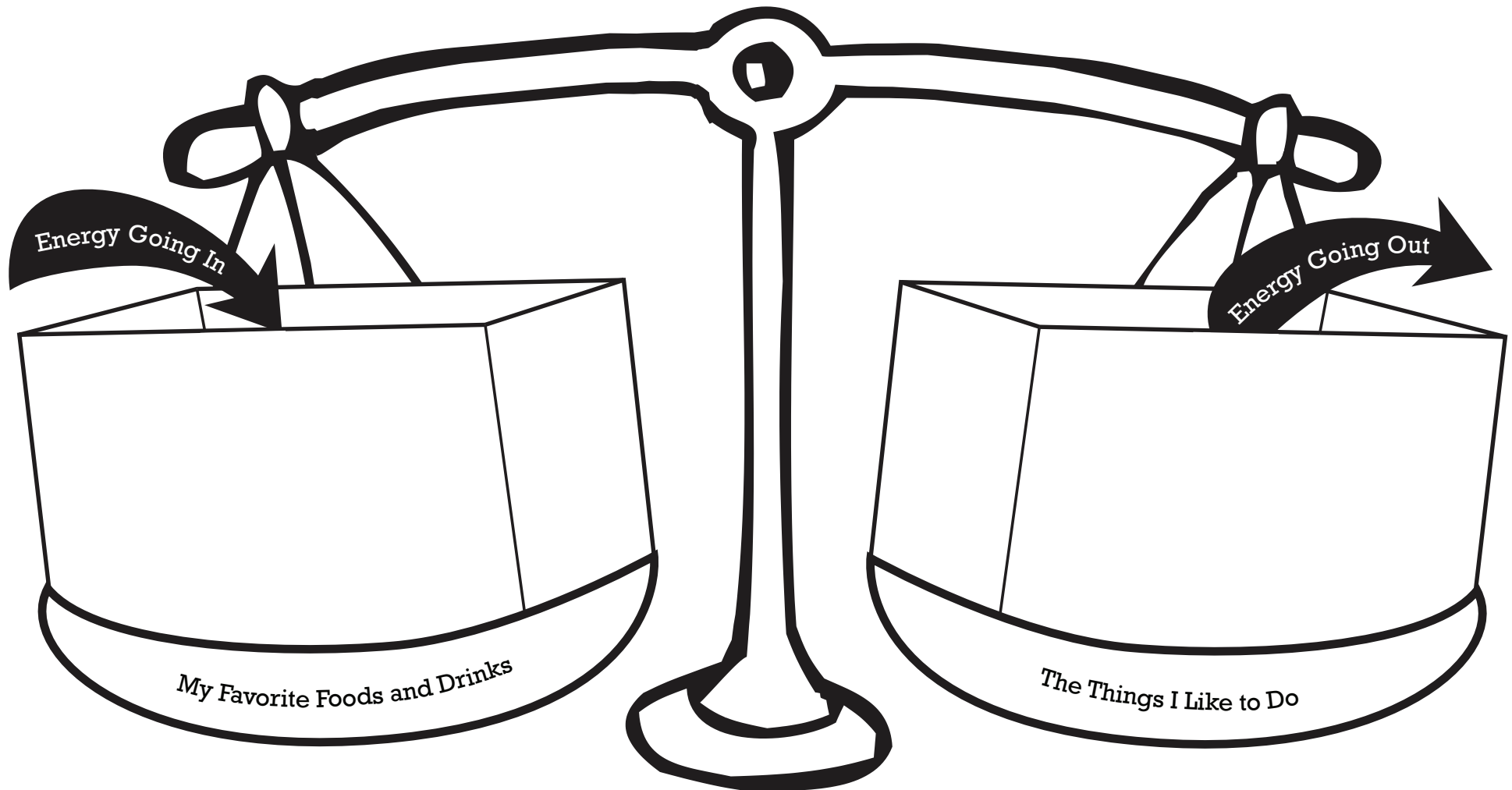


Name:

Date:

## My Energy Balance

Instructions: Energy balance is the balance your body needs between energy coming in (from what you eat and drink) and energy going out (for the things you do). Draw pictures of the foods you like to eat on one side and the things you like to do on the other. Circle the foods you eat that are healthy and draw a triangle around the activities you do that get your heart beating faster and use up lots of energy.





Name:

Date:

## My Snack-and-Act Pact

Instructions: First, make a list of some of the healthy foods you like to eat for snacks. Then design a 5-minute workout that gets your blood flowing! In each box, write or draw the action or movement you will do. Try to have a good mix of high-energy and low-energy activities, and be sure to give yourself time to catch your breath!

### Healthy Snacks I Like to Eat

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### A Real ACTION Plan!

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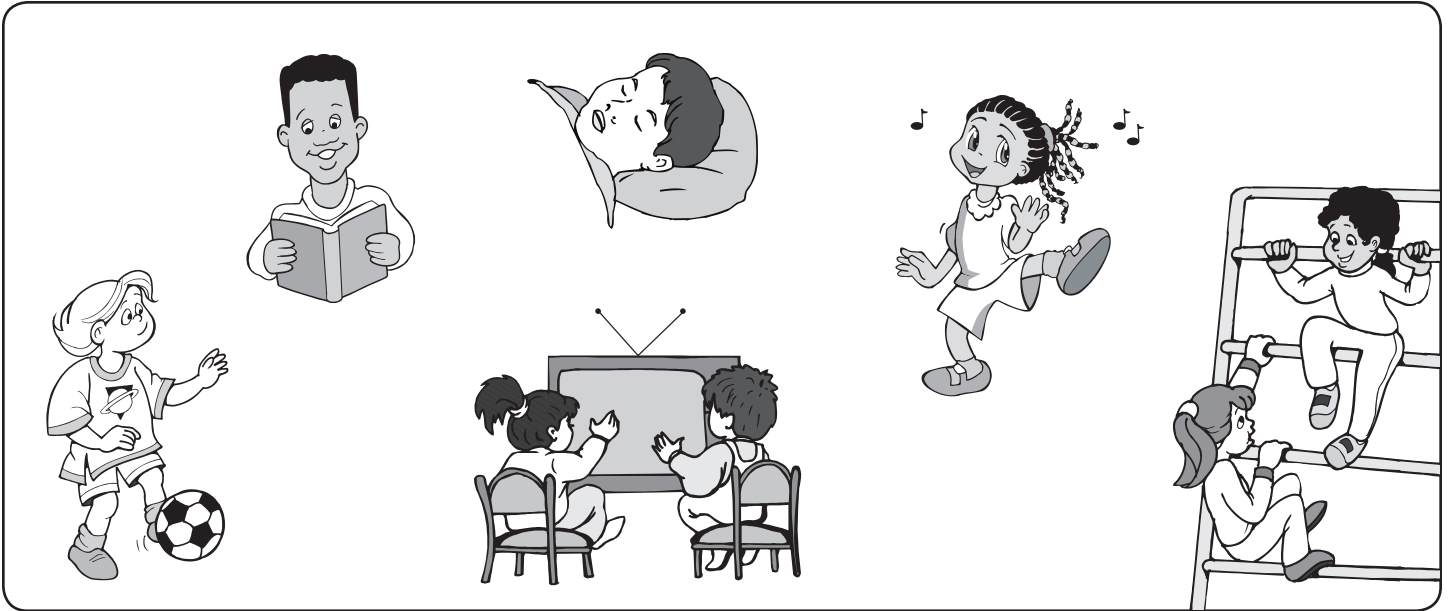
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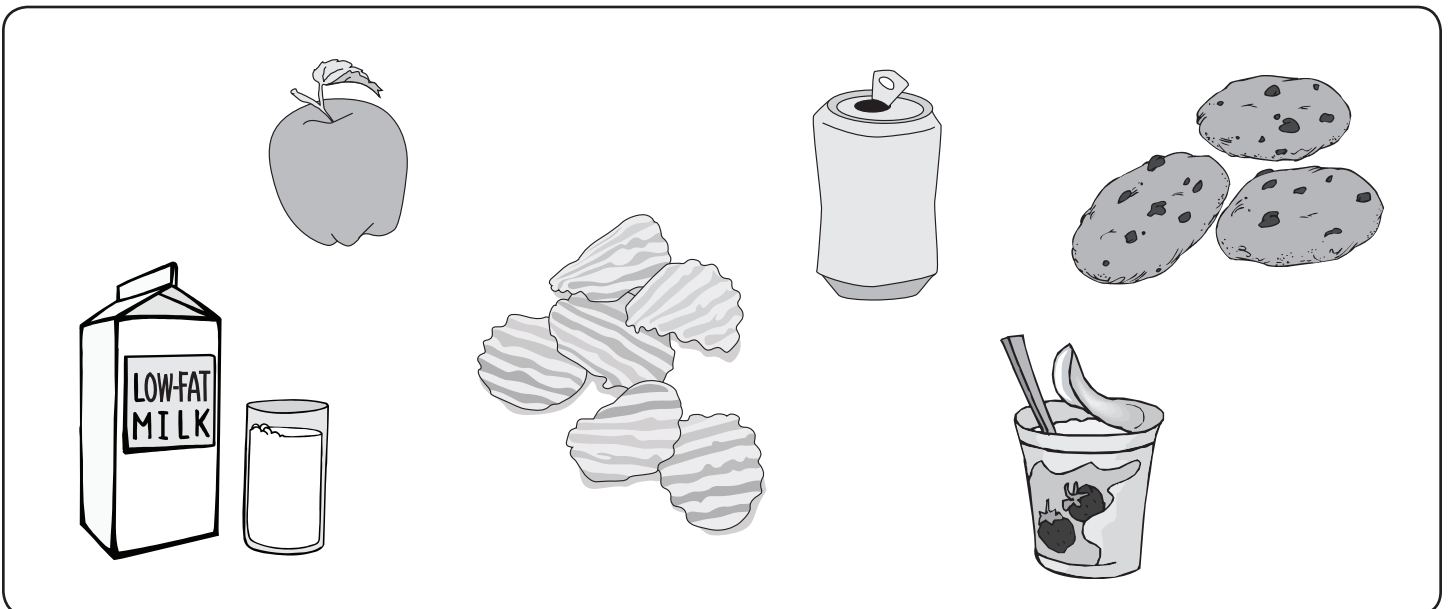
## Quiz

Instructions:

**Part I:** Everything you do uses energy. Some activities use more energy than others. Draw a circle around the activities that use lots of energy. Draw a square around the activities that use less energy.



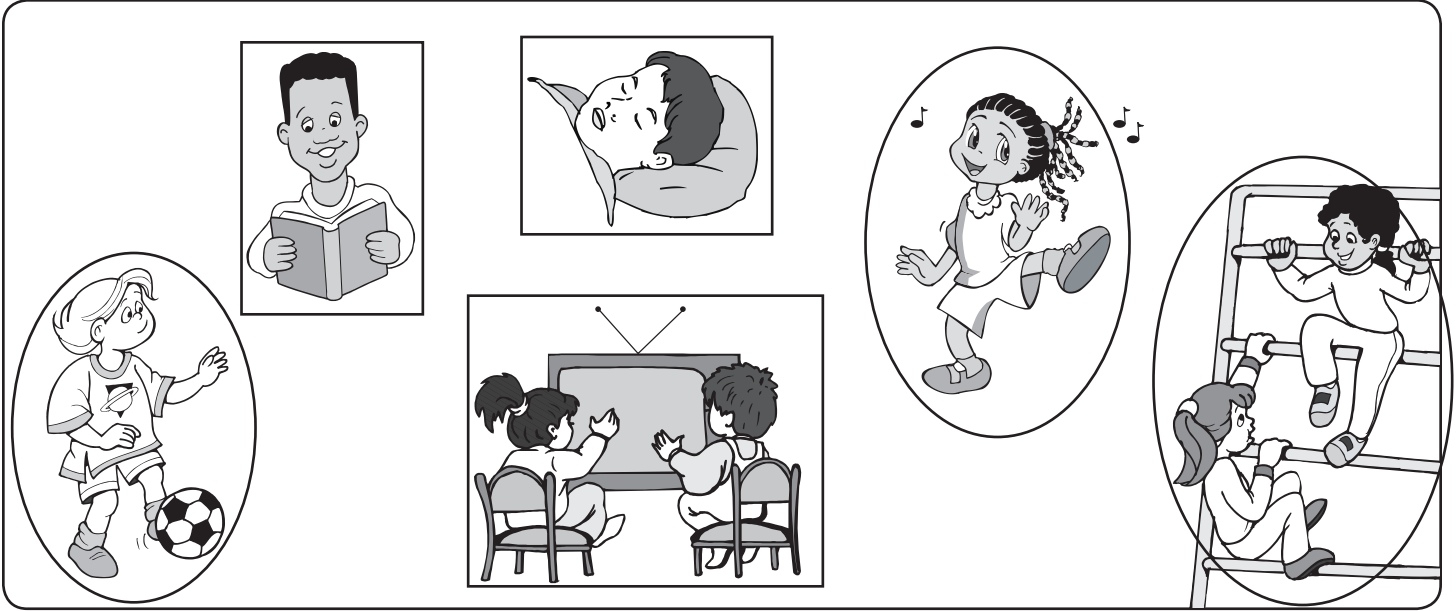
**Part II:** When you eat, you refuel your body's energy. Healthy foods give your body more energy and nutrients. Draw a circle around the healthy snacks you could eat or drink.





## Answer Key

### Part I:



### Part II:

