



Balancing Act

5th Grade Lesson Plan

Goal:	Students will understand the role that balance, variety, and moderation play in keeping the body healthy and how physical hunger and emotional hunger differ.
Objectives:	<ol style="list-style-type: none"> 1. Students will be able to define balance, variety and moderation in the context of nutrition. 2. Students will be able to differentiate emotional and physical hunger.
Materials:	<input type="checkbox"/> PowerPoint slides or printed images <input type="checkbox"/> Food and equipment for taste test
Lesson	
Talking Points	Materials/Activities/Notes
Discussion	
<ul style="list-style-type: none"> • Today we are going to start with a fun activity. But before we do that, we are going to do a quick review of MyPlate. MyPlate is a tool that we use to help us figure out the amounts and types of food we should eat every day. It has the Grains group, the fruit group, the vegetable group, the protein group and the dairy group. <ul style="list-style-type: none"> ○ From which section of MyPlate do you think you consume the most food? If you could eat food from one category only, which would it be? ○ It is important to eat foods from all 5 of the healthy food groups so that we get all of the nutrients and energy our bodies need to learn, grow, and play. <ul style="list-style-type: none"> ▪ Grains Group: Gives our bodies energy ▪ F&V Groups: Give our bodies lots of vitamins and minerals ▪ Protein Group: Gives our bodies protein ▪ Dairy: Gives our bodies calcium for strong bones and teeth. • Each food group gives our bodies certain nutrients. What are nutrients? Nutrients are chemical substances that we get from foods, that our bodies need to stay alive and healthy. You can think about them as superheroes because they do so many amazing things in our bodies! <ul style="list-style-type: none"> ○ Power Protein gives our bodies the building blocks to grow and to heal. ○ Captain Carbohydrate gives our bodies energy that it needs to do everything. ○ Fantastic Fat is essential for normal growth and development, we have to have fat to grow correctly ○ VitaMan and Mighty Mineral provide our bodies with the vitamins and minerals it needs for many things in our bodies... there are 34 different 	

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<p>vitamins and minerals and they all do different and important things in the body such as helping build strong bones and teeth, helping your eyes see, and helping your heart beat normally.</p> <ul style="list-style-type: none"> ○ WonderWater gives our body the fluid it needs to clean itself out, to lubricate joints, and to keep our body temperature normal. We are 60% water and your brain is 70% water! ● By eating foods from all 5 healthy food groups, we can help our bodies grow and be strong. This is called BALANCE – eating different foods from the different food groups so that our bodies get all of the nutrients we need. 	
<p>Make Your Menu Activity</p> <ul style="list-style-type: none"> ● <i>Divide class into 4-5 groups. Have each group come up with a menu for a meal of the day. Assign each group one meal:</i> <ul style="list-style-type: none"> ○ <i>Breakfast</i> ○ <i>Lunch</i> ○ <i>Dinner</i> ○ <i>Snack</i> ● <i>Once they are done with their menu, have students write each individual food on a sticky notes (or scrap paper). For example, if they chose spaghetti for dinner, they would write down noodles on one strip of paper and tomato sauce on another slip of paper. Give them 5 minutes to complete the activity.</i> ● <i>To play the game, have students place all of their sticky notes on one desk. Project MyPlate onto white board. Have students work to put all of their sticky notes (or have students use dry erase markers on white board or write on 8.5"x11" printed MyPlate taped to board) up on their MyPlate poster- only one person up at the front of the room at a time from each group. Once all of their sticky notes are on MyPlate (or written in dry erase marker), the group is done. This isn't a race!</i> ● <i>Debrief Activity:</i> <ul style="list-style-type: none"> ○ Now, take a look at our MyPlate and count how many foods are in each food group. ○ <p>Balance, Variety and Moderation</p> <ul style="list-style-type: none"> ● We are going to look at 3 things today. BALANCE, VARIETY, and MODERATION. <ul style="list-style-type: none"> ○ Let's put the game aside for just a few minutes and talk briefly about BALANCE, VARIETY, and MODERATION. ○ BALANCE: Take a look at MyPlate, which section of MyPlate do you think you consume the most food? If you could eat food from one category only, which would it be? Is that realistic? Would this be a healthy decision? BALANCE is eating foods from all 5 healthy food groups so that our bodies get the different nutrients it needs. ● Let's take a moment to look at these meals we might typically see. (<i>Show images of 3 unbalanced meals.</i>) <ul style="list-style-type: none"> ○ Are we eating a balanced meal with this plate of spaghetti with a side of garlic bread? <ul style="list-style-type: none"> ▪ No. Who can share why not? <i>Too many grains. The spaghetti covers entire plate, not just ¼ plus there's also a side of garlic bread, another grain. Which food groups is the meal missing? Vegetables, fruit and dairy..</i> 	<p>Activity adapted from: http://opi.mt.gov/Pdf/SchoolFood/EaSmart/G5/VBM_Lesson.pdf</p> <p>Materials for Menu Activity:</p> <ul style="list-style-type: none"> ● Sticky note pads or ● dry erase markers for each group or ● Printed MyPlate poster and pens



- What about this steak dinner? Are we balanced?
 - No, why not? *Steak, a protein, is larger than half the plate when it should be ¼ of plate. How many food groups are on the plate? Only 2, protein and vegetables. For meals we recommend having at least 3-4 different food groups. Which food groups are missing? Grains, dairy and fruit. Would a sports drink count for a fruit? No, not 100% juice.*
- What about this chicken, rice and beans meal? Is this balanced?
 - No. Who can share why not? *Rice, a grain, cover entire plate instead of just ¼, protein (chicken and beans) covers more than half the plate instead of just ¼. What food group are we missing? Fruit, vegetables and dairy. Would Kool-aid count for a fruit? No, not 100% juice.*
- Now let's take a moment to look at how we can balance some of our favorite meals. (Show images of 3 balanced meals.)
 - Here's a balanced noodle dish. How is it balanced?
 - *Noodles, grains are ¼ of plate, same with steak protein ¼ of plate. Vegetables make up ½ plate. How many food groups? Four different food groups with the glass of milk.*
 - What about this steak dinner? Are we balanced?
 - *How is this more balanced than the other steak dinner? Steak portion is about ¼ of plate, vegetables make up ½ plate, if you wanted to add a small whole grain dinner roll for grains group. How many different food groups? Four groups with a glass of water.*
 - What about this chicken meal?
 - *How is it more balanced than the other chicken meal? Smaller amounts of rice, a grain, covering only ¼ of plate, one protein only covering ¼ of plate, vegetables cover half of plate, plus a side of 100% OJ. How many food groups? Four!*
- VARIETY: If you could eat one food for the rest of your life, what would it be? Would you like this or do you think you'd begin to get sick of that food? Would this be a healthy decision?
 - VARIETY is eating different foods in the different food groups. For example, not just strawberries and cucumbers from the F&V groups but a rainbow of fruits and vegetables. Variety in grains, proteins and dairy. Different foods in the different food groups give our bodies all the nutrients that it needs to grow and be strong.
- Do these three days of lunch choices have a Variety?
 - No.
 - First of all, are we getting food from 4 food groups like we want with our power lunches and dinners? No, which food groups are there? Three, grains, protein and dairy. Sauce is not enough to count as a vegetable.
 - Do we have a variety throughout week? No. Same food, with same dairy choice each day, same protein choice, same grain choice.
 - While we are looking at this slide, let me ask would it be okay to eat the same kind of sandwich every day? Say you brought a peanut butter and

jelly sandwich every day with a banana & carrot sticks. You have 4 food groups and a Rainbow of Color, right?! Yes, but it is even BETTER if you TRY to eat different kinds of foods from the 4 food groups throughout the week. Does that makes sense? Does anyone have a question about what I mean by that?

- Let's look at another three days of lunch choices...
- What about these three days of lunch choices? Do they have Variety?
 - Yes.
 - Monday we have one slice of pizza with apple and carrots. Tuesday we have one taco topped with lettuce, tomatoes and cheese with an orange, and Wednesday a bowtie pasta veggie salad pairs with milk and a pair.
 - Are we eating the same grains each day? Are we eating the same fruit? Veggie? Notice the different colors. That's one easy way to know you are eating a variety.
 - Can anyone else tell me another lunch choice you might eat at school or pack from home?
 - It's okay to repeat some foods occasionally during the same week, but we want to eat different things as often as we can to make sure we are getting ALL of the important nutrients our bodies need to grow and be healthy. We also want to try new foods whenever we have the chance so that we find more types of healthy foods that we enjoy eating.
 - Remember that the more colors of fruits and vegetables you eat, the more variety of important vitamins, minerals and other healthy nutrients you get in your diet.
 - (Emphasize importance of eating different types of foods and trying new foods)
- MODERATION: Eating just the right amount.
 - Imagine if you could eat as much as you want of whatever you want. How would this be? Would you like it? Would this be a healthy decision? MODERATION is not eating too much, like the person on the left, or too little, person to the right. Moderation is eating the right portion size, like the middle person.
 - *Let's talk a little more about moderation. Sometimes we think we are eating foods that are "bad", but really there are no bad foods. Of course some foods give us lots of important nutrients and others do not – but our bodies need a lot of different foods to be healthy. For example, we need to eat fruits and vegetables to give our bodies all of the vitamins and minerals it needs to grow and be strong. Fish and nuts to help our brains learn new things. Other protein foods such as meat and beans to help us grow and heal. Dairy foods such as milk, cheese, and yogurt help build strong bones and teeth. And grains such as oatmeal, bread and rice to give us energy for playing. And every food can be part of a healthy diet – we just have to eat most foods in moderation, making sure we don't eat too much of one type of food and not enough of another.*
- Often we are served a hug stack of pancakes, but if this boy ate all those pancakes how do you think he would feel?



<ul style="list-style-type: none"> ○ Would he be eating moderately? No- Probably not! That's a huge portion for anyone. ● What about this girl? Is she eating moderately? <ul style="list-style-type: none"> ○ Probably so, one pancake better than a stack. ○ Now what could she do to make this an even better breakfast? Anyone remember the breakfast TRIANGLE rule from 3rd grade (if you had nutrition class)? <ul style="list-style-type: none"> ▪ At least 3 food groups- she has two: OJ (fruit) and pancake (grains) – perhaps adding a side of egg for 3rd group. ▪ Fruit or vegetable (OJ good) or add fruit to pancake. ▪ Protein or dairy (add egg or maybe a glass of milk instead of juice if she had fruit on pancake). ● Now, let's go back to your menu and your MyPlate poster... Does our day of meals have BALANCE? Do we have foods from all 5 healthy food groups? Remember that each food group is important in helping our bodies grow and be strong so it is important for us to eat foods from all 5 food groups. Breakfast should have at least 3 food groups (one being a protein food), and Lunch and Dinner should have 4-5 food groups. <ul style="list-style-type: none"> ○ What about VARIETY? Are there different foods in the different food groups? ○ And how about MODERATION? Let's imagine that the portions of foods are the right amount and fit on our plates, not too much or too little. ○ Take 2-3 more minutes to talk with your group about what we could change about our day of meals. ○ <i>Have a few groups report back.</i> 	
<p>Portion Distortion</p> <ul style="list-style-type: none"> ● MODERATION: Eating just the right amount or the right PORTION. <ul style="list-style-type: none"> ○ It's really hard to eat in moderation when we are served portions that are as big as this, but often we eat what we are served just because it is there. This is called "Portion distortion" -- eating or drinking a large amount of food because that's how much is in the package or bottle or because that's how much food you are served. It's easy to think that healthy eating is all about what foods you eat. But, the amount of food or how much you eat is just as important. Portion sizes have been increasing dramatically over the past 20 years. ○ Let's take a look at a few foods and see how their portion sizes have changed. ○ For example, burgers typically had 2 oz burger patties but now they are on average 8oz or more!! That's not including all the toppings these days; bacon, mayo based sauces, double cheese, etc. ○ <i>Bring in an individual size bag of Takis and a family size bag of Takis and compare them with the class. (optional)</i> ● Fries... <ul style="list-style-type: none"> ○ 20 years ago the 2.4 oz was the only size. ○ Now you can get Kids, S, M, L, SuperSize! ● Pizza... <ul style="list-style-type: none"> ○ 20 years ago two small slices were standard portion. 	<p><u>Optional:</u> Bring in Takis family size bag vs. snack bag.</p>



<ul style="list-style-type: none"> ○ Two slices might still be standard serving but the size of each slice has doubled. ○ So maybe we choose only one slice. ● Soda... <ul style="list-style-type: none"> ○ 20 years ago soda was packaged in a 6oz bottle, plus we treated it like a treat, a sometimes food. ○ Today the standard bottle is 20oz (more than 3x) and Americans are drinking it too often. ● Bagels.... <ul style="list-style-type: none"> ○ Bagels can be a part of a healthy breakfast, but we have to watch out for portion. ○ 20 years ago bagels were smaller, like the 'mini' bagels we see today. ○ Today a standard bagel is double in size. <p>Portion Sizes</p> <ul style="list-style-type: none"> ● Let's take a look at what a normal portion of certain foods is. Luckily we can use everyday items to help us estimate portion sizes. <ul style="list-style-type: none"> ○ 1 slice of bread should be about the size of a DVD. ○ 1 cup of cereal is about the size of a fist. ○ 1 serving of potato is about the size of a computer mouse. ○ One serving of apple is about the size of a fist. ○ One serving of pasta is about the size of a baseball. ○ One serving of chicken is about the size of a deck of cards. ○ One serving of cheese is about the size of 4 dice. ○ 2 servings of rice are about the size of a light bulb. ○ One serving of peanut butter is about the size of a golf ball. <p>When do you eat?</p> <ul style="list-style-type: none"> ● Is it ok to eat more than one portion of a food? Of course it is but how do you know how much you should eat? The most important thing to do is to listen to your body to see how hungry it really is. ● There are two different types of hunger. <ul style="list-style-type: none"> ○ First there is Physical Hunger which is the physical need for food or drink, what your body needs to grow and survive. How does your body feel when you are physically hungry? How does it feel when it is full? Those are all physical signs of being hungry or full. It's very important to listen to what your body is saying. ● The second type of hunger is called EMOTIONAL HUNGER. Emotional eating is eating even though we are not PHYSICALLY hungry, eating past our stomach's sense of FULLNESS, or both. <ul style="list-style-type: none"> ○ It often comes on suddenly in reaction to certain emotions (bored, stressed, angry, etc.). ○ Sometimes we eat food just because it is in front of us, not because we feel hungry. Maybe you are at a special event, like a birthday party, and everyone is eating cake....you do too but you are not really hungry for it. Or maybe you are watching TV and there is an advertisement for Takis, so you go eat some, but not really because you are hungry, but because you just like the taste. 	
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<ul style="list-style-type: none"> Let's see if you can figure out if these scenarios are physical hunger or emotional hunger. Is this physical hunger or emotional hunger? <ul style="list-style-type: none"> My best friend and I have had a big fight. I am making myself an ice cream sundae. EMOTIONAL HUNGER I have had eight hours of sleep and I am ready for breakfast. PHYSICAL HUNGER There is only one more slice of birthday cake left. I think I will just eat it now. EMOTIONAL HUNGER I'm watching my favorite show on TV and there is an ad for cookies. I think I really want one. EMOTIONAL HUNGER Dinner is on the table and I have not had anything to eat since after school today. PHYSICAL HUNGER 	
Wrap-Up	
<ul style="list-style-type: none"> Today we learned all about balance, variety, and moderation...and listening to your body's hunger and fullness cues. The key to healthy eating is BALANCE, VARIETY, and MODERATION and listening to your body's hunger and fullness cues. <p>Quick Quiz</p> <ul style="list-style-type: none"> Which Plate looks the most Balanced? A or B? <ul style="list-style-type: none"> A! Which week has more meal variety? A or B? <ul style="list-style-type: none"> B! Who is practicing moderation? A or B? <ul style="list-style-type: none"> B! 	
Challenge	
<ul style="list-style-type: none"> Look closely at your food choices every day and try to practice more variety, balance and moderation. 	
Taste Test Ideas	
<ul style="list-style-type: none"> Muffins, Smoothies (with F&V or Dairy; or oatmeal), yogurt parfaits, trail mix 	
Additional Activities	
<ol style="list-style-type: none"> Play MyPlate Blast Off! Game: http://www.fns.usda.gov/multimedia/Games/Blastoff/BlastOff_Game.html 	
Student Handouts	
Reflection Journal Question: What? So What? Now What? <ul style="list-style-type: none"> What-what did we learn today? So what-why is it important? Now what-what is something I can do now that I know this information? 	
Parent Handouts	
Today in Nutrition Class...The Balancing Act (English & Spanish)	



Lesson Roadmap

- Review of MyPlate and Nutrient Superheroes
- Make Your Menu Activity
- Discuss
 - Balance
 - Variety
 - Moderation
- Portion Distortion
- Portion Sizes
- Hunger
 - Physical Hunger
 - Emotional Hunger
- Wrap-up review
 - Quick quiz
- Challenge
- Reflection Journal Question
- Tasting

