

Calories

Activity Suggestion

Activity 5B

Note:

This activity suggestion describes how specific content might be taught to middle school students. It does not contain fully developed lesson materials, which we hope to develop under future funding in this content area. Any feedback on how you are able to use this lesson suggestion would be greatly appreciated. Your comments can be sent to us at teachhealthk-12@uthscsa.edu.

Activity Focus:

The focus of this activity is to introduce students to the concept of calories and how the amount of calories that are consumed can affect a person's weight.

Activity Rationale:

Achieving a healthy weight starts with good eating habits. This includes the reading of nutrition labels. Unfortunately, with our busy lives some of us do not take the time to think twice about what goes into our bodies. By learning what our recommended calorie intake needs to be, we may be able to make better choices about the food we consume, which in turn will help us to achieve our weight goals.

Suggested Methodology:

Students may be asked to research what their daily intake of calories should be. They can then keep a food log of the types of food they eat during a week and the total amount of calories that are consumed. They can use this data to create a graph that compares calories required versus the actual calories consumed. Students may also be encouraged to make a model that shows how extra calories may be turned into fat deposits in our bodies.

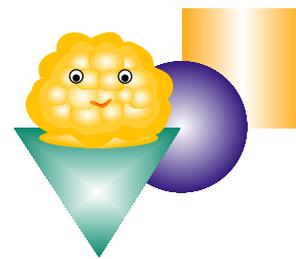
Activity Resources:

USDA Nutrient Data Laboratory website:

<http://www.nal.usda.gov/fnic/foodcomp/search/>

National Heart, Lung, and Blood Institute website:

<http://www.nhlbi.nih.gov/>



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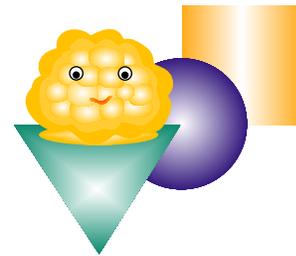


USDA Food Pyramid website:

<http://www.mypyramid.gov/>

U.S. Department of Health and Human Services Dietary Guidelines
for Americans website:

<http://www.health.gov/dietaryguidelines/dga2005/document/default.htm>



Activity Suggestion, continued



ACTIVITY 5B
SUGGESTION

Corpulosity