



## Creation Station Activity: Nutritional Eating

**Type of Teacher Tool:** Small Group or Individual

**Targeted Grade Level(s):** 5<sup>th</sup>-12<sup>th</sup>

**Targeted Curriculum Areas:** Human Body

### Learning Objectives:

The learner will:

1. Learn about the effects of calorie intake and physical activity.
2. Create a healthy diet for a teenager.

### Featured National Standards:

1. CCSS.ELA-LITERACY.W.6.1. B  
Support claim(s) with clear reasons and relevant evidence, using credible sources and demonstrating an understanding of the topic or text.
2. CCSS.ELA-LITERACY.W.6.7  
Conduct short research projects to answer a question, drawing on several sources and refocusing the inquiry when appropriate.
3. CCSS.ELA-LITERACY.W.6.9  
Draw evidence from literary or informational texts to support analysis, reflection, and research.
4. 3-5-ETS1-2.  
Generate and compare multiple possible solutions to a problem based on how well each is likely to meet the criteria and constraints of the problem.

**Additional State and National Standards related to the content of our videos listed below for this lesson are also provided on the Educate.Today page where you find the video.**

### Resources/Materials Needed:

1. Health 1: The Science Behind Nutrition
2. Health 2: What is a Calorie?
3. Health 3: Healthy Eating, Healthy Living
4. Health 4: The Relationship Between Your Health and the Food You Eat

**Teacher Instructions:**

1. Research calories and how to burn calories. Record different exercises that you (the student) do regularly and how many calories that burns. Record the amount of servings of food from each food group from MyPlate also. As part of your research, watch at least 2 of the above videos.
2. Pick 3 popular diets (Weight Watchers, Slim Fast, Jenny Craig, Atkins, Keto, etc.) and research what parts of the diets might work and could be used to develop a diet for a yourself (the student) based on your level of activity.
3. Create and design your (the student) own diet with explanations as to why this diet would work best for you. Remember to also study the My Plate food group recommendations for each day. (Design this diet based primarily on calorie intake and burning calories. As an extension, students can study nutrition labels and the daily recommendations for nutrition.)
4. Keep a journal for two weeks documenting how you did with the diet choices and where you ate, times you ate, how hungry you felt when you ate, and details about your physical activity.

**Extension Activity Options:**

1. Create a poster with what 100 calories looks like in different foods.
2. Research different body types and Body Mass Index to see what risks you may have to watch for as you age.

**Assessment/Evaluation Options:**

1. Check that a diet has been created using clear reasons and supporting research found about calories. It should not contain more calorie intake than the daily burning of calories.
2. Check that the diet explanation paragraphs contain analysis, reflection and research written from informational sources.
3. Check that the student has kept a journal that documents daily diet choices and answers the questions from #4 in the teacher instructions.