

LESSON TITLE: ***Balancing the Energy Equation  
One Step at a Time!***

**Grade Level:** Suggested 2-5

**Delivery Mode:** Classroom

**Time Allotted:** 30 minutes

**# Of Participants:** Class size: 10-30

**Life Skill/General Health:** Weight maintenance, and Learning a variety of ways to increase physical activity during the day

**Character Focus:** Self-Responsibility and Self-Discipline

**Integrated Curriculum Concepts:**

- Language Arts: Active Listening, Sharing Experiences, and Information
- Math: Counting, Balancing Equations, and Converting steps to miles
- Science: Learn calorie intake vs. calorie expenditure
- Social Studies: Developing self-help skills

**Key Concepts:**

- Importance of physical activity
- Keeping calorie intake and expenditure balanced

**What you need for the Lesson:**

- *Balancing the Energy Equation One Step at a Time!*
- Pedometer (Optional)

**Learning/Follow up Activity:**

- Class Discussion
- *Pepto's Place: Where Every Serving is Organwise!* (Optional)

**Getting Ready:**

- Read and familiarize yourself with the book and lesson plan.

**Note to Helper:**

- The more animated you make the story and the more genuine your reaction is to how “smart” the students are, the more engaged the students will be.
- Depending on group size, you may wish to have them gather around in a reading area as you read aloud and show illustrations.

**Lesson Plan:**

<b>What you Say:</b>	<b>What you Do:</b>	<b>What Participants Do:</b>
Today we are going to focus on the importance of physical activity and what can be done to make sure you are getting enough daily exercise. Make sure you listen up because I am going to ask some questions when I am finished reading.	Start reading book (with ENTHUSIASM!)	Sit quietly and listen while teacher reads the book.
Sir Rebrum simplifies information for his friends by telling them there is an energy equation for maintaining a healthy weight. What two things make up this equation? (ANSWER: Balancing the food you eat with the physical activity that you do)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What burns the stored energy in your body? (ANSWER: Physical activity or simply, MOVING!)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
If you balance the food you eat (calories you take in) with the physical activity (calories your burn), what will happen to your weight? (ANSWER: It will stay the same)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
A lifestyle of an unbalanced energy equation can lead to more than just a weight problem. What are some other health problems that can be linked to being overweight? (ANSWER: Heart disease, stroke, and diabetes, etc.)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What tool does Madame Muscle find on the Internet that counts the number of steps a person takes? (ANSWER: Pedometer)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
Approximately how many steps equals one mile? (ANSWER: 2,000 steps)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What were some ways Madame Muscle suggests that Calci can increase her daily steps? (ANSWER: Walk instead of being driven, volunteer to run errands in class, walk at recess instead of sitting & talking, pace the floor while talking on phone, march in place while chatting with friends on the Internet)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.

**Suggested Optional Follow up Activities:**

- *Pepto's Place – Where Every Portion Size is OrganWise!* Hardback book
- *Pepto's Place – Where Every Portion Size is OrganWise!* Activity book
- *Calci's Big Race* Video
- *Extreme Couch Potato* Video
- *H2Ohhh!* Video
- *OrganWise Guy/Gal*