

## Energy Balance

**Overview:** Children will be introduced to the idea of energy balance.

**Subject area:** Nutrition and Physical Activity

**Grade level:** K-5<sup>th</sup>

### Oregon Benchmarks/Common Core Standards:

Grades K-3

- Strand - PROMOTION OF PHYSICAL ACTIVITY
  - Give examples of the benefits of physical activity

Grades 4-5:

- Strand - PROMOTION OF PHYSICAL ACTIVITY
  - Explain the balance/imbalance of physical activity and food consumption

**Objectives:** Children will be able to demonstrate knowledge of energy balance.

**Prep time:** 5 minutes

**Lesson time:** 15 minutes

### Materials needed:

Energy Balance Handouts (one per child):

[http://lpi.oregonstate.edu/sites/lpi.oregonstate.edu/files/pdf/hyp/energy-balance\\_0.pdf](http://lpi.oregonstate.edu/sites/lpi.oregonstate.edu/files/pdf/hyp/energy-balance_0.pdf)

**Space needed:** Any

**Staff needed:** 1

### Presentation Steps:

1. Ask children about their favorite sports, hobbies and subjects in school.
2. Once each child has shared something, explain that we need energy to do any of the activities they listed. We need energy to power our muscles for sports we play, we need energy for our minds to think, for our hands to knit/draw/write and we even need energy just for our bodies to stay warm, our hearts to keep beating, and for our lungs to keep breathing.
3. Explain that we get energy from the food we eat.
4. Hand out the Energy Balance sheet and discuss it together.