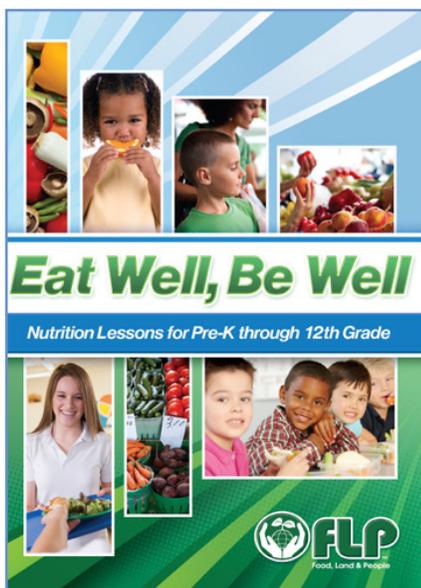


# Eat Well, Be Well

## Nutrition Lessons for Pre-K through 12th Grade

“Eat Well, Be Well,” provides a high-quality unit of lessons about nutrition. Created and published by Project Food, Land & People (FLP), these hands-on lessons are aligned to the core standards and provide critical-thinking activities, timely background information, measurable objectives, and current references. These lessons implement the MyPlate and MyPyramid food guidance recommendations. Their quality distinguishes them in classrooms across America among materials used to teach about food, natural resources, and consumers. The nine lessons comprising “Eat Well, Be Well” focus on aspects of nutrition that are current, useful, insightful, entertaining, and informative for students of all grade levels. Most of the lessons are applicable for grades 4–12, with the unit also including lessons that can be taught at the Pre-K and early elementary levels.



Sample Lesson Plan

GRADES: 5 - 9

### Calorie Counting

*Students discover how their actual caloric intake compares with their caloric expenditure and ways in which their choices of food and activity can affect their energy balance.*

**OBJECTIVES-** The student will:

- Describe what calories are, where he or she gets them, and why they are important
- Explain that calories provide energy for everything he or she does
- Gather data on personal caloric consumption and physical activity energy expenditure over a 24-hour period
- Calculate a personal total daily energy expenditure
- Evaluate energy balance by comparing actual daily calories consumed with total daily energy expenditure

*These lessons provide teachers a tremendous resource to enable students to better understand from where their food comes, what the caloric and nutritional needs of the individual are, and how various cultures use food differently.*

**For more information about “Eat Well, Be Well”, curriculum and workshops, contact [agclass@nmflb.org](mailto:agclass@nmflb.org).**

Check out the **Food, Land and People** website at:

<http://www.foodlandpeople.org/resources/eat-well-be-well/brief-descriptions-eat-well-be-well/#.UrSjMDa4uM8>

For **Nutrition Activities and Worksheets**, visit:

<http://www.agintheclassroom.org/teacherresources/ISAT%20PDF%20FILES/Nutrition6.pdf>