

April 2010

# 2009-2010 HEALTH LESSON PLANS

Nutrition  
Digestive System

ROTATION WEEK # 5

GRADE 4 HOMEROOM Johnson, Mun, Wyszynski

DAY 1

MAIN IDEA: Review of Body Systems

LESSON: Text - Read + Discuss pgs 33-39

Pre Knowledge: Ask name of system

Handout - The Human Body - discuss - put into folders  
Sing Bones song from 3rd grade lesson

DAY 2

MAIN IDEA: View Skeletal/Muscular System video - 20 min.

LESSON: (Farm New Dimension Company) Discuss

Handout of skeletal system in skeletal system

Text - Read + Discuss pgs 39-45 - about 5 min.

Skeletal Worksheet (w/rectangles for each answer)

w/15 min of class time left, have student use the

skeletal posters in the room to fill in the scientific names of the bones. Use overhead for

DAY 3 5 min. of class to go over all the answers.

MAIN IDEA: **Digestion**

LESSON:

Use Digestive System Posters + Charts to Discuss more about

the Digestive system and how to take care of it. Be specific

in how digestion works - where it begins - where it ends

Digestion + Nutrition Video - 20 minutes - Discuss afterwards

the most from the video.

DAY 4

MAIN IDEA: **Nutrition - 2 Day Lesson**

LESSON:

① Pretest - Read each statement to class, they then fill in the answer

Have students keep their work covered. A pre-test "test" their own

② Video - Exploring the New Food Guide Video

③ Now look @ your pre-test - what answers do you know you got wrong?

④ Go over all the questions - give correct answers to pre-test

DAY 5

MAIN IDEA: Nutrition DVD - Bill Nye The Science Guy

LESSON: Discuss each page w/class

3 pg packet - You may not finish

Put into folders

(Pg 27) Digestive system paper - only do top half #1-5

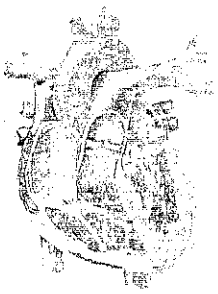
- ① Nutrients
- ② Digestive System
- ③ Name that Nutrient

If time - handout Fiber Song worksheet. Play in Song on Dole 5 A Day Tape! (They love it!)

not be comprehensive in discussing digestion before having video so children will learn

all literature in Blue folder that goes with the video and info is tucked to the pages

Your body is a wonderful machine and gets rid of the poison in our body  
Jobs of small intestine  
Jobs of large intestine  
using passes out



# The Human Body



The human body is made up of a head, neck, torso, two arms and two legs. The average height of an adult human is about 5 to 6 feet tall. The human body is made to stand erect, walk on two feet, use the arms to carry and lift, and has opposable thumbs (able to grasp).

The adult body is made up of:

- 100 trillion cells
- 206 bones
- 600 muscles
- 22 internal organs

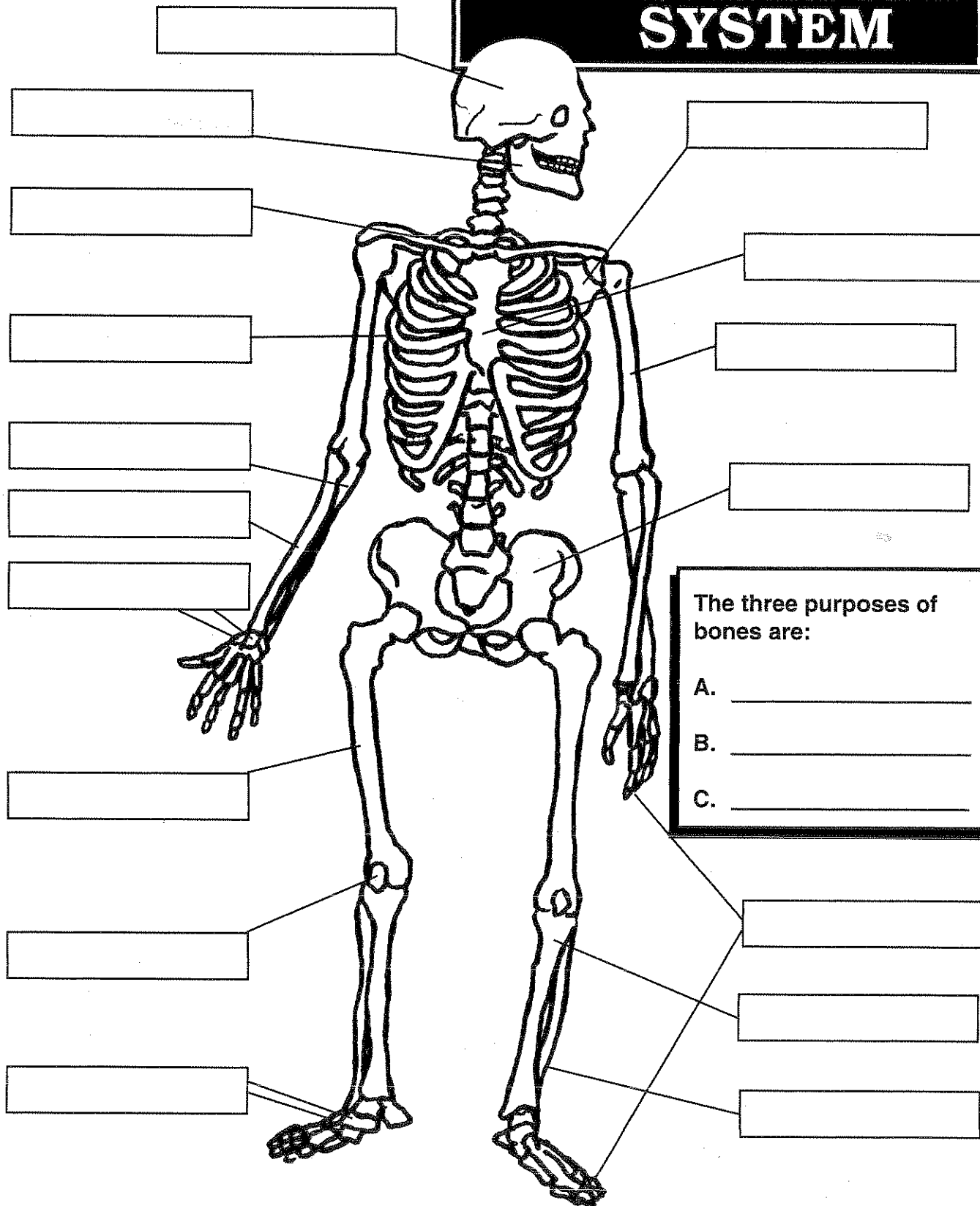
There are many systems in the human body:

- Circulatory System (heart, blood, vessels)
- Respiratory System (nose, trachea, lungs)
- Immune System (many types of protein, cells, organs, tissues)
- Skeletal System (bones)
- Excretory System (lungs, large intestine, kidneys)
- Urinary System (bladder, kidneys)
- Muscular System (muscles)
- Endocrine System (glands)
- Digestive System (mouth, esophagus, stomach, intestines)
- Nervous System (brain, spinal cord, nerves)
- Reproductive System (male and female reproductive organs)
- Integumentary System (skin)

For more facts go to: [www.kidskonnnect.com](http://www.kidskonnnect.com)

Click on Subjects and choose Health. Now you can choose any system of the human body to explore more interesting facts about.

# MY SKELETAL SYSTEM



# Goes w/video: Exploring the New Food Guide 20 min.

① Give the Pre-Test first.  
What do they already know  
about the food guide pyramid?  
Read each question one @ a time - giving time for circling their response.  
Put papers in folder

## Learning Objectives

After viewing this tape, participants should be able to:

- Watch video  
Discuss answers to pre-test which? do they know they got wrong after watching the video?
1. Identify the food groups shown on the pyramid and recognize that the width of each color band represents the proportionality of each food group to the other groups
  2. Recognize that individuals need different amounts of calories and that caloric need affects how many servings from each food group each person should eat.
  3. Understand why some foods belong at the tip and others at the base of the pyramid
  4. Be able to state in their own words that the steps on the pyramid represent both the importance of daily physical activity and the need to make lifestyle changes in small steps.

## Learning Activities

1. Using your sex, activity level and the MyPyramid Guidelines determine how many calories a day you need to maintain your weight.
2. If you need to lose weight, list 3 specific steps you could take, one at a time, to reach your goal. (Hints: you can add exercise, substitute a lower calorie version of your usual food choice, or eat less of a high-calorie food.)
3. Using a blank pyramid, place the following foods at the base or the tip of the pyramid:

### Group A (these were mentioned in the video)

Bran flakes, French fries, apples, spare ribs, peppers, regular cheese, fat-free milk, grilled fish, fried chicken.

### Group B

The foods you usually eat. For those foods at the tip, come up with substitute food choices from the base you might enjoy.

4. List three of your favorite foods that you suspect belong at the tip of the pyramid. If you think of these as your discretionary calories, how could you fit them into a weekly diet and still not gain weight.
5. Plan breakfasts, lunches, dinners and snacks for 2 days. Be sure foods from each food group are represented.

For each question circle "true" or "false."

1. The food groups shown on the pyramid are: grains, vegetables, fruits, oils, milk, meat/beans.

**True**

**False**

2. If you are trying to lose weight, it is a good idea to stop eating foods from the milk group.

**True**

**False**

3. Regular ground beef would be placed at the narrow top of the pyramid.

**True**

**False**

4. It's more important to eat right than it is to be physically active.

**True**

**False**

5. Most women need to eat about the same amount of food.

**True**

**False**

6. At least half of your daily grain servings should be whole grain foods.

**True**

**False**

7. Within each food group, some foods are better choices than others.

**True**

**False**

8. More than half of your daily food choices should come from the grain, vegetable, and fruit groups.

**True**

**False**

9. Solid fats are fats like butter and stick margarine that are solid at room temperature.

**True**

**False**

10. You should eat a lot of foods with added sugar like sweetened cereals and beverages because sugar gives you energy.

**True**

**False**

### Answers to Test

1. **True.** The food groups and oils are shown as bands of color on MyPyramid: orange for grains, green for vegetables, red for fruits, yellow for oils, blue for milk and purple for meats and beans.
2. **False.** For good health, most people need to eat food from all of the food groups every day. To lose weight, you can make lower calorie choices, eat smaller servings, and increase physical activity.
3. **True.** Regular ground beef contains a lot of saturated fat – a solid fat that can harm the heart. Lean or extra lean ground beef or lean ground turkey are good replacements.
4. **False.** Both regular physical activity and healthy food choices are important to good health.
5. **False.** The amount of food one needs to eat is based on how many calories are needed. While women generally need fewer calories – and less food – than men, each woman's needs depend on things such as her age, physical activity level, and weight goals.
6. **True.** Aim for at least 3 ounces of whole grains every day. Whole grains are nutritionally better than refined grains like white bread or pasta. Whole grains contain fiber, vitamins, minerals, antioxidants and plant chemicals. Diets rich in whole grains have been linked to a lower risk of type 2 diabetes and heart disease and better weight management.
7. **True.** For example, whole grains are better choices than refined grains, nonfat or lowfat milk is a better choice than whole milk, and a fresh, whole apple is a better choice than sweetened applesauce.
8. **True.** More than half of MyPyramid is taken up by the grains, vegetables, and fruit group.
9. **True.** Solid fats are the also the kind of fat that can raise harmful blood cholesterol and lead to heart disease. Of course you can't always see fat. For example whole milk is high in saturated fat; a store-bought cake or pastry may also be quite high in saturated or trans fat. Use the food label to check how much harmful fat and how many calories a serving of a product has.
10. **False.** The body uses almost any food for energy. Foods with added sugar usually contain more calories than other foods. Most people do not need these extra calories.

For each question circle "true" or "false."

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# Nutrients for Your Body

Food contains *nutrients* that your body needs. There are many different kinds of nutrients. Nutrients that give you energy are called carbohydrates. Nutrients that help to build your muscles are called proteins. Nutrients that protect your body organs are called fats. Fats are also a good source of energy. Minerals are nutrients that help make up some of your body parts. One mineral is calcium. Calcium is needed to build bones. Another mineral is iron. Iron is needed to make blood. Vitamins are used in different ways. For instance, vitamin A helps your eyesight. Vitamin C helps fight germs in the body. The chart below lists some nutrients. The chart also gives food sources for these nutrients.




Nutrient	Food Source
Carbohydrates	Potato, sugar, bread, cereals, pasta
Proteins	Fish, chicken, eggs, beans, peas
Fats	Oil, lard, margarine, butter, nuts
Vitamin A	Carrots, apricots
Vitamin C	Tomatoes, oranges, strawberries
Calcium	Milk, cheese, yogurt
Iron	Spinach, liver

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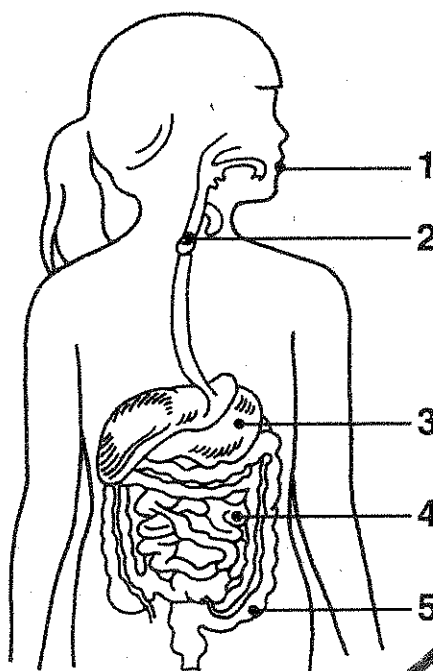
# The Digestive System

Your body needs food to give you energy. To get energy, food is broken down and pushed through your body by your digestive system. Your digestive system is a series of connected parts that starts with your mouth and ends with your large intestine.

 **Look at the diagram. Write the word from the box that correctly names each part. Then follow the directions to see how long the digestive system is and answer the question.**

esophagus	large intestine
stomach	small intestine
mouth	

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_



## You Will Need

- ruler
- yarn
- scissors

## Do This

1. Measure a length of yarn 25 feet long. Cut it.
2. Lay the yarn in a straight line on the floor.
3. Your digestive system is about this long. What do you think?

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# Name That Nutrient

Fill in the missing letters. The underlined, missing letters will spell a major nutrient. The completed words are common sources of that nutrient.

\_\_EANUT BUTTER  
TU\_\_KEY  
P\_\_RK  
\_\_UNA  
B\_\_EF  
M\_\_LK  
\_\_UTS

GREEN \_\_EGETABLES  
M\_\_LK  
\_\_OMATO  
WHOLE GR\_\_INS  
\_\_ELON  
BERR\_\_ES  
ORA\_\_GE  
\_\_QUASH

\_\_AKE  
\_\_PPLE  
O\_\_ANGE  
\_\_READ  
\_\_ATMEAL  
\_\_ONEY  
\_\_OGURT  
\_\_ONUTS  
\_\_ICE  
C\_\_NDY  
PAS\_\_A  
J\_\_LLO

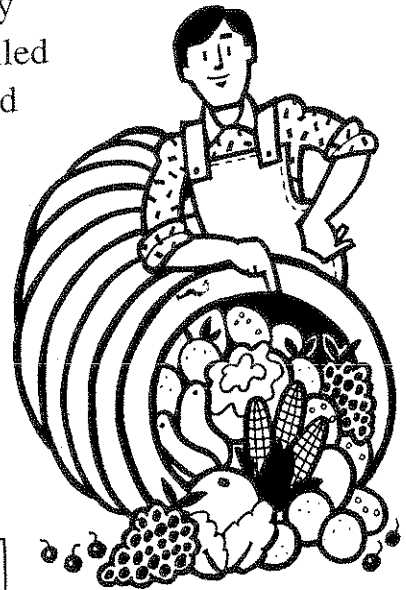
\_\_EAT  
SP\_\_NACH  
BEA\_\_S  
CHE\_\_SE  
WHOLE G\_\_AINS  
R\_\_ISINS  
MI\_\_K  
FI\_\_H

\_\_ATER  
GINGER \_\_LE  
\_\_OMATO  
APPL\_\_ JUICE  
CA\_\_ROTS

\_\_RENCH DRESSING  
M\_\_RGARINE  
WALNU\_\_S

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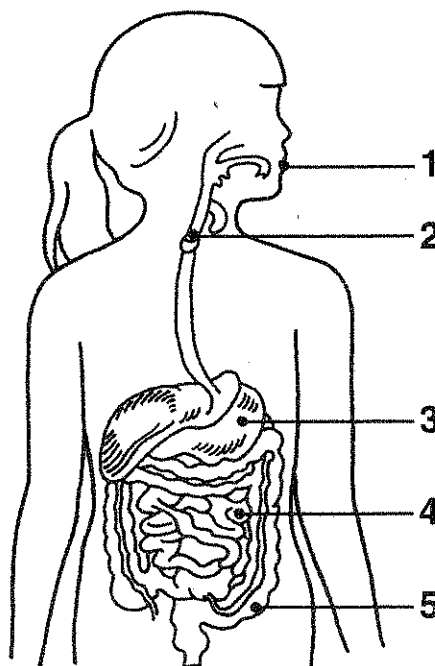
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\_\_ELON  
BERR\_\_ES  
ORA\_\_GE  
\_\_QUASH

\_\_AKE  
\_\_PPLE  
O\_\_ANGE  
\_\_READ  
\_\_ATMEAL  
\_\_ONEY  
\_\_OGURT  
\_\_ONUTS  
\_\_ICE  
C\_\_NDY  
PAS\_\_A  
J\_\_LLO

\_\_EAT  
SP\_\_NACH  
BEA\_\_S  
CHE\_\_SE  
WHOLE G\_\_AINS  
R\_\_ISINS  
MI\_\_K  
FI\_\_H

\_\_ATER  
GINGER \_\_LE  
\_\_OMATO  
APPL\_\_ JUICE  
CA\_\_ROTS

\_\_RENCH DRESSING  
M\_\_RGARINE  
WALNU\_\_S

## **Fiber**

Fiber, so very good for you  
Fiber, it helps the food get through  
Fiber, it keeps you runnin' smooth  
Everybody needs a lot of Fiber

Every meal, every day  
You gotta think about the Fiber way  
Fruits, veggies and whole grains too  
Full of Fiber and good for you

Apples, pears and prunes  
Have Fiber by the mile  
Eat 'em as a snack  
They're gonna make you smile  
Fiber, so very good for you

Fiber, it helps the food get through  
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Full of Fiber and good for you

Veggies with Fiber  
Like broccoli are great  
Put some sweet potatoes  
And spinach on your plate

Fiber, so very good for you  
Fiber, it helps the food get through  
Fiber, it keeps you runnin' smooth  
Everybody needs a lot of Fiber

It's a whole lot of things that work together  
To keep your body runnin' like a clean machine!

Keeps you healthy - Fiber  
Keeps you movin' - Fiber  
Every meal - Fiber  
Eat a lot of foods with F-I-B-E-R!  
Fiber, so very good for you

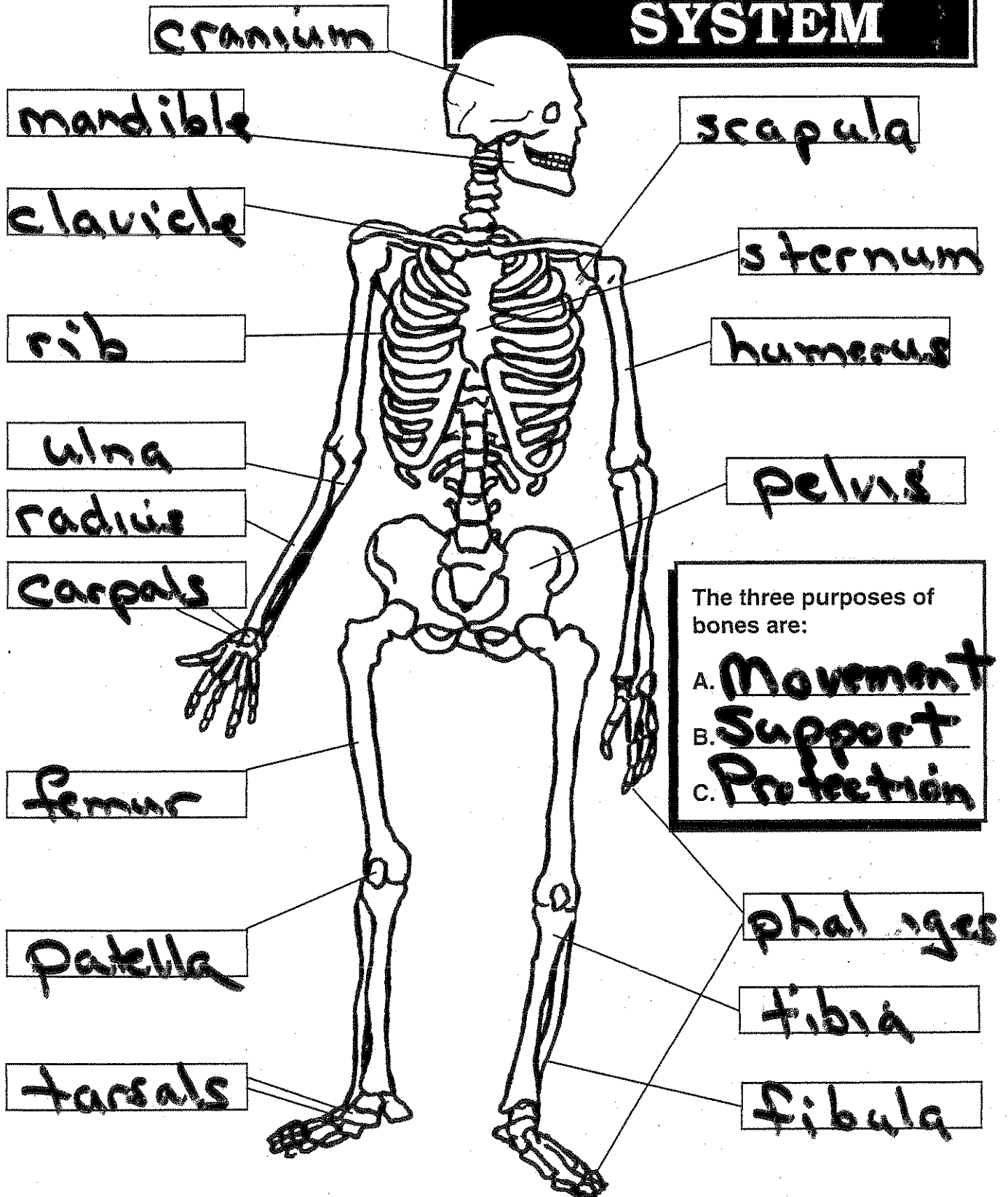
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## **Fiber**

Words and Music by Phil Schroeder and Mel McMurrin  
Music Produced and Recorded at Green Street Music, San Francisco, California  
©1999 Dole Food Company, Inc.

Name \_\_\_\_\_

# MY SKELETAL SYSTEM





Name \_\_\_\_\_

# MY SKELETAL SYSTEM

