

Energy Balance: 101 **Instruction Materials Program Outline**

This curriculum was jointly developed by Discovery Education, pediatric dietitians and NASPE.

Energy Balance 101 will be a one-stop educational and interactive portal where teachers, students, parents, and community members will learn about the role that energy balance can play in achieving an active, healthy lifestyle. The portal will have three entry points: one for elementary school educators, one for families, and one for community members.

The **educator** portal will include lesson plans, resources, and videos for the K-2 and 3-5 grade bands. The content will be flexible enough that teachers can use the entire scope of resources or select the elements that best fit their classroom needs.

Energy Balance 101 teacher resources will be divided into four modules:

- Module 1- Introduction to Energy Balance and how to make choices for an active, healthy lifestyle that fit individual needs
- Module 2- Food Side of the Energy Balance Scale
- Module 3- Physical Activity Side of the Energy Balance Scale
- Module 4- Applying Energy Balance to Students' Lives

Each **module** could include but not be limited to the following resources:

- Background information/statistics that would help teachers understand the content. This is particularly important since classroom teachers may not be experts in nutrition or physical activity content.
- Interactive **games** and **tools**.
- Discovery **videos**.
- A set of standards-based **lesson plans** that include a family and community extension that will extend to those portals respectively.
- Additional Websites and other partner resources.

The lesson plan sequence primarily will be the same for both K-2 and 3-5, but the specific content and treatment will be tailored for each grade band.

Module 1: Introduction to Energy Balance

This module focuses on introductory concepts related to Energy Balance and decision making.

- **What is Energy Balance?**- Students will be introduced to the concept of Energy Balance.
- **Full Esteem Ahead!**- Students will identify positive traits about themselves and what makes them special and unique.
- **Decisions, Decisions**- Students will be introduced to a decision-making process and learn how that process can help them.
- **Making Healthy Lifestyle Choices**- Students will explore the many benefits of making choices that support an active, healthy lifestyle.

Module 2: Food Side of the Scale

This module focuses on the “energy in” side of the energy balance equation.

- **Food and Energy-** Students will learn how food and beverages give them the energy they need to work and play.
- **Energy Plus!**- Students will learn how, in addition to energy, many foods and beverages give them important nutrients. They will learn how to use tools like the Nutrition Facts Panel and MyPyramid recommendations as they think about their diet.
- **Your Energy In-** Students will learn that all foods can be part of their diet and how choices related to balance, moderation and variety can help them meet their individual energy and nutritional needs.

Module 3: Physical Activity

This module focuses on the “energy out” side of the energy balance equation.

- **Physical Activity and Energy-** Students will learn how they use energy for all activities, including their basic body processes, and the amount of energy used by many of their daily activities.
- **Why Be Active?-** Students will explore the physical, emotional and social benefits of physical activity.
- **Your Energy Out-** Students will learn about physical activity recommendations for their age level and how to make choices that can help them meet their physical activity needs.

Module 4: Ready Set Balance!

This module focuses on how students can apply the concept of Energy Balance in their lives.

- **Energy Balance in Your Life-** Students will examine the role that Energy Balance can play in their lives.
- **I Can Balance. You Can Balance.** - Students will identify potential obstacles for kids their age to maintain Energy Balance and come up with possible solutions.
- **How Balanced Are You?-** Students will track their own food and physical activity choices and identify possible areas of improvement.
- **Your Energy Balance Goal!** Students will set a personal goal related to Energy Balance and create an action plan to help them meet that goal.