



# Energy Balance

## Key focus points

- Eating and drinking is ENERGY IN
- Physical activity (running, playing, jumping) is ENERGY OUT
- The more active you are the more energy you need
- Regular physical activity is an important part to staying healthy

## Previous Lesson Recap

*Last week we talked about “whoa” foods that often make use tired or can give us stomach-aches and healthy foods that give you nutrients to make you feel good! Can anyone give me an example of a “whoa” food? What about a healthy food? Now here is a tricky one: we also talked about different types of beverages last week. Does anyone remember which beverage had the most sugar cubes? (Soda)*



# Energy Balance

## Lesson Intro

*Today we're going to be talking about energy balance! Healthy foods give you nutrients to make you feel good, grow, be strong, and give you lots of energy! What you eat and drink is ENERGY IN. When you move around like run, play on the playground, or jump, that is called physical activity. Physical activity is ENERGY OUT.*

## Lesson Prep

- Make copies of the Energy Scale Worksheet, the physical activity cut-outs, and the food picture cut-outs
- Cut out both the physical activity and food picture cards
- Activity set up: Hand out worksheet and cut-outs enough for each child and glue sticks on each table for children to share

## Supplies

- Book "The Gulps"
- Parent newsletter
- Energy Balance worksheet
- Glue stick
- Physical activity cut outs
- Food pictures cards



# Energy Balance

## 1. Introduction:

### Concepts for children to learn:

- Energy out is the physical activity we do every day.
- Physical activity means moving the body to use energy. Everything from brushing our teeth to running on the playground uses energy.
- The more active you are, the more energy you need.
- That energy comes from what we eat and drink.
- Regular physical activity is an important part of being healthy and feeling good.

### Ask children:

- *What are some of your favorite ways to get energy in?* (Remember, we get energy by healthy nutrients in food and water.)
- *What are some of your favorite ways to BURN energy or get energy out?* (Remember, to get energy out we do physical activities.)

### Group discussion:

- Show Activity cards and describe how some activities use more energy than others then ask them the ranking of the cards from least amount of energy used to most amount of energy used:  
1. Watching TV 2. Coloring 3. Building blocks 4. Walking 5. Swimming 6. Soccer/run



# Energy Balance

## 2. Activity Part 1 & Part 2:

### a. Part 1:

- *Energy balance is the balance your body needs between energy coming in (from what you eat and drink) and energy going out (for the things you do). Today, you're going to pick some of your favorite healthy foods and put them on one side of the scale, and then pick out some of your favorite physical activities and put them on the other side of the scale. Remember, you want to balance the energy, so make sure you have the same amount on each side.*

### Adaptation

If you have a moveable scale handy, feel free to use it! You can use toy cubes with pictures or just pretend that each cube is either energy in or out and balance the scale or demonstrate what happens when the scale is imbalanced.

- *What happens if I put too much energy in? My energy scale wants to fall over, right? It isn't balanced. What about if I put too much energy out? Same thing! We need enough healthy foods with nutrients to provide us with energy so we can be healthy, grow strong, and play!*



# Energy Balance

Have a pile of physical activity pictures and a pile of food pictures on each table. Give each child an energy scale worksheet for them to complete. Have the children glue on pictures for each side of the scale, where they should go.

## Adaptation

If you are unable to print out activity and food pictures provided in the lesson- have students draw and color in pictures of their favorite foods and activities.





# Energy Balance

## b. Part 2:

*What do the nutrients in food do?*

- Gives us energy
- Helps us grow
- Makes us strong
- Makes us healthy

*You're right! We need the nutrients in healthy food to help us be active- like the pictures you just put on your scale- we want to be able to run, and jump, and play with our friends, so we need energy to do this! Being active helps us to build our muscles. Before story time, we are going to have a quick muscle test, okay? – Have everyone stand up.*





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- *Everyone jump up 3 times. Which muscles are you using? (leg muscles)*
- *Now reach one arm up to the ceiling as high as you can.... Now switch arms. Which muscles are you using? (arm muscles)*
- *Now slowly turn your head to the right, and now slowly to the left. (neck muscles)*
- *Now without touching anyone, put your arms straight out to your sides. Now make slow small circles with your arms. Which muscles are you using? (arm and shoulder)*

We have to have energy to be able to do all these things and to be able to move our body, this energy comes from the healthy food we eat and water we drink.

**Optional Connection Time (See Page 10)**

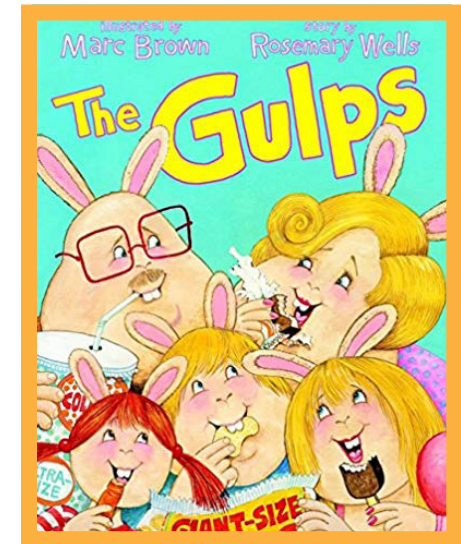


# Energy Balance

## 3. Book “The Gulps”:

### Guiding questions:

- *Instead of exercising what do the Gulps do at home?*
- *Where did the Spratts get the food for dinner? (their garden)*
- *Why did the Gulps car break down?*
- *What did the Gulps start to eat more of to become healthy?*



Wells, The Gulps  
Little, Brown and Company, 2007





# Energy Balance

## 4. Recap:

*The Gulps had to make sure their energy was balanced, right? Today we talked about energy balance (getting energy in and exerting energy out), foods that are healthy and good for giving us energy and why we should get lots of physical activity in our day.*





# Energy Balance

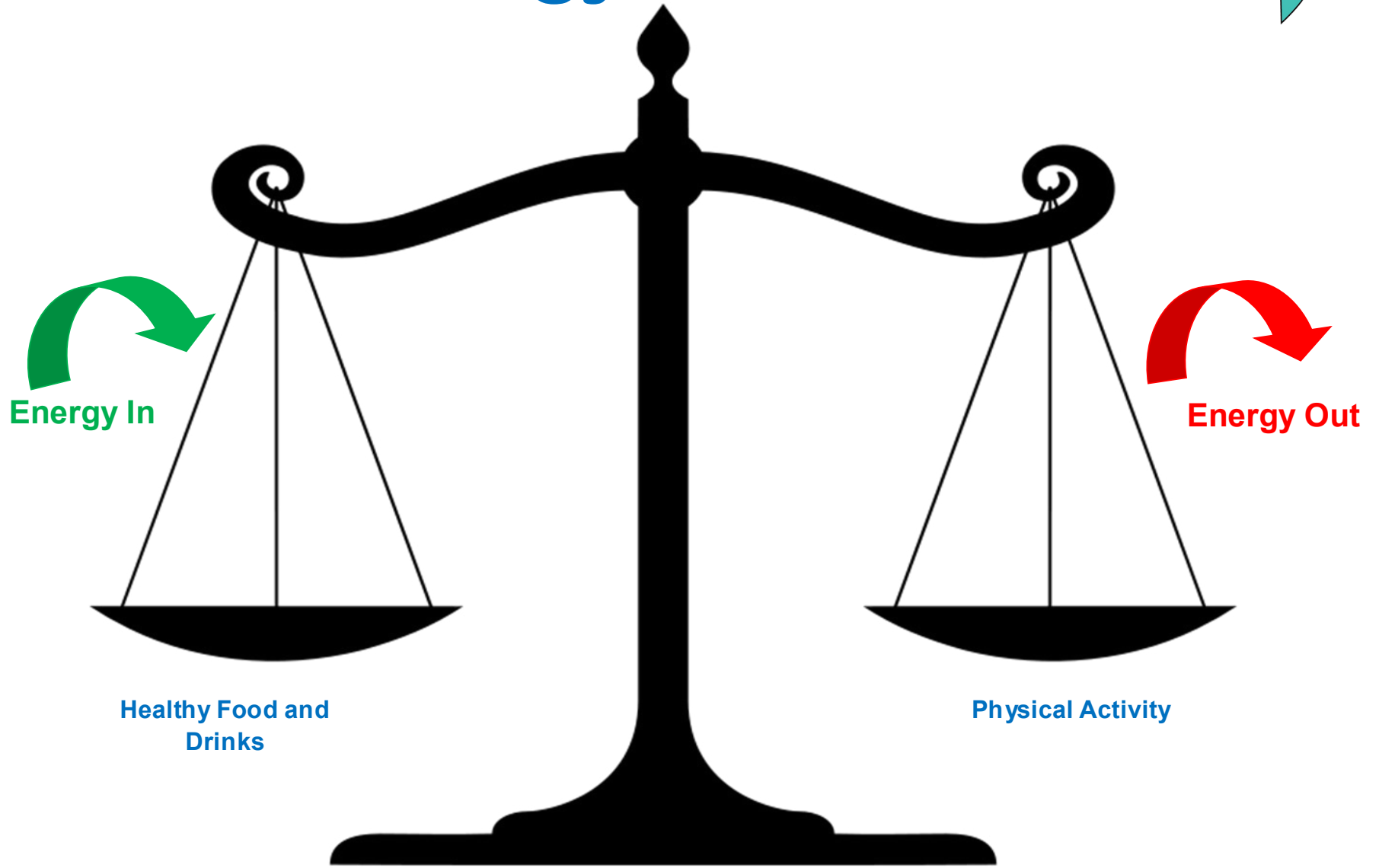
## Optional Connection Time

Incorporate any physical activity movements you do with your Sprouts. If they are involved in a physical education course or in your after school setting add in some of the movements you already do.



Name \_\_\_\_\_

# Energy Balance







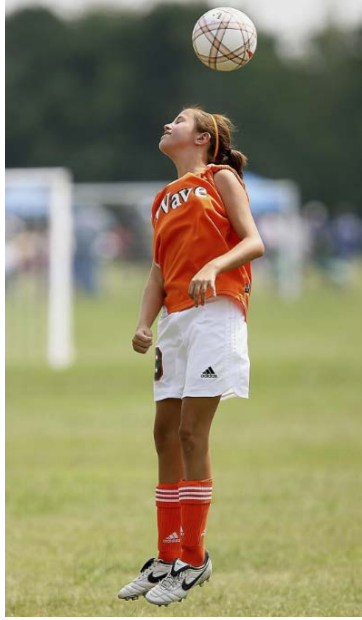














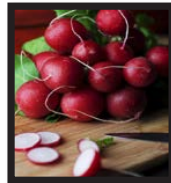


Name \_\_\_\_\_



## Physical Activity and Energy

Part 1: When you eat, you refuel your body's energy. Healthy foods give your body more energy and nutrients. Draw a circle around the healthy snacks you could eat or drink.



Part 2: Everything you do uses energy. Some activities use more energy than others. Number/Rank these activities from 1-7 that use less energy (or are low energy) to the ones that use lots of energy (or are high energy).

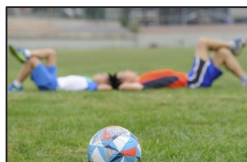
Swimming  
Rank:



Painting  
Rank:



Soccer  
Rank:



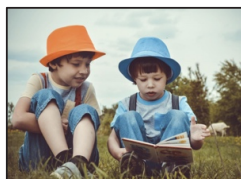
Playing in the sand  
Rank:



Playing a board game  
Rank:



Reading a book  
Rank:



Riding a bike  
Rank:

# Sprouts

Growing Healthy Habits



## Energy Balance

### Did You Know?

- Physical activity can take place anywhere. Any activity that gets your body moving and heart beating faster is physical activity.
- Children need at least 60 minutes of physical activity per day. This activity can be nonstop or in segments of at least 10 to 15 minutes.
- Active children have a better focus and attention span. Activity also improves behavior.



### Take Action!

Create your own family fitness challenge. Set specific physical activity goals that you and your child can strive to achieve together. Keep a log of your progress. Here are some ideas:

- Walk for 20 minutes; 3, 5, or 7 times a week.
- Agree to use the stairs and not the elevator.
- Choose a tip from the list.

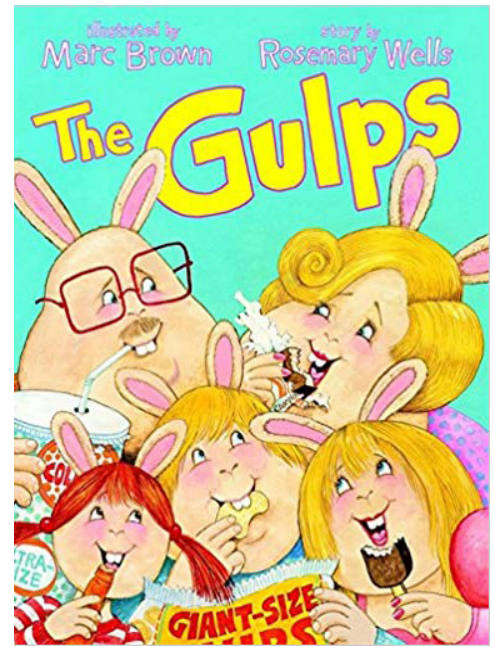


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## Energy Balance

This week your child learned the importance of energy balance. It is important to get enough healthy foods and water to be able to be physically active. Your child also learned the importance of being physically active. In the story *The Gulps* a family learns how energy balance is needed in daily life.



## Tips on Getting Your Family Moving

Instead of watching TV or playing video games, plan something fun and active for the family. Let your children see you move!

- Turn on your favorite music and have a dance party!
- Run through the hose or a sprinkler.
- Take a walk to a nearby park or playground.
- Play a game of tag.
- Visit the local community center for activities and team games.
- Walk around a farmer's market.
- Invite neighbors and friends to join you for a team game.