

## **Obesity Unit: End of the Unit Project: Making a Plan for Healthy Eating, Exercise and Sleep**

### **Part I. Meal-Planning: What are you eating?**

Accountability Criteria:

2.1 Concepts of Effective Communication

2.3 Written Communication Skills

9.1 Healthy Behaviors

Objective: To plan three healthy meals: one for breakfast, lunch, and dinner for 48 hours

Rationale: According to the article from the National Institute of Health, learning to eat nutritiously is not hard, but it takes planning. Nutrients that need to be included are proteins, carbohydrates, fats, vitamins, minerals, and water.

From the Centers for Disease Control and Prevention,

“The key is to

- Eat a variety of foods, including vegetables, fruits and whole-grain products
- Eat lean meats, poultry, fish, beans and low-fat dairy products
- Drink lots of water
- Go easy on the [salt](#), sugar, alcohol, saturated fat and trans fat

Saturated fats are usually fats that come from animals. Look for trans fat on the labels of processed foods, margarines and shortenings.”

Taken from: <http://www.nlm.nih.gov/medlineplus/nutrition.html>

#### **To do:**

**First**, determine the number of calories you need to maintain your current weight.

Refer to: [www.cancer.org/docroot/PED/content/PED\\_6\\_1x\\_Calorie\\_Calculator.asp](http://www.cancer.org/docroot/PED/content/PED_6_1x_Calorie_Calculator.asp)

Based on the number of calories you need, plan three (3) healthy meals over the course of 48 hours. This means one breakfast, one lunch, and one dinner, for 2 separate days. If you are ambitious, include two healthy snack options. Show this plan in the form of a graphic organizer that includes, in detail, the amount and types of food and drink consumed, the number of calories eaten, and what nutrition this item provides. Here is an example of a healthy meal:

Meal	Food/beverage	Quantity	Calories	Total Calories	Nutrients/info.
Breakfast	Corn Flakes	1 1/2 cups	101	331	Carbohydrates, vitamin A, iron Calcium, protein, vitamin A, D phosphorous, calcium, potassium, vitamin A, vitamin C, niacin, vitamin E and vitamin B6 carbohydrates, fiber, protein
	2 % Milk	1 cup	130		
	Banana	1 medium	100		
Lunch	Bread	2 slices	256	392	Iron, carbohydrates Protein, riboflavin, vitamin C Vitamin C, K Calcium, Proteins, lipids Calcium, protein, A, D
	Turkey	2 oz.	68		
	Lettuce	1 cup	8		
	American Cheese	2 oz	60		
	2 % milk	1 cup	130		
Dinner	Potato, baked	1 medium	149	654	Carbohydrates, protein Protein, Niacin Vitamin C, A Calcium, protein, A, D Carbohydrates, thiamine, niacin
	Fried chicken	3 oz.	222		
	Broccoli, steamed	2 oz.	26		
	2 % milk	1 cup	130		
	Dinner roll	1 roll	147		

**Teacher directions and notes:**

1. It is important to get them to be specific, especially with ingredients and portion sizes (think about food log). The goal is for them to execute this plan in real life, so they should choose items that are easy to find/they eat anyway.

**Helpful websites:**

Healthy eating for a healthy weight:

[http://www.cdc.gov/healthyweight/healthy\\_eating/index.html](http://www.cdc.gov/healthyweight/healthy_eating/index.html)

“Mypyramid.gov” dietary guidelines: <http://www.mypyramid.gov/guidelines/index.html>

Nutritional Value: [www.wolframalpha.com](http://www.wolframalpha.com)

## Part II. Exercise & Sleep

**Rationale:** According to the U.S. National Library of Medicine (2010), children need at least one hour of physical exercise everyday. Adolescents also need at least 9 hours of sleep everyday (Nemours Foundation, 2010).

### Accountability Criteria

1.3 Medical Mathematics

2.2 Written Communication Skills

9.1 Health Behaviors

**Objective:** Create a plan to incorporate one (1) hour of exercise and at least 9 hours of sleep, each day, over the course of 48 hours.

**Directions:** Plan and execute your plan to incorporate one hour of exercise and 9 hours of sleep, over the course of 48 hours. Then write a one-two page reflection on your success in executing the plan.

Example of Exercise Plan:

Date	Time of Exercises	Activity	Total Amount of exercise	Total Exercise for day
8/22/10	7:30 – 7:45 am	Walk to school	15 min	
8/22/10	3:00 – 4:00 pm	Soccer practice	1 hr	
8/22/10	4:15 – 4:30 pm	Walk home	15 min	1 hr 30 min

Example of Sleep Plan

Date	Time	Activities prior to sleeping	Hours of Sleep	Total Sleep per day
8/22/10	4:30 – 5:00 pm	Shower		
	5:00 – 6:00 pm	Dinner		
	6:00 – 9:00 pm	Homework		
	9:00 pm – 6:00 am	Sleep	9 hrs per day	9 hrs per day

## Part III: Reflecting on Your Plan and What Actually Happened

1. Include a short introduction on what you had planned to achieve in your plan.
2. Explain how you were either successful or unsuccessful in executing your plan. What parts did you fail? Why do you think you failed? What could you have done to prevent failure in those areas?
3. Now that you know yourself a little better, what new plans would you make for yourself to ensure your success in eating three (3) balanced meals a day, acquiring one (1) or more hours of exercise every day, and 9-10 hours of sleep every night?

### Teacher Tips:

Have students share their findings in an oral presentation, possibly using powerpoint.