

## Teacher's Guide

This guide includes:

- Standards
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## Standards

This guide correlates with the following National Health Education Standards:

Students will:

- Comprehend concepts related to health promotion and disease prevention to enhance health.
- Demonstrate the ability to access valid information and products and services to enhance health.
- Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- Demonstrate the ability to use decision-making skills to enhance health.
- Demonstrate the ability to use goal-setting skills to enhance health.
- Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
- Demonstrate the ability to advocate for personal, family, and community health.

Your state's school health policies:  
[nasbe.org/HealthySchools/States/  
State\\_Policy.asp](http://nasbe.org/HealthySchools/States/State_Policy.asp)



## Grades 3 to 5 • Personal Health Series Energy Balance

Life is a delicate balance. You need to juggle work, family, and time for yourself. And if you don't make time for eating and sleeping properly, you won't have the energy to do all that juggling! The following discussion questions and activities will encourage your students to eat and sleep well to provide enough energy to grow and be active.

## Related KidsHealth Links

### Articles for Kids:

#### Be a Fit Kid

[KidsHealth.org/kid/stay\\_healthy/fit/fit\\_kid.html](http://KidsHealth.org/kid/stay_healthy/fit/fit_kid.html)

#### Go, Slow, and Whoa! A Kid's Guide to Eating Right

[KidsHealth.org/kid/stay\\_healthy/food/go\\_slow\\_whoa.html](http://KidsHealth.org/kid/stay_healthy/food/go_slow_whoa.html)

#### The Food Guide Pyramid

[KidsHealth.org/kid/nutrition/food/pyramid.html](http://KidsHealth.org/kid/nutrition/food/pyramid.html)

#### Eating for Sports

[KidsHealth.org/kid/stay\\_healthy/food/sports.html](http://KidsHealth.org/kid/stay_healthy/food/sports.html)

#### What Sleep Is and Why All Kids Need It

[KidsHealth.org/kid/stay\\_healthy/body/not\\_tired.html](http://KidsHealth.org/kid/stay_healthy/body/not_tired.html)

#### Why Do I Need to Sleep?

[KidsHealth.org/kid/talk/qa/sleep.html](http://KidsHealth.org/kid/talk/qa/sleep.html)

## Discussion Questions

*Note: The following questions are written in language appropriate for sharing with your students.*

1. What is energy? Why does your body need energy? How does your body get the energy it needs?
2. When do you feel like you have a lot of energy? Describe how you feel when you have a lot of energy. What do you like to do when you have a lot of energy? When do you feel like you don't have any energy? How does it feel?
3. When you're full of energy, you feel like you could tackle any challenge that comes your way! Brainstorm a list of ways to have more energy.
4. How does what you eat affect how much energy you have? What types of food are best for giving you energy and keeping you healthy?
5. How does the amount of sleep you get affect your energy level? What are some tips for getting a good night's sleep?



## Activities for Students

*Note: The following activities are written in language appropriate for sharing with your students.*

### Energy Times Two!

#### Objectives:

Students will:

- Investigate the relationship between energy and eating and sleeping well
- Develop a plan for boosting energy levels

#### Materials:

- Computer with Internet access
- Energy Times Two! handout (available at: [KidsHealth.org/classroom/3to5/personal/growing/energy\\_handout1.pdf](http://KidsHealth.org/classroom/3to5/personal/growing/energy_handout1.pdf))

#### Class Time:

45 minutes

#### Activity:

*Uh oh.* You just emptied the last dime from your piggy bank. Looks like you'd better get a job! Luckily, the neighbor down the street needs someone to watch her four-year-old twins after school until she comes home from work. When you get the job, you figure you'll be chasing the kids around, getting lots of exercise. Instead, every time you're there, the twins are sitting on the couch, watching television. When you try to get them moving, they cry and complain they are too tired to play. You decide it's time to make some changes to give these kids some energy! Before you make a plan, take a look at the Energy Times Two! handout to find a note from the twins' mom telling you about how they eat and sleep. Then, check out the articles at KidsHealth to learn more about good eating and sleeping habits. Finally, use the spaces on the handout to make some suggestions for how to charge the twins' batteries so they have enough energy to grow and play!

#### Extensions:

1. To really help the twins rev up their energy levels, you're going to have to get their mom involved. With a friend, role-play a conversation with the twins' mom to tell her about the changes you've made to the kids' diet and sleep routines, and why. Use facts from KidsHealth to back up your ideas.
2. The twins really liked staying up late and eating whatever they wanted, so they are not happy about the changes you are making. You think it might be helpful to explain the importance of the changes by reading a book to them. Write and illustrate a short story for young children explaining why it's important to get enough sleep and eat right to stay healthy and have energy.
3. You decide that the next night you babysit, you are going to feed the twins a healthy meal. Plan a healthy dinner menu for the twins that would give them an energy boost, using the Food Guide Pyramid for guidance.



## Energy Decisions

### Objectives:

Students will:

- Explore scenarios involving energy levels
- Expand their decision-making skills

### Materials:

- Computer with Internet access
- Energy Decisions handout (available at: [KidsHealth.org/classroom/3to5/personal/growing/energy\\_handout2.pdf](http://KidsHealth.org/classroom/3to5/personal/growing/energy_handout2.pdf))

### Class Time:

45 minutes

### Activity:

You need energy to perform at your best, whether it's acing your math test or dunking the game-winning basket! But you also need to make time to eat and sleep right to get that energy. Balancing the demands of your life with eating and sleeping properly can be tough. When put to the test, will you make the decision that gives you energy or zaps your energy? Check out the scenarios listed on the Energy Decisions handout to find out! Select one and read the articles at KidsHealth to gather more information about how eating and sleeping right give your body energy. Then answer the following questions about your scenario:

- What decisions could you make?
- What are the possible outcomes of each decision?
- Which is the healthiest decision you could make, and why? How will this decision give you more energy?

### Extensions:

1. Now that you've exercised your decision-making powers, it's time to make some decisions about your own energy level! What can you do to have more energy? Come up with one goal for yourself that will give you more energy. What do you need to meet your goal? Create a chart to track your progress toward achieving your goal.

## Reproducible Materials

### Handout: Energy Times Two!

[KidsHealth.org/classroom/3to5/personal/nutrition/energy\\_handout1.pdf](http://KidsHealth.org/classroom/3to5/personal/nutrition/energy_handout1.pdf)

### Handout: Energy Decisions

[KidsHealth.org/classroom/3to5/personal/nutrition/energy\\_handout2.pdf](http://KidsHealth.org/classroom/3to5/personal/nutrition/energy_handout2.pdf)

**Name:****Date:**

## Energy Decisions

Instructions: When put to the test, will you make the decision that gives you energy or zaps your energy? Check out the following scenarios to find out! Select one scenario, and read the articles at KidsHealth to gather more information about how eating and sleeping right give your body energy. Then answer the questions below about your scenario.

**Scenario 1:**

You have a huge math test tomorrow, but you studied all week and you think you're ready for it. Lucky for you, there's a marathon of your favorite show on TV tonight! The last episode ends at midnight. You want to stay up and watch it, but that's pretty late. What should you do?

**Scenario 2:**

You've joined the soccer team, and you've been practicing every day and playing games on the weekend. Since the start of the season, you've been so hungry, even though you feel like you've been eating constantly. You don't want to pack on the pounds, but you don't know how to curb your hunger. What should you do?

**Scenario 3:**

You like to keep yourself busy. You have piano lessons right after school, then you go home to do homework, and then you have to run out the door to go to basketball practice. Most of the time you only have a few minutes to grab something for dinner. If you skipped dinner, you could get to practice on time, and then you could just have a snack before bed to quiet your rumbling stomach. What should you do?

What choices do you have?

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How would each decision affect your energy level? List the possible outcomes of each decision you could make.

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Which decision is the healthiest and would give you the most energy? Why do you think so? Give facts from KidsHealth to support your answer.

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Name: \_\_\_\_\_

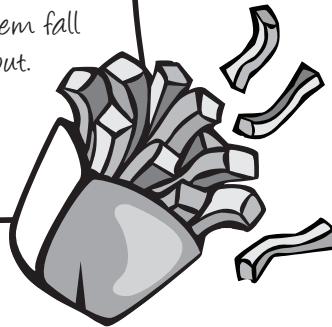
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## Energy Times Two!

Instructions: Read the articles on KidsHealth to learn about good eating and sleeping habits. Then use the spaces below to suggest some changes that will give the twins more energy!

Hi! Thanks so much for watching the kids today. I should be home around 7:30, so if you could give the twins dinner before I get there, that would be great. Good luck with dinner - they don't really like to eat much. I usually just give them a few bites of something - French fries are usually a hit. Don't bother offering any fruits or vegetables because they won't eat them. They usually have soda with dinner. After dinner, the twins can have dessert, as much as they want so they don't cry. Oh, and you don't need to worry about giving them baths. I can do that when I get home because they don't go to bed until really late. I usually just let them fall asleep in front of the television, whenever they wear themselves out.

Thanks and good luck! Call me if you need anything.  
Mrs. Miller



Why do you think the twins don't have any energy during the day?

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List three ways you could improve their eating habits:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

List three ways you could improve their sleeping habits:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_