



**Be Nice to Your Brain (🧠 A Brain Facts Story)
(4th Grade – 9-10 yrs.)
Think, Pair, Share: Everything in Moderation**



STORY CONNECTION-SLIDE 17 (Approx Time: 20-25 mins)

Just because some foods are not as healthy – meaning they do not give you the nutrients that you need, that does not mean that you cannot enjoy them. Just remember, it is better for your brain to eat foods that your body needs. And a good rule of thumb is that when eating – just like lots of things – moderation is the key to healthy eating.

Materials needed:

- Moderation informational text link:
Can You Get Too Much of a Good Thing? | Wonderopolis (text below)
<https://www.wonderopolis.org/wonder/can-you-get-too-much-of-a-good-thing>
- Paper
- Pencils

Preparation needed:

- Determine student grouping
- Determine how student(s) will read the informational text
 - Whole group (project on board/play audio/ask volunteers to read out loud)
 - Partners/Small groups read together (print copies)
 - Individually (print copies)

Instructions:

1. In this activity, student(s) will learn that moderation is important for a healthy lifestyle, and it does not only pertain to food. There are many areas of our lives that we need to make sure we do not overdo things so we can keep our bodies and our brains healthy.
2. Start by giving the student(s) a couple of minutes to think of a definition of the word “moderation” by themselves and have them write it down.
3. Have them get with a partner or small group to share their ideas and then combine them to produce one definition for the group.

4. Have each group share their definition of “moderation” and discuss any questions or confusions that arise.
5. Next, read Wonder of the Day #1436-Can You Get Too Much of a Good Thing?
6. After presenting the information in the way of your choice, have student(s) get with a partner or small group and write down the single most important takeaways they learned from the reading.
7. Have small groups share with the whole group and discuss.
8. The last part of this activity will have student(s) complete one of the extensions from the website article.

Extension Activity

Make a list of ten “good” things in your life. If you are like most kids, you probably have many good things in your life, so limit your list to ten of your favorite things, or the ten best things that come to mind. Once you have your list, evaluate it.

- How do you enjoy these good things?
 - Can you see ways in which it would be possible to enjoy them too much?
 - What harm could come of having too much of some of these good things?
 - Share your list with a friend or family member and discuss it.
 - How can you plan to enjoy these things in moderation? Try to write out an example for each good thing.
9. In closing, review the concept of moderation. While the story focused on moderation when eating certain foods, it is important to remember that moderation in all areas of our lives is important for us to keep our bodies and our brains healthy.

Wonder of the Day #1436

Can You Get Too Much of a Good Thing?

Have You Ever Wondered...

Can you get too much of a good thing?

What is moderation?

Should you strive for moderation in all things?

Have you ever heard someone say that you can't get too much of a good thing? It sounds like it would be true. After all, good things are...well...good! They're obviously better than bad things, right? But could it be possible to get too much of a good thing?

When you think of good things, what comes to mind? The list of good things would obviously be different for each person. What would make your list of good things? Pizza? Movies? Soccer? Books? Skateboards?

What about those things that your parents might list as being good for you? Vegetables? Homework? Chores? While those may not make your list, your parents have good reasons for thinking they're good for you.

Thinking about things like vegetables, homework, and chores might help you better understand how too much of anything can turn it from a good thing into a bad thing. For example, too much homework or too many chores could definitely make an evening or a weekend less enjoyable.

But what about pizza, movies, soccer, books, and skateboards? Too much pizza — or any food — can definitely be bad for you. In addition to eating so much that you feel sick, eating certain foods on a regular basis might lead to being overweight and unhealthy. That's not good!

Likewise, spending too much time doing certain activities, whether it's watching movies, playing soccer, reading books, or riding skateboards, can also have negative effects. The time spent doing those things can take time away from doing other important things, such as homework, chores, or simply spending time with family.

Too much physical activity could also lead to injuries and health problems. On the other hand, too little activity from sitting around watching movies or reading could also lead to a sedentary lifestyle that endangers your health from lack of exercise.

So what are you to do? As with most things in life, moderation appears to be the key. In general, moderation means avoiding extremes. When it comes to the good things in life, it means enjoying them in reasonable amounts.

Those favorite foods that can be unhealthy for you in large quantities? Eat them in moderation. Don't go to extremes by cutting them out completely or overindulging in them by eating them frequently or in large quantities.

The same goes for activities. Enjoy both physical and mental activities in moderation. Play all the sports you want. Practice hard and have fun at games, but don't feel like you have to practice every single day or play all year long.

Find balance in your life by enjoying mental activities alongside physical activities. Watch movies and read books. Find time to write and spend time with family members. Feel free to enjoy a little bit of the good things of life each and every day. Just seek to balance the good things with the responsibilities you have.

There's no way to eliminate completely the bad things in life. They're simply part of life. If you balance the good with the bad, you'll learn to live life in moderation and enjoy the good things when you're able and tolerate the bad things when they arise.

You can also strive to see the good in everything that comes your way. What might not seem like a good thing now might, in reality, turn out to be a blessing in disguise. Sometimes it's all about how you look at things!