








**Activities Summary**  
**Eat Right – What Does That Mean? (🌈 A Physical Health Story)**  
**(5<sup>th</sup> Grade – 10-11 yrs.)**

-  **#1-Physical Activity: Traffic Light Food Guide**
  - Students move to green, yellow, or red based on their understanding of the nutritional value of various foods and how they should be consumed.
  - Approx Time: 25-30 mins
  - Story Connection: Slide 4
  
-  **#2-Worksheet: Nutrients and Their Benefits**
  - Students review key nutrients and test their knowledge by completing a table with valuable information about the nutrients.
  - Approx Time: 15-20 mins
  - Story Connection: Slide 9
  
-  **#3-Think, Pair, Share: Understanding Food Labels**
  - Students analyze food nutritional facts labels to help them make better decisions when selecting foods to eat.
  - Approx Time: 35-40 mins
  - Story Connection: Slides 10-11
  
-  **#4-Craft: Build a Balanced Meal**
  - Students create a balanced meal based on the MyPlate recommendations.
  - Approx Time: 35-40 mins
  - Story Connection: Slide 12
  
-  **#5-Experiment: That's A LOT of Sugar!**
  - Students conduct an experiment to see just how much sugar is in a single can of soda.
  - Approx Time: 35-40 mins
  - Story Connection: Slide 13