

# Grades 6–8

## Energy Balance

### Calorie Balance = Energy Balance

*Evaluating health habits, expressing information visually (RST.6–8.7)*

Eating and exercise are all about balance; we take in calories from food and beverages for energy, then we use those calories during exercise and other activities (calorie balance). The right balance leads to a healthful lifestyle! Get your students thinking about that energy balance with this activity. Draw two circles on the board. Label one “Calories in” and the other “Energy out.” Lead students in a discussion of all the times during the day that they take in calories (breakfast, lunch, dinner, snacks, drinks). Then have them list the ways they expend those calories during the day (PE class, walking to school, basketball practice, walking the dog, taking out the trash, helping in the garden). Once students understand the concept of energy balance, give each a copy of the “Energy Balance” sheet. Have them each select several foods that they eat often and research the number of calories. Students write this information in the “Calories in” section. Then have them research physical activities that they enjoy and the number of calories burned. Students write this in the “Energy out” section. Have they achieved energy balance? It’s not as easy as it sounds—you won’t burn the calories from a doughnut by just taking out the trash. Hiking with your family will burn the calories though! It’s all about balance!

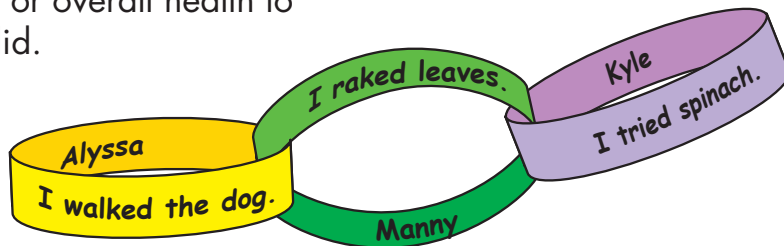
### Did you know?

The number of calories you need depends on your lifestyle, along with your age, height, size, and gender. More active people need more calories. Less active people need fewer calories. Fair or not, in general, boys need more calories than girls.



Extend the learning: Cut construction paper strips. As students enter your classroom each day, invite those who have done something positive for their energy balance or overall health to take one of the strips and write what they did.

What a great visual to show the many positive actions students are taking for a healthful lifestyle!



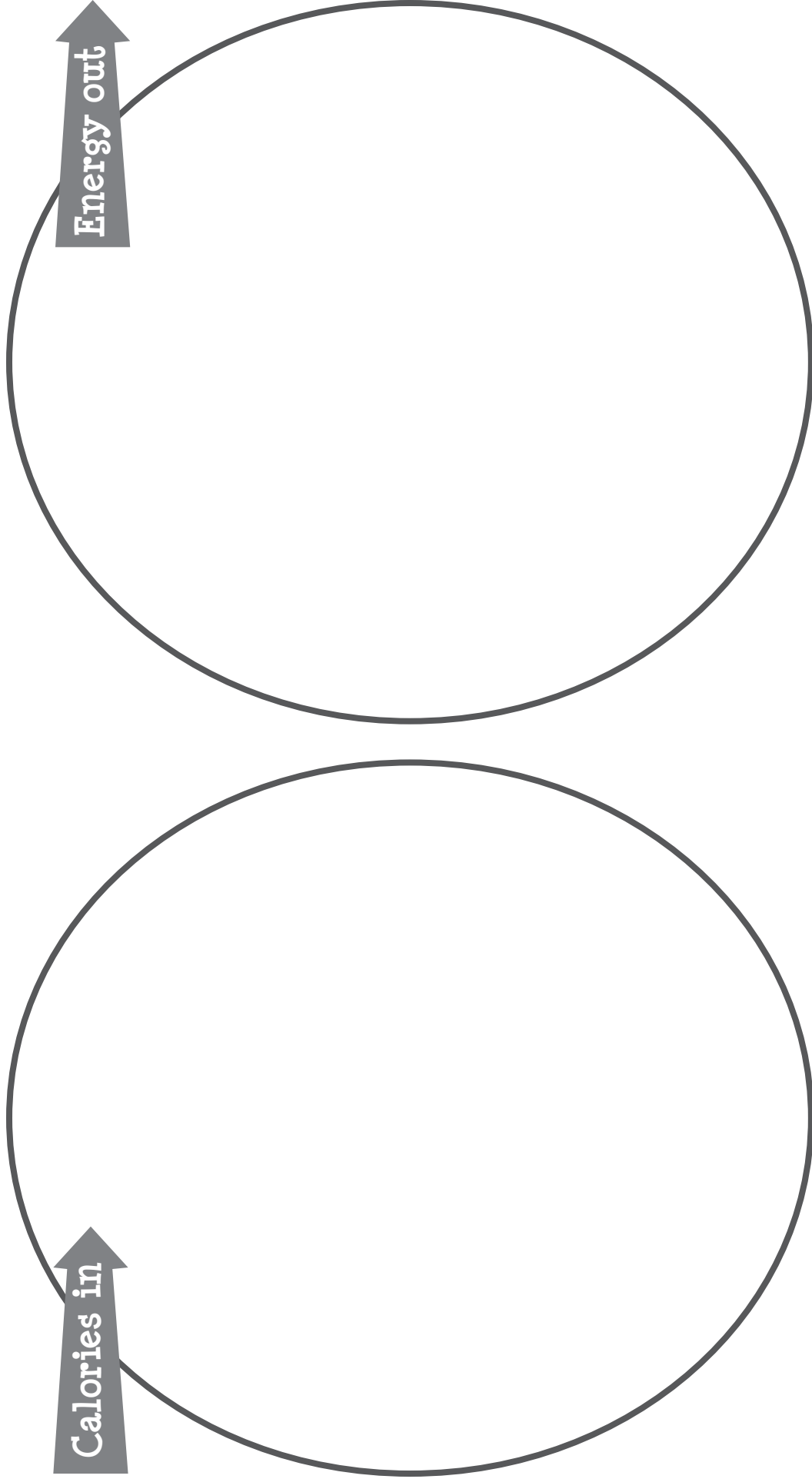
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Name \_\_\_\_\_

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**Energy Balance = a Healthful Lifestyle!**

*(RST.6-8.7)*