



## HEALTHY MATH

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### Goals and Objectives

- Develop student ability to explain how healthy eating and physical activity influence good health.

### Standards Addressed

- Explain how good health is influenced by healthy eating and being physically active.
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### Materials

- Healthy Math worksheet, writing implements
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### Introduction Narrative

Eating healthy foods and being physically active help our bodies be the healthiest they can be. Healthy eating gives us energy and physical activity helps make us stronger. It is important that we participate in these healthy behaviors every day to keep our bodies protected from disease. Today we will talk more specifically about the different benefits of these behaviors and how they can work together.



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### Activity

- Ask students to identify the components of healthy eating. Examples may include eating the recommended servings from each food group; eating lots of fruits and vegetables; drinking at least 8 glasses of water a day; limiting sugar, fats, and oils; etc.
- Ask students to give examples of the benefits of eating healthy foods and drinking healthy beverages. Be sure to include the following examples:
  - Gives us energy
  - Allows us to grow muscles and get stronger
  - Gives us nutrients to build bones
  - Gives our body the nutrients it needs to run properly
  - Helps our skin, hair, nails
  - Helps us focus and do better in school
  - Helps prevent and fight disease
  - Helps us sleep better
  - Gives us energy to be more active.
- Ask students to explain what it means to be physically active. Examples may include regular activity, intensity levels, increased heart rate, improved strength, etc.
- Ask students to give examples of the benefits of physical activity. Be sure to include the following examples:
  - Builds muscle
  - Strengthens bones
  - Strengthens the heart muscle
  - Helps prevent disease
  - Increases energy
  - Increases self-esteem
  - Improves concentration
  - Helps rid the body of toxins through perspiration
  - Helps us sleep better
  - Reduces stress
  - Lowers risk of serious disease
  - Is fun!



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- Discuss with students how healthy eating and physical activity work together.
  - We need to eat healthy foods to give our bodies the energy and nutrients we need to be active.
  - Both make us stronger, strengthen bones, help fight disease, put us in better moods, help us focus.
  - Eating healthy and drinking healthy beverages, especially water, help us be active and play better and longer.
- Students complete the Healthy Math worksheets.

### Home Activity

- Students share their worksheets with their families and come up with subtraction equations. Families should begin with a healthy activity and subtract an unhealthy activity. For example:

Eating 5 servings of fruits and vegetables – eating candy = Healthy Eating

Walking the dog every day – watching television every day = Being Active

### Progressions and Variations

- Have students complete worksheet by selecting specific behaviors that make up healthy eating. Repeat for physical activity. Finally, have students identify four benefits of healthy eating and four benefits of regular physical activity.

Name \_\_\_\_\_

Date \_\_\_\_\_

## Healthy Match

- Complete the blanks with examples of healthy eating and being active.

Healthy Eating	Being Active
1.	1.
2.	2.
3.	3.
4.	4.

GRADE 5

Complete the blanks with examples of healthy eating.

\_\_\_\_\_ + \_\_\_\_\_ = **Healthy Eating**

\_\_\_\_\_ + \_\_\_\_\_ = **Healthy Eating**

\_\_\_\_\_ + \_\_\_\_\_ = **Healthy Eating**

Complete the blanks with examples of being active.

\_\_\_\_\_ + \_\_\_\_\_ = **Being Active**

\_\_\_\_\_ + \_\_\_\_\_ = **Being Active**

\_\_\_\_\_ + \_\_\_\_\_ = **Being Active**

**Healthy Eating + Being Active = HEALTHY ME!!**