



2ND GRADE
LESSON: Calories
SC STANDARD: 2.NSBT.1

CALORIES

OBJECTIVES:

- Understand what a calorie is and how it affects your body
- Learn where to find calories on the food label
- Explain that everything has calories. "Explain that all food or drink items have calories"

LET'S GET STARTED! (10 MINUTES):

- Name examples of foods that have calories in them
- Explain what a calorie is and how it affects your body
- Help students understand the difference between good calories and bad calories
- Show students where they can find the amount of calories on the food label
- Discuss that all foods have a certain amount of calories

ACTIVITY (15 MINUTES):

- The students will be finding practicing place value for the amount of calories in certain foods.

WRAPPING UP (5 MINUTES):

- Review what a calorie is and explain that it is found in all foods
- Remind them of some foods that have good calories and foods that have bad calories

SC STANDARDS:

- 2.NSBT.1 Understand place value through 999 by demonstrating that: c. three-digit numbers can be decomposed in multiple ways

MATERIALS:

- Food Label handout
- Calorie Place Value worksheet
- Boss' Backpack Bulletin
- Pencils

LET'S GET STARTED!

- Today's lesson is going to be about calories! Ask the students to name some foods that have calories in them (this is a trick question because all foods have calories)
- Start by explaining what calories are, how they help energize the mind and body, and that there are certain foods that have good calories and certain foods that have bad calories

DIALOGUE BOX

- Today we are going to talk about calories! Can anyone name any foods that they think have calories in them?
- Well, all foods have calories in them. Calories are used as energy to help fuel your body, similar to how a car has to have gasoline to fuel your car! Without the fuel, your car would not move, and without calories, our bodies would not move!
- If you do not get enough calories in the day, your body cannot function properly; your heart would not beat and your brain would not work the way it is supposed to!
- Someone your age needs about 1,500 calories per day. That may seem like a lot, but you need all of those calories to function and be healthy!
- Sometimes if you eat way more calories than you are supposed to, you can start gaining weight, which is unhealthy.
- So, the number of calories you should consume per day has a sweet spot around 1,500!
- Not all calories are the same. For now, we will divide them in to two groups: good calories and bad calories.
- Good calories mostly come from GO foods like fruits, vegetables, whole grains, lean meats, and low-fat milk, among many others. These foods have good calories in them and are extremely healthy for you! Good calories give you energy and nourishment while filling you up and making sure that your brain is working well.
- Bad calories are in foods like chips, cookies, candy, sodas, and cakes. These foods should not be eaten all the time and are mostly considered WHOA foods because they do not give you the nutrients and vitamins you need to stay healthy! They can drag you down and make you feel tired, and do not keep you full for a very long time like good calories do!

- Begin explaining or reviewing where to find calories on a food label using the Food Label handout
- Also, you will need to discuss that all foods have calories in them

DIALOGUE BOX

- Calories can be found in any food you eat or buy at the grocery store... well, almost!
- Besides fruits and vegetables, almost everything has a food label where you can see the amount of calories that a specific food has in it!
- The food label will either be on the side or back of any boxed or bagged food! Calories are also going to be one of the first things you see on the food label as well!

SPORTS!

If you are someone that plays sports, such as soccer, tennis, or baseball, then you can probably eat a few more calories to replenish all of the nutrients that you run and sweat off when you are playing your sport!

DIALOGUE BOX

- The word calories is bolded on the top of the food label (point to it on the Food Label handout) and will have a number beside it that will tell you how many calories are in that food.
- All foods have calories, but what is really important to remember is that you should get around 1,500 per day, and that you should try your best to reach that number by eating foods with good calories!

ACTIVITY

- The activity for this lesson is going to test the students on their place value with numbers
- There will be some different types of foods with the amount of calories in them below the picture
- The students will have to find either the ones, tens, or hundreds place for each of the calorie numbers

WRAPPING UP

- Hand out Boss' Backpack Bulletin with this week's goal
- The bulletin will also give examples and reminders of some good calories and bad calories

DIALOGUE BOX

- Your goal this week is going to be eating more good calories and eating less bad calories!
- Remember, good calories come from foods that fill you up, keep you energized, and help your brain function correctly.
- Bad calories come from foods that do not fill you up and are not healthy for you. These are foods like chips, cookies, cakes, donuts, crackers, etc.
- There will be reminders at the top of Boss' Backpack Bulletin that will give examples of foods with good calories that you should try and foods with bad calories that you should look out for.
- Write down all of the good calorie foods that you tried this week, and also write down the bad calorie foods that you stayed away from this week!

ADDITIONAL ACTIVITY

- Have the students go through the Calorie Place Value worksheet and circle all of the good calorie foods that we discussed today
- They can also write on the back or side of the page some of their favorite good calorie snacks and then draw a picture of it if time permits



BOSS' BACKPACK BULLETIN

Your goal for this week is to try and eat more good calorie foods, or GO foods, and less bad calorie foods, or WHOA foods!



Good Calorie Foods

- All fruits
- All vegetables
- Foods made with whole wheat
- Low-fat milk
- Lean meats
- Fish
- Eggs
- Low-fat or Greek yogurt
- Natural peanut butter
- Nuts and seeds
- Rice cakes
- Whole grains (wheat, rice, corn, oats)

Bad Calorie Foods

- Chips
- Cookies, brownies, and cakes
- Fruit gummies
- Soda, fruit juices, and sports drinks
- Chocolate and candy
- Whole milk
- Flavored milk
- White grains (white rice, white flour, white tortillas, etc.)
- Fried foods and fast food
- Sugary cereals
- Ice cream

Some of the good calorie foods you tried this week:

Some of the bad calorie foods you gave up this week:

FOOD LABEL

Nutrition Facts	
Serving Size 2 Crackers (14g)	
Serving Per Container 21	
Amount Per Serving	
Calories 60	Calories from Fat 15
% Daily Values*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 70mg	3%
Total Carbohydrate 10g	3%
Dietary Fiber less than 1g	3%
Sugars 0g	
Protein 2g	
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	2%

Calories

CALORIE PLACE VALUE



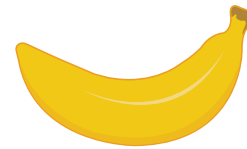
85 Calories

Tens Place _____



140 Calories

Hundreds Place _____



100 Calories

Ones Place _____



150 Calories

Ones Place _____



80 Calories

Tens Place _____



200 Calories

Hundreds Place _____



150 Calories

Tens Place _____



52 Calories

Ones Place _____



110 Calories

Tens Place _____



170 Calories

Tens Place _____



170 Calories

Hundreds Place _____



33 Calories

Ones Place _____