



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.

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

STORY (15 MINUTES):

- Read the story about Boss learning about what calories are, where they come from, and what they do in your body

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

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!

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!

STORY

- Read the story about Boss' friends teaching him about calories, where they come from, what foods they are in, and how they effect your body

WRAPPING UP

- Ask if students have any questions about calories
- Review good calories and bad calories, and what types of foods have good and bad calories

DIALOGUE BOX

- Does Anyone have any questions about 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.



Boss Learns about Calories During Gym Class

Every day before lunch, Boss and his buddies go to their gym class where they run around, play sports, and do fitness tests! One Tuesday morning, Boss and all of his buddies walked over to the gym locker rooms where they got ready for gym class! They would put on their best running shoes and an old t-shirt and get ready for the activities they were going to do for the day! Their teacher said they were going to do a sit-up fitness test and then play kick-ball when everyone was finished! They all did very well on their sit-up test, and when it was time to play kick ball Boss' friend said, "It is time for me to burn off the calories I ate for breakfast!" Another one of Boss' friends asked, "What did you have for breakfast?" and Jake replied, "Oh man, I had so much good for this morning! I had some bacon, cheese grits, and a bagel with jelly on it! I also had two glasses of chocolate milk! I usually do not eat like that, but my mom said since I did well on my test, she was going to make me a big, special breakfast! It was so delicious, but now it is time to burn some of the calories that I ate!" Boss was listening to the conversation when he asked, Jake what are calories? I just heard you talk about them and I have heard of them, but I have never known what they are? Can you tell me what they are and where they come from?" Boss' friend sat down beside him on the bleacher and began explaining what a calorie is. Jake said, "Calories are in everything we eat and drink! The only thing that does not naturally have calories is water! So, when you eat, for example, a pack of crackers, you are putting 190 calories in to your body! The good news is that everyone's bodies need calories to live and thrive, but too many or too little calories can be very bad for your body! If you are supposed to eat 1,500 calories during the day and you only eat 900 calories, you are not fueling your body and taking care of it the way you are supposed to! Your body will not be able to function properly and it will not have enough energy to get you through your day! If you eat too many calories, like 2,000 calories, during the day, you're getting too many, which could make you gain weight. Gaining weight will also make it harder for you to run around and have a lot of energy, and it is also not very good for your body!" Boss looked a little puzzled by what all his friend was teaching him and asked, "So what did you mean when you said you had to burn calories off during gym today?" Jake replied by saying, "Well you can burn off calories by being active or exercising, like we do in gym class. Since I ate a lot of calories during breakfast, I can burn some of those calories off by playing kick ball!" Boss said, "Oh okay I see what you are saying! So it is kind of like you are taking some of the calories away that you consumed earlier in the day? What types of foods have a lot of calories in them?" Jake said, "All foods have calories. Some calories you eat are called "good calories" which come from fruits and vegetables. There are also "bad calories" which come from cookies, cake, and chips. They all have calories, but the food calories are ones that you can eat all of the time and are super healthy for you! You should eat as many of the foods with good calories as possible during the day! These foods with good calories can also be called Go Foods, or foods you can eat every all the time, every day!" Another one of Boss' buddies said, "Yea and don't forget that drinks have calories too! Drinks like soda, chocolate milk, and juice all have calories, and they are kind of wasted calories because they do not add any nutrients to your body! It is best to drink water because water does not have any calories in it at all!" Boss said, "Thank you both so much for teaching me about calories and what they do in your body! I am going to start being more aware of the types of calories I am eating, and get them from more Go Foods rather than the Whoa Foods!"

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