

Weller Health Education Center

Body Smarts

Healthy Bodies and Healthy Eating series

45 minute, outreach program

Grades 5 - 7

Course Description

This science-driven program focuses on how unhealthy food choices can affect three key systems of the body: digestive, circulatory, and skeletal. Students will discuss and learn to make “smart” choices for a healthy life.

Objectives

1. Identify three diseases related to poor eating habits.
2. Identify three organs and their function.
3. Name two things that strengthen bones.

PA Standards

Health, Safety and PE Standards:

- 10.1.6.B Identify and describe the structure and function of the major body systems.
- Muscular
 - Immune
- 10.1.9.B Analyze the interdependence existing among the body systems.
- 10.1.6.E Identify health problems that can occur throughout life and describe ways to prevent them.
- Preventions (maintain proper weight, eat balanced diet, be physically active).
- 10.1.9.E Analyze how personal choices, disease and genetics can impact health maintenance and disease prevention.

Cross Curricular Opportunities

Reading, Writing, Speaking and Listening:

- 1.6.6,7,8.A Listen critically and respond to others in small and large group situations.
- Respond with grade level appropriate questions, ideas, information, or opinions.
- 1.6.6,7,8.B Demonstrate awareness of audience using appropriate volume and clarity in formal speaking presentations.

RELA Lesson Ideas

1.4.6,7,8 Write multi-paragraph informational pieces.

1.4.5,6,7.C Write persuasive pieces.

Grade 5:

- Include clearly stated position or opinion.
- Include supporting detail, citing sources when needed.

Weller Health Education Center

Grade 6:

- Include clearly stated position or opinion.
- Include and develop supporting opinions using, meaningful, convincing evidence, properly cited.

Grade 7:

- Include clearly stated position or opinion.
- Include convincing, elaborated, and properly cited evidence.
- Identify appropriate persuasive techniques to anticipate reader concerns and arguments.

Persuasive writing prompt: Select one system of the body and explain why you think it is the most valuable system. Use information from the presentation to persuade your peers.

If time permits, have students work with classmates who selected the same body system, allow each team to organize their argument and then time to present why their body system is the most important, they should work together to persuade their peers to move to their “body system team.”

Informational writing prompt: Select one body system, describe its function for the body and the foods you need to keep it healthy.

The **Healthy Bodies** series also includes these outreach programs:

- Dental Detectives, grades Pre-K – 1
- Handful of Healthy Habits, grades Pre-K – 1
- Kids in Motion, grades 1 – 3
- Odorology, grade 4
- Life Begins, grades 5 – 6
- Big Changes, Big Choices, grades 6 – 8
- NoBody’s Perfect, grades 6 – 10
- Stress Less, grades 6 – 12
- Who Do You Trust?, grades 8 – 12
- Better Start Early, grades 9 – 12

The **Healthy Eating** series also includes these outreach programs:

- Kids in Motion, grades 1 – 3
- Food for Thought, grades 2 – 3
- Food Label Mabel, grades 2 – 3
- Health Adventure, grades 2 – 3
- Kitchen Nutrition, grades 2 – 4
- Jambalaya Jeopardy, grades 4 – 6
- Media Wise, grades 5 – 7
- Chew on This!, grades 6 – 8
- NoBody’s Perfect, grades 6 – 10