

Nutrition True or False

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Active Schools
Champion

ACTIVITY SET-UP & PROCEDURE

Equipment:

- Nutrition True/False Questions
- Nutrition Academic Language Cards
- 1 juggling scarf per student

Set-Up:

1. Students stand up next to their desks and push their chairs in.
2. Each student with a scarf placed in the center of her/his desk.



Activity Procedures:

1. It's Active Classroom Time! We're going to play a game called Nutrition True or False.
2. I'm going to read nutrition statements. If you think the statement is TRUE, do 10 jumping jacks. If you think the answer is FALSE, toss your scarf straight up and then catch it 5 times.
3. When you're done with your exercise, stand tall and silent, ready for the next statement.
4. **TEACHER NOTES:**
 - ✓ You can change the exercises based on your equipment and student interests and abilities.
 - ✓ This activity can be done to review for tests or quizzes in any academic area.

T/F Questions:

- A calorie is a unit of energy that fuels our bodies. (TRUE)
- Energy Balance is the relationship between how many calories you eat and how many calories you burn. (TRUE)
- Snacks are one of the 5 food groups. (FALSE)
- Hydration is related to how much water you use when you take a shower in the morning. (FALSE)
- Nutrition is the process of eating the food that needed for good health and normal growth. (TRUE)
- A nutrient is a substance that provides the nourishment that your body needs to stay alive. (TRUE)

STANDARDS
& OUTCOMES
ADDRESSED

College & Career Readiness (Speaking & Listening)

Participate effectively in a range of conversations and collaborations with diverse partners, building on others' ideas and expressing their own clearly and persuasively.

College & Career Readiness (Language)

Acquire and use accurately a range of general academic and domain-specific words and phrases sufficient for reading, writing, speaking, and listening at the college and career readiness level.

DEBRIEF
QUESTIONS

Depth of Knowledge Tiered Question Sets:

- **DOK 1:** What are the 5 food groups that we should eat from every day?
- **DOK 2:** What do you know about the Fruit group? Vegetables? Grains? Protein? Dairy?
- **DOK 2:** What do you know about MyPlate?
- **DOK 3:** Can you predict what might happen to a person's health if she/he only ate food from 1 food group? Provide as many details as you can.