



nrq Walks Education Pack

# Day 1: Energy Balance

nrg Walks is a program of the Center for Nutrition and Activity Promotion at Penn State Hershey Children's Hospital.

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# Day 1: Energy Balance



## **Total Time: 30 minutes**

Lesson: 25 minutes

Recap: 5 minutes

## **Lesson Overview**

Youth will discuss the importance of achieving energy balance – balancing the amount of food and drinks they consume (energy in) to provide the right amount of fuel their bodies need for healthy growth, everyday living, and physical activity (energy out).

## **Objectives – Youth Will:**

- Understand energy balance and why it is important to good health
- Understand five ways to help achieve energy balance

## **Standards Met**

This activity meets Pennsylvania Health, Safety, and Physical Education standards:

10.1.6 C. Analyze nutritional concepts that impact health

## **Handouts**

- nrgBalance 12345! (“nrg” is pronounced “energy”)

## **Teacher Prep**

Make one copy of the nrgBalance 12345! handout for each student.

## **Note to Teachers**

The activity below offers a script for you to follow. You may choose to follow the script or adapt the information based on your classroom’s needs.

**Let’s Get Started!**



## Lesson (25 minutes)

### Energy Balance 101

Say: Energy balance is a simple process of how our bodies use food for energy and burn it off. Energy is another word for “calories”. What you eat and drink is ENERGY IN. What you burn through physical activity and your body’s normal growth is ENERGY OUT. We use this energy for simple everyday movements like breathing and digesting food. We also use this energy for physical activity like walking or running. It’s important to try to balance your ENERGY IN and your ENERGY OUT. Your ENERGY doesn’t have to balance exactly every day – it’s the balance over time that is important.

*Hand out one copy of nrgBalance 12345! flyer to each student.*

Say: There are five actions you can take to help you balance your ENERGY IN and your ENERGY OUT over time. We call this Energy Balance 1-2-3-4-5! Each number stands for a different action you can take.

- One or More Hours of Physical Activity Each Day
- Two or Less Hours of Screen Time Each Day (screen time is time you spend in front of a TV screen, computer screen, or other video game equipment that isn’t for school)
- Three Balanced Meals Each Day
- Four or More Cups of Water or Low/No-Calorie Beverages Each Day
- Five or More Servings of Fruits and Veggies Each Day

### ENERGY IN

Say: Now we’re going to talk about ENERGY IN.

Ask: How might you feel if you didn’t eat breakfast? *(If necessary, guide students with answers like, feel tired, feel hungry, feel cranky, can’t concentrate, headache, etc.)*

Say: Eating breakfast gives you energy for the morning. If you skip breakfast, you may not be getting enough ENERGY IN to help you through the morning. As a result, you may feel tired, hungry, or you may not be able to concentrate during class. This is your body’s way of telling you that you need more ENERGY IN.

Ask: What are some things that make up your ENERGY IN? *(If necessary, guide students with suggestions like what you usually eat for breakfast, what you drink with lunch, etc.)*

### Balancing Energy In and Energy Out

Say: Think about what you do each day to try to balance your ENERGY IN and your ENERGY OUT. Take out a piece of paper. On the left side of the page, draw pictures or write the names of the foods you eat and beverages you drink that make up your ENERGY IN. Circle the foods and beverages that are healthy.

On the right side of the page, draw pictures or write names of activities you like to do that make up your ENERGY OUT. Circle the activities that get your heart beating fast.



Ask: Describe one thing you wrote or drew that makes up your ENERGY IN. Describe one thing you wrote or drew that makes up your ENERGY OUT.

*Remind students that ENERGY IN and OUT don't have to balance exactly every day – it's the balance over time that is important.*

**Recap (5 minutes)**

Say: Today we talked about energy balance: balancing our ENERGY IN and our ENERGY OUT. What you eat and drink is ENERGY IN. What you burn through physical activity and your body's normal growth is ENERGY OUT. It is important to balance your ENERGY IN and your ENERGY OUT over time. There are five things you can do to achieve energy balance, "energy balance 1-2-3-4-5!"

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Tomorrow we will talk more about ENERGY OUT.



# Being HEALTHY is easy

just count to 5 every day



1 Be active for at least 1 hour.

2 Watch TV or play video games for less than 2 hours.

3 Eat 3 balanced meals.

4 Drink 4 cups of water.

5 Eat 5 fruits or veggies.



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