

WHY CALORIES ARE IMPORTANT

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Discipline: Science and Health

Topic: Comparing caloric intake of student, Olympic athlete, and sled dog

Grade Level: Elementary/Middle

Resources / References / Materials Teacher Needs:

1. <http://www.shapefit.com/fastfood.html> - Fast food calories
2. Why calories are important student sheet (attached to blog)
3. Computer
4. <http://www.olympic.org/athletes> - Find an Olympic athlete
5. Olympic Athlete Caloric intake chart (attached to blog)
6. <http://prezi.com/> - To create Prezi
7. Diet Diary Chrome App
8. <http://www.medindia.net/patients/calculators/daily-calorie-requirement-for-age-lifestyle.asp> - Calories by age

Lesson Summary: Students will use Diet Diary to record their caloric intake and exercise for 1 day. Students will then compare their intake to that of an Olympic athlete and Iditarod sled dog. Students will use Prezi to create a presentation sharing their information.

Standards Addressed: Common Core Standards

S.6-8.SI.4: The use of tools and techniques, including computers, will be guided by the questions asked and the investigations students design. Students should be able to access, gather, store, retrieve, and organize data, using computer hardware and software designed for these purposes.

S.3-5.SI.4: Students' use of appropriate tools is guided by the questions asked and the investigations students design.

Learning objectives:

1. Students will interpret the meaning of a calorie.
2. Students will compare caloric intake of themselves, an Olympic athlete, and a sled dog.

Procedural Activities:

1. Students will answer Part 1 of the *Why are calories important* student sheet
2. As a class we will discuss the answers to the question on the sheet.
3. Have students use the website <http://www.medindia.net/patients/calculators/daily-calorie-requirement-for-age-lifestyle.asp> to find out the amount of calories they should consume based on their age, sex, and activity level. Part 2 on student sheet.
4. Discuss the numbers students found.
5. Students will use the website <http://www.shapefit.com/fastfood.html> to locate their 5 favorite fast food items. On their student sheet they will write the food and how much they would have to eat to get 10,000 calories. Part 3 on student sheet.
6. Discuss results.
7. Begin Part 4 of student sheet. Students will record 1 day of food consumption and exercise on the Chrome App *Diet Diary*.
8. Students will choose an Olympic athlete from the website <http://www.olympic.org/athletes> Part 5 on student sheet.
9. Students will use the *Olympic Athlete Caloric Intake Chart* to find out approximately how many calories their athlete must consume.
10. Students will create a Prezi at <http://prezi.com/> comparing themselves, their Olympic athlete, and a sled dog. See Part 6 on student sheet.
11. Students will share presentations with class.

Materials Students Need:

1. Websites listed in teacher resources
2. Computer

3. *Why calories are important* student sheet
4. *Olympic athlete caloric intake chart*

Technology Utilized to Enhance Learning:

1. Computer
2. Several Internet websites
3. Prezi - Presentation tool

Other Information: My class used the *Diet Diary* app because we have Chromebooks. Feel free to use any calorie counter website or app.

Modifications for special learners/ Enrichment Opportunities:

1. Have slower learners pair pair up with a partner.
2. Enrichment - Have students include in their Prezi the amount of calories it would take for an entire 16-dog team including the musher.