



## Body Budget: Eating Healthy

### Materials:

- Worksheet
- Access to the internet and computers for each student (optional)

### Brainstorm

Ask students: *What are the things you need to stay healthy?* As students respond, make a list on the board. Anticipated responses include: Drinking enough water, getting enough sleep, eating healthy, and exercise.

### Discuss

*Those are some great ideas for what we need to stay physically healthy, but what can we do to stay emotionally and mentally healthy?* Accept student responses and continue to add them to the list on the board. Possible responses include: Talking to others when we have a problem, meditation, etc.

### Dive in!

*Detail: You'll remember from earlier lessons that our brain exists to regulate our body - to ensure that everything that our body needs to survive is working the best it can. This is called **allostasis** or our **body budget**. The things that we can do to affect our body budget include our diet, exercise, sleep, and water intake. When we do those things well, we can help our body budget. When we do not, we can put our body budget into a deficit. Our body budget impacts our brain's predictive nature. If you don't eat enough healthy foods or drink enough water, your body budget can get totally out of whack, and you might lose your temper with a friend or family member about something little that might not usually bother you. The best way to help keep your body in the best overall shape is to ensure that our body budget is balanced by doing what you can to impact your body in a positive way - including eating healthy foods, drinking enough water, exercise each day, and getting about 8 hours of sleep per night. In today's lesson, we're going to focus on the fuel that you put into your body: Food and water. As much as 60% of the human body is made up of water. If you don't replenish what you lose throughout the day, you can get dehydrated. Even a dehydration level of just 1% can cause negative physical and mental side effects. Most people need between 6-8 eight-ounce glasses of water per day - but you might need more depending on things like the temperature outside or how much exercise you're doing! Next, we're going to take a look at food.*



## High School

### Activity

Distribute the worksheet to students. If time and resources permit, have students take the free 20 question *What's on your Plate* quiz at: [www.myplate.gov/form/myplate-quiz#question\\_1](http://www.myplate.gov/form/myplate-quiz#question_1). Once they're done, have them use the worksheet to go through each of the food groups and have them identify the number of recommended servings of each food group per day, examples of each food group, and examples of that food group from their own diets. If you do not have access to computers, you can have students try to guess the responses above and then provide them with the correct guidelines (see below). When done with the activity, students should answer the Reflect question on the worksheet.

| Food Group  | Recommended Daily Serving   | Examples  |
|---|---|---|
| <b>Fruits</b><br>Bananas, apples, mangoes, oranges                                      | Females = 1.5-2 servings per day;<br>Males = 2-2.5 servings per day   | 1 cup of fresh, frozen, or canned fruit or 100% fruit juice, or ½ cup of dried fruit  |
| <b>Vegetables</b><br>Broccoli, carrots, lettuce, peppers, tomatoes, peas, corn, cassava | Females = 2.5-3 servings per day;<br>Males = 2.5-4 servings per day   | 1 cup of raw or cooked vegetables (can be fresh, frozen, or canned) or 100% vegetable juice   |
| <b>Grains</b><br>Bread, pasta, rice, cereal   | Females = 6-8 servings per day;<br>Males = 6-10 servings per day<br><br>*at least half should be whole grains for both groups | 1 slice of bread, 1 mini bagel, 1 small biscuit, 5 crackers, ½ cup of cooked pasta or rice, 1 tortilla, 3 cups cooked popcorn, 1 cup cereal |
| <b>Proteins</b><br>Beef, pork, lamb, chicken, turkey, goat, peanut butter               | Females = 5-6.5 servings per day;<br>Males = 5.5-7 servings per day   | 1 oz of cooked meat or fish, 1 egg, ½ ounce of nuts, ¼ cup of cooked beans, tofu, or lentils, 6 tbs. hummus, 1 tbs. nut butters             |
| <b>Dairy</b><br>Milk, cheese, yogurt  | Females and males= 3 servings per day   | 1 cup of milk, 1 cup of yogurt, 1 oz of cheese  |



## High School

### Reflect

Is eating healthier and drinking more water something you'd like to try to do? What can you do to achieve this goal?

**Optional Home Connection** → Provide copies of the Home Connection letter to students and have them keep track of their food and water consumption for one week using the log and then have them identify any changes they need to make in order to have a balanced body budget.

### Professional Development

Be sure to complete the weekly food log yourself and see if there are any changes you need to make to balance your body budget!

### For Further Study:

- British Nutrition Foundation's *Healthy Hydration Guide for Adults and Teenagers*: <https://www.nutrition.org.uk/healthyliving/hydration/adults-teens.html>
- National PTA's *Healthy Lifestyles Programs*: <https://www.pta.org/home/programs/Healthy-Lifestyles>
- US Department of Agriculture's *My Plate*: <https://www.myplate.gov/>