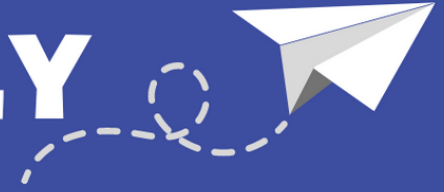




# LESSONS ON THE FLY

Curated resources from your friends at WGUV & PBS Learning Media.



**Lesson Title:** Nutrition: What Your Body Needs

**Subject:** PE/Health

**Grade:** 6-8

**Standards:** [bit.ly/3uLn9r](https://bit.ly/3uLn9r)

## Directions:

**[Interactive Lesson: bit.ly/3AGdVV1](https://bit.ly/3AGdVV1)**

**Step 1:** Determine if students will be working individually or in pairs during the lesson.

**Step 2:** Determine what students already know about nutrition, a healthy diet, and poor eating choices. You may want to start a discussion with questions such as:

- What is a healthy diet?
- Why is it important to follow a healthy diet plan?
- Which foods/drinks provide the most nutrition for your body?
- Which foods/drinks provide the least amount of nutrients for your body?
- What are some consequences of not eating a well-balanced diet?
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**Step 3:** Share link to the online activity. Remind students to complete each task (either online, if they have a free PBS LearningMedia account or on paper if they do not).

## Materials:

1. Computers or ipads
2. Note-taking supplies (paper or computer)
3. Interactive lesson: [bit.ly/3AGdVV1](https://bit.ly/3AGdVV1)