



*Grade Level: Grade 5*

*Title:*

## **Health of the Human Body & Respect For Life**

*Denomination: Catholic*

*Lesson ID: LS-G5-02-CA*

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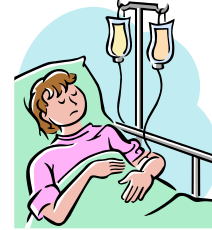
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## LIFE SCIENCE – GRADE 5 – CATHOLIC LESSON TITLE: Health of the Human Body & Respect For Life

**GENERAL CONCEPT: Health And Life**

### SCIENCE LESSON CONCEPT

- Diet and exercise

### GOAL OF SCIENCE LESSON

- Students will understand the requirements of a balanced diet and adequate exercise for good health.
- Students will learn what makes up a balanced diet.
- Students will learn what makes up a regular exercise schedule.
- Students will learn how much rest is suitable for their age group.

### RELIGION LESSON CONCEPT

- A healthy spiritual life

### GOAL OF RELIGION LESSON

- Students will understand that a healthy spiritual life requires good spiritual nutrition, regular spiritual exercise, and adequate spiritual rest.
- Students will learn that good spiritual nutrition means regular intake of prayer and the Sacraments.
- Students will learn that regular spiritual exercise means practicing the virtues, loving God and neighbor and performing service.
- Students will learn that adequate spiritual rest means regular periods of silence, adoration, and meditation.

### **OUTCOME EXPECTED**

- Students will create an energy plate.
- Students will collect data on calorie intake, physical activities for 5<sup>th</sup> graders.
- Students will learn about and practice regular exercise in their Physical Education class.
- Students will begin to keep track of their hours of adequate rest.

### **MATERIALS NEEDED**

- Science Journal page: Maintaining Good Health
- Pen or pencil
- Hand-out of body systems
- Computers with internet access
- Daily Food, Exercise, and Rest Log with spaces for 24 hours (created by teacher)
- Paper plate
- Colored pencils or markers
- Graphic organizer forms (one per student for each research subject)

### **OUTCOME EXPECTED**

- Students will begin to more actively participate in the nourishment of their spiritual life.
- Students will become more conscious of their relationship with God.

### **MATERIALS NEEDED**

- Religion Notebook/Journal
- Pen or pencil
- Bible
- Paper plates (2 per student)
- Markers or colored pencils

## SCIENCE METHODOLOGY

- **SAY:** As we begin this lesson, you are going to do some research. I am going to give you the topics and a few graphic organizer forms on which to keep your notes. You will have (set the time limit) in which to complete your research. There are three topics for research:
  - ~ Research the Energy Plate – what it is, what it does, how it can be helpful in maintaining good health.
  - ~ Research the calorie intake requirements for people your age – how many calories, how much of each kind of calorie is recommended, and the equation for figuring body mass.
  - ~ Research suggested physical activities for 5<sup>th</sup> graders or people your age – what kind of physical activities, how long each day – levels of achievement in each activity.
  - ~ Research the amount of rest recommended for people your age.
- **REVIEW** the seven body systems and how they interact to promote optimal body function and health.
- **HAVE** the students report on their research topic: Energy Plate.
- **ASK and CONSTRUCT** an Energy Plate with the kinds of foods the students should eat daily.
- **GIVE** each student a paper plate and have them use

## RELIGION METHODOLOGY

- **SAY:** As we learned in Science class, our bodies need proper food and drink, physical activity or exercise and adequate rest. The same is true for our spiritual health.
- **HAVE** the students make a chart in their Religion notebook with these three headings: Spiritual Food, Spiritual Exercise, and Spiritual Rest.
- **ASK:** What is our spiritual food? (prayer, Sacraments)
- **SAY:** In your Religion notebook, under the heading of spiritual food, please list any times you have prayed or received a Sacrament in the last 24 hours.
- **ALLOT** time for the student to record this entry.
- **SAY:** In your Religion notebook, under the heading of Spiritual Exercise, please list any good works or any virtues which you have practiced in the last 24 hours.
- **ALLOT** time for the student to record this entry.
- **SAY:** In your Religion notebook, under the heading of Spiritual Rest, please list any times you have been silent, meditated, or spent time in adoration before God.
- **ALLOT** time for the student to record this entry.
- **GIVE** the student a paper plate.
- **ASK:** In feeding our bodies, we saw there was an

markers or colored pencils to put in the proper proportions. Display in the classroom.

- **HAVE** the students report on the daily calorie intake requirements for their age group.
- **CHART** how many calories and from what food groups. Display this chart in the classroom.
- **HAVE** the students write on their Science Journal page what they have had to eat or drink in the past 24 hours.
- **HAVE** the students report on the recommended physical activity levels for their age.
- **HAVE** the students write on the Science Journal page what kind of physical activities they have done in the past 24 hours.
- **COMPARE** their past 24 hours with the research.
- **HAVE** the students report on the number of hours of rest recommended for their age group.
- **HAVE** the students write on the Science Journal page the times they have gone to sleep and awakened in the past 3-4 days.
- **COMPARE** their hours of rest with the recommendations.
- **SAY:** You can see what you ate, drank, and how long you exercised and rested in the past 24 hours. Now you have a chance to improve your health.

Energy Plate which had sections for each kind of nourishment. What would your Spiritual Energy Plate look like? What sections would be on the plate? (two sections: Prayer and Sacraments)

- **ASK:** On the Prayer section, are there any subdivisions? (Morning and Evening Prayer, prayer before and after meals, school time prayers)
- **SAY:** On the Sacrament section, you can divide it into the Sacrament of Penance and the Sacrament of the Holy Eucharist.
- **ALLOT** time for the students to make the Spiritual Energy Plate.
- **SAY:** Exercise and activity are good for our bodies. Spiritual exercise and activity are good for our spiritual good health.
- **ASK:** What are some spiritual exercises you can do? Here's a hint: virtues, the Great commandment.
- **ASK:** What are some virtues you can practice? (Prudence, Justice, Fortitude, Temperance, Faith, Hope, Charity, Patience)
- **SAY:** Adequate rest is necessary for our bodies' good health.
- **ASK:** What are some ways we rest spiritually? (keep silent and listen to God, adoration, meditation)

- **HAND-OUT** the daily food/exercise/rest log sheets.
- **SAY:** You have a chance to start right now to be a healthier 5<sup>th</sup> grader. You are to record for 24 hours what you eat and drink, what your physical exercise is during that time and what rest you had in that time. You don't have to completely change your life by running 4 miles today, but you can start to walk, start to do a few exercises. You shouldn't completely change your diet, but you can cut back on fats or sugars in the next 24 hours. Remember you want to start something that you can continue to do after the next 24 hours are over.
- **HAVE** the students keep the logs for 24 hours.
- **THE NEXT DAY** discuss how the information on the Science Journal page from the day before is different from the new log kept for 24 hours.
- **ASK:** What changes did you make that you think you can keep up for a long time?
- **POSIT:** A healthy body requires a balanced diet, physical activity, and adequate rest appropriate for your age.
- **SAY:** There are three parts to our Spiritual Health: food, exercise, and rest.
- **GIVE** each student a paper plate.
- **SAY:** I want you to use a pencil to draw how you think the three sections of your Spiritual Health are divided. Make them as you think they really are. One may be much larger than the others or they may be pretty equal in size. It depends on how much you do in each section.
- **ALLOT** time for students to draw and label each section in pencil.
- **SAY:** You are going to keep a log of your Spiritual Health for 5 days. In your Religion Notebook on a new page write these three headings at the top: Spiritual Food, Spiritual Exercise, and Spiritual Rest. Every time you do something that falls under a particular heading, write it down.
- **ALLOT** time for the student to make the new headings.
- **SAY:** On Day 6, when your log is completed we will make a new Spiritual Energy Plate similar to the one we made today but the new one will reflect what you actually did.
- **ON DAY 6 SAY:** Today we will make your actual chart on a new paper plate. Based on how often you did something under each heading, divide the paper plate into sections which reflect what you did the past 5 days. For example if you prayed 3 times each day and went to

Mass 3 days, that section of Spiritual Food would be greater than a section where you only did 1 or 2 things.

- **DISCUSS** what changes they made and what changes they could still make to develop a healthier Spiritual Life.
- **POSIT:** A healthy Spiritual Life requires a plan which includes regular food, exercise, and rest.

## SCIENCE LINKS

[www.abcnews.go.com/Health/food-pyramid-plate/story?id=...](http://www.abcnews.go.com/Health/food-pyramid-plate/story?id=...)

No More Food Pyramid: Nutritional Icon is Now a Plate. The food pyramid that represented a healthy diet for almost 20 years now gives way to a food plate...

[www.kidshealth.org/.../staying\\_fit/exercise.html](http://www.kidshealth.org/.../staying_fit/exercise.html)

Besides enjoying the health benefits of regular exercise, kids who are physically fit sleep better and are better able to handle physical and emotional challenges.

[www.ehow.com/info\\_7928908\\_ymca-activities-healthy-kids](http://www.ehow.com/info_7928908_ymca-activities-healthy-kids)

Although every kid loves to play, they must also take time to rest. Getting an adequate amount of rest each night is essential. The amount of sleep a kid needs depends on...

## RELIGION LINKS

[www.wikihow.com/Maintain-Good-Spiritual-Health](http://www.wikihow.com/Maintain-Good-Spiritual-Health)

How to maintain good spiritual health. To have good spiritual health, read this article.

[www.americancatholic.org/news/report.aspx?id=3603](http://www.americancatholic.org/news/report.aspx?id=3603)

Catholic Community speaks...of us track our children's spiritual health.



## KEY WORDS

- ENERGY PLATE
- CALORIES
- INTAKE
- PHYSICAL ACTIVITY
- BODY SYSTEMS
- HEALTH
- BALANCED DIET
- ADEQUATE REST

## KEY WORDS

- SPIRITUAL HEALTH
- SPIRITUAL FOOD
- SPIRITUAL EXERCISE
- SPIRITUAL REST
- VIRTUES
- ADORATION
- MEDITATION