Integrated Mini-Lessons

Information Page

What is it?

The Integrated Mini-Lessons combine nutrition education and physical activities with the Georgia Department of Education's *Georgia Standards of Excellence*. Each lesson aligns with the Choosing Healthy Habits Day Planner.

What is the purpose?

The Integrated Mini-Lessons are a great way to promote healthy eating and physical activity in the classroom! The mini-lessons should be used in classes school-wide once a month. The lessons can be used at the beginning or end of class.

During digital leaning days students or teachers can use mini-lessons to enhance content knowledge while focusing on health. For partnering sites, the Healthy Habits Day Planner is an excellent compliment to the mini lesson but is not required.

Show off your healthy behaviors by tagging us on social media!

@HealthMPowers
MATH

Look at the expressions below. If they are equal, do 5 squats. If they are unequal, do 5 calf raises.

a. \( y + y + y = 3y \)  

b. \( y \times 5 = 5y \)  

c. \( y - y = 2y \)

Learn more about the Physical Activity Pyramid for Teens on page 6 in your Choosing Healthy Habits planner.  

Standard: MGSE6.EE.4

ELA

Compare and contrast the experience of reading a story about a sporting event and listening to a live game on the radio or watching one on television. Write down the differences of what you “see” and “hear” when reading text to what you perceive when you watch or listen to a game.

Learn more about media habits on page 129 in your Choosing Healthy Habits planner.  

Standard: ELAGSE6RL7

SOCIAL STUDIES

Location, climate and distribution of natural resources impact trade and affect where people live in Mexico, Brazil and Cuba. Living in Georgia, how does our location and climate affect our natural resources, such as fruits and vegetables?

Learn more about local harvest in the Farm to School Connection on page 134 in your Choosing Healthy Habits planner.  

Standard: SS6G3

SCIENCE

The greater the force applied to the brakes of a bicycle, the faster it will slow down or stop. Varying the amount of force applied to a moving object can also change its direction. Construct an argument using evidence to support the claim that the amount of force needed to accelerate an object is proportional to its mass (inertia).

Learn more about the energy equation on page 97 in your Choosing Healthy Habits planner.  

Standard: S8P3c
**MATH**

Find the two answers that are nonnegative rational numbers and complete the corresponding exercise.

a. \(-5-(-17)=x\) (5 crunches)
b. \(\frac{15}{3} + \frac{2}{9}= x\) (5 sitting push-ups)
c. \(0/5= x\) (5 jumping jacks)

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**ELA**

A central idea of a text is the unifying element of the story, which ties together all of the other elements used by the author to tell the story. How is eating rich nutrient-dense foods a central element to our health?

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**SOCIAL STUDIES**

Two predominant forms of democratic government are presidential and parliamentary. Name two predominant fats that can reduce heart disease and improve (HDL) cholesterol levels. Assess your current diet to determine three ways you can include more healthy fats in your meals.

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**SCIENCE**

Cells are organized into tissues, tissues into organs, organs into systems and systems into organisms. Describe the make-up of muscle tissue and its role in the body.
MATH
Which of the following are statistical questions?

a. Bones grow the fastest during what ages?
b. Do you consume enough calcium a day?
c. How many cups of dairy does a student need daily to get the recommended 1,300 mg of calcium?

Learn more about body composition in the Take it Home activity on page 98 of your Choosing Healthy Habits planner.  
Standard: MGSE6.SP.1

ELA
Use claim(s) and evidence to draw conclusions of how sunscreen can prevent and reduce the risk of early skin aging and skin cancer associated with UV radiation.

Learn more about sunscreen in the Top Tips on page 138 in your Choosing Healthy Habits planner.  
Standard: ELAGSE6W1a

SOCIAL STUDIES
Soil is one of the most important natural resources on earth required for food production. How do the fruits and vegetables in Georgia’s Harvest of the Month impact the state's economy? Describe the role of natural resources on a country's economy.

Learn more about locally grown foods in the Farm to School Connection on page 134 in your Choosing Healthy Habits planner.  
Standard: SS6E3d

SCIENCE
How does the interaction among different body systems (cardiovascular, excretory, digestive, respiratory, muscular, nervous and immune) allow us to function in our daily physical activities?

Learn more about a healthy heart in the Take it Home activity on page 112 in your Choosing Healthy Habits planner.  
Standard: S7L2c
**MATH**

The perimeter of a rectangle is 32 cm. Its length is 6 cm. What is its width? When you are done, complete the number of your answer with the corresponding exercise.

- a. 64 cm, jumping jacks
- b. 10 cm, high knees
- c. 12 cm, standing crunches
- d. 8 cm, wall push-ups

Learn more about the importance of sunscreen in the Take it Home activity on page 138 in your Choosing Healthy Habits planner. Standard: MGSE7.EE.4a

**ELA**

With a group of three students, come up with questions regarding the Physical Activity Pyramid for Teens. Pose and respond to specific questions with elaboration and detail by making comments that contribute to the topic, text or issue under discussion.

Learn more about the Physical Activity Pyramid for Teens on page 6 in your Choosing Healthy Habits planner. Standard: ELAGSE6SL.1c

**SOCIAL STUDIES**

Climate change can disrupt food availability, reduce access to food and affect food quality. Compare how the location, climate and natural resources of Germany, the United Kingdom and Russia impact trade and daily life.

Learn more about seasonal produce guides in the Farm to School Connection on page 68 in your Choosing Healthy Habits planner. Standard: SS6G9a

**SCIENCE**

What are the effects lenses have on light? Given this information, why do you think minimum exposure to sunlight can have positive benefits, while too much is harmful?

Learn more about the importance of sunscreen in the Take it Home activity on page 138 in your Choosing Healthy Habits planner. Standard: S8P4f
MATH
As a clerk in a farmers market, you are paid $100 per week plus $3 per sale. This week you want your pay to be at least $160. Write an inequality for the number of sales you need to make and describe the solutions. When you are finished, complete the number of the exercise below that corresponds with your answer.

a. 42 high knees       b. 37 jumping jacks       c. 20 toe touches       d. 10 desk push-ups

Learn more about logging physical activity in the Healthy Habit Challenge on page 136 in your Choosing Healthy Habits planner.  Standard: MGSE7.EE.

ELA
With a classmate, create a presentation of different physical activity breaks that can be completed in your classroom. Include multimedia components (e.g., graphics, images, music and sound) and visual displays in your presentation to clarify information.

Learn more about physical activity in the Healthy Habit Challenge on page 98 in your Choosing Healthy Habits planner.  Standard: ELAGSE6SL1c

SOCIAL STUDIES
Entrepreneurs are a central position in a market economy. Entrepreneurial energy, creativity and motivation trigger the production and sale of new products and services. How can farmers entrepreneurship be used as a new approach in supporting agricultural development programs?

Learn more about The National Farm to School Network in the Farm to School Connection on page 94 in your Choosing Healthy Habits planner.  Standard: SS6E6e

SCIENCE
Analyze and interpret data to predict patterns in the relationship between density of media and wave behavior (i.e., speed). Explain how media, including screen time, affects your health.

Learn more about screen time in the Bell Work Activity on page 133 in your Choosing Healthy Habits planner.  Standard: S8P4e
**MATH**

Assume Lebron James scored five times more points than Kobe Bryant. Write an expression to show how many points James made. If James made 26 points, how many points did Bryant make? Complete the number of standing crunches that corresponds with your answer.

**ELA**

Work with a partner to determine the meaning of words and phrases as they are used in a story. Create a story using figurative, connotative and technical meanings. Did you know that tone is very similar to nutrition because it can positively or negatively affect your body?

**SOCIAL STUDIES**

What is fed to our livestock affects the environmental impact of the food we buy and eat. Water and air pollution, loss of wildlife and loss of natural habitats can result from food production. Explain the impact of environmental issues in Latin America.

**SCIENCE**

Ask questions to determine where oceans, rivers, lakes, swamps, groundwater, aquifers and ice are found in Georgia and communicate the relative proportion of water at each location. Why is proper sanitation important in drinking water?
MATH
Dustin wants $\frac{1}{8} + \frac{1}{4}$ of strawberries, Sue wants $\frac{3}{8} + \frac{1}{2}$ of strawberries, Carmen wants $\frac{7}{8} - \frac{3}{8}$ of strawberries and Luke wants $\frac{3}{2} - \frac{1}{2}$ of strawberries. Keyanna’s job requires her to add and subtract these rational numbers to prepare their healthy snack. How many strawberries does Keyanna need to cut for her classmates?

ELA
Work with a partner to write an argument supporting either aerobic or anaerobic activity as the better choice to improve overall health. Provide a concluding statement or section that supports your position with clear reasons and relevant evidence.

SOCIAL STUDIES
High rates of literacy are often found in developed, industrialized countries. Evaluate how literacy rates and nutrition affects the standard of living in Georgia.

SCIENCE
Soil is one of the most important natural resources on earth, being required both directly and indirectly for food production like fruits and vegetables. Design and evaluate solutions for sustaining the quality and supply of natural resources such as water, soil and air.
MATH

Use the distributive property to express the sum 40+36 as the multiple of a sum of two whole numbers with no common factor. When you are done, complete the physical activity that corresponds with your answer.

a. $3(10+9) = ___$ arm circles
b. $9(10+4) = ___$ jump squats
c. $10(4+9) = ___$ bicep curls
d. none of the above = 25 desk push-ups

LEARN MORE ABOUT PHYSICAL FITNESS AND SPORTS NUTRITION ON PAGE 141 IN YOUR CHOOSING HEALTHY HABITS PLANNER.  

Standard: MGSE6.NS.4a

ELA

Write a short paragraph explaining narrative techniques, dialogue and reflection to develop experiences of events and/or characters from a sporting event you have watched.

Complete the Heart-Healthy event in the Take it Home Activity on page 110 in your Choosing Healthy Habits planner.  

Standard: ELAGSE8W3b

SOCIAL STUDIES

Vitamins and minerals play an essential role in our bodies including building bones, protecting vision and boosting the immune system. While the vitamins and minerals provided in a balanced diet are crucial, too many of some can cause serious health problems. Use appropriate transitions to clarify the relationships among the ideas and concepts of a balanced diet.

Learn more about vitamins by completing the Healthy Eating Challenge on page 138 in your Choosing Healthy Habits planner.  

Standard: SS6E12e

SCIENCE

Overexposure to the sun is harmful to the skin. Describe how energy from the sun transfers heat to air, land and water at different rates. Given this information, why do you think a little exposure can have positive benefits while too much can cause melanoma?

Learn more about the importance of sunscreen in the Take it Home activity on page 138 in your Choosing Healthy Habits planner.  

Standard: S6E4b
MATH
Simplify the following equations. After finishing each problem, do 10 seated elbow-to-knees.

a. $(x^3)^4$

b. $(-2xy^3)^4$

c. $(5x^3)^2$

d. $(2xy^2)/(5x^2y^4)$

Learn more about physical fitness and sports nutrition on page 141 in your Choosing Healthy Habits planner.  

ELA
Write a short paragraph explaining narrative techniques, dialogue and reflection to develop experiences of events and/or characters from a sporting event you have watched.

Learn more about being an active family in the Take it Home activity on page 144 in your Choosing Healthy Habits planner.  

SOCIAL STUDIES
Create a list of five strategies your family can use to save money purchasing fruits and vegetables at the grocery store. Hold a wall sit while you explain the benefits of saving money and long-term effects it could have in your life to a partner.

Learn more about local harvest in the Farm to School Connection on page 134 in your Choosing Healthy Habits planner.  

SCIENCE
A quarterback's arm before throwing a pass is an example of potential energy. Muscles conversion of stored food to heat and motion is an example of kinetic energy. Team up with a classmate to plan and carry out an investigation that explains the transformation between kinetic and potential energy within a system.

Learn more about physical activity by completing the Healthy Habit Challenge on page 126 in your Choosing Healthy Habits planner.
MATH

Look at the expressions below. If they are equal, do 10 desk push-ups. If they are unequal, do 5 calf raises.

a. $8(10 + x)$ and $80 + 5x$

b. $y + 2y + y$ and $5y$

c. $8(x + 4y)$ and $2x + 10y$

ELA

Determine the meaning of words and phrases as they are used in a text. Hold a wall-sit while you explain figurative, connotative, and technical meanings to a partner.

SOCIAL STUDIES

Having access to healthy foods is essential to a healthy lifestyle. Compare how traditional, command and market economies answer the economic questions of what, how, and for whom foods are produced.

SCIENCE

A quarterback’s arm before throwing a pass is an example of potential energy. Muscles’ conversion of stored food to heat and motion is an example of kinetic energy. Team up with a classmate to plan and carry out an investigation that explains the transformation between kinetic and potential energy within a system.