



What is Energy Balance?





What Is Energy Balance?

In this lesson you will . . .

- learn about Energy Balance.
- generate ideas about where energy comes from.
- identify ways energy is used.
- understand how Energy Balance contributes to a healthy lifestyle.



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What does it take . . .

. . . to walk with a beanbag
on your head?





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What does it take . . .

. . . to walk with a beanbag
on your head?

What does it take . . .

. . . to **walk on a line with a
beanbag on your head?**



What does it take . . .

. . . to walk with a beanbag
on your head?

What does it take . . .

. . . to walk on a line with a
beanbag on your head?

What does it take . . .

. . . to **stand on one foot** with
a beanbag on your head?



What does it take . . .

. . . to **find the missing number** that
completes the number sentence?

$$3 + 4 = \boxed{5} + 2$$



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What do all
these activities
have in common?

BALANCE!



What else can be balanced?



a scale



a checkbook



a news report

What is **ENERGY**?

Energy is our ability to do work, to play, to start things moving, to be active, or to cause something to change.

What are some things you have done today that needed energy?



You use energy in everything you do.



Hiking  *yes*

Breathing  *yes*

Growing  *yes*

Thinking  *yes*

Sleeping  *yes*

Energy In and Energy Out

Energy In



Energy Out

Where does the
energy come from
for these activities?



Running



Sitting



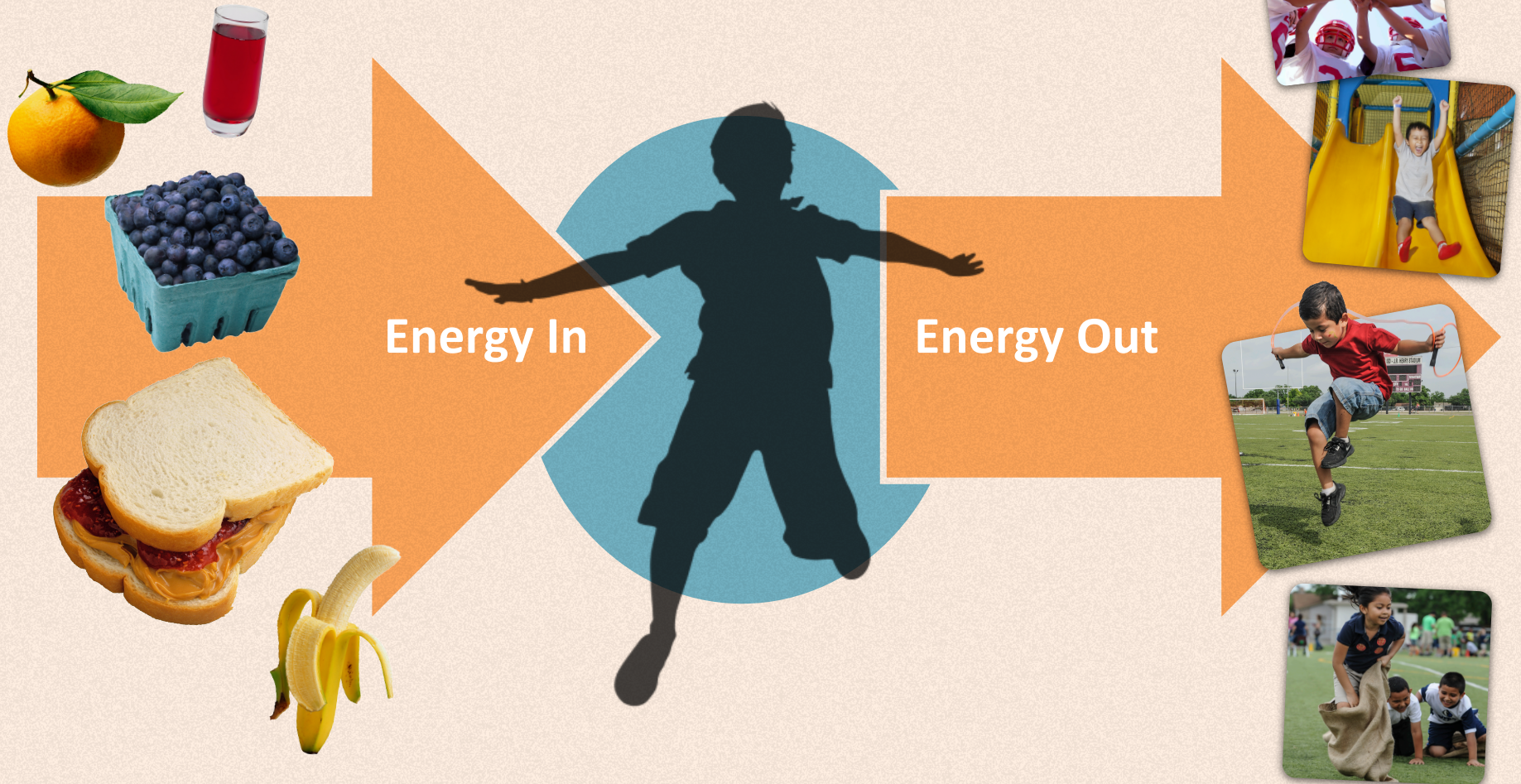
Playing



Where does your energy come from?

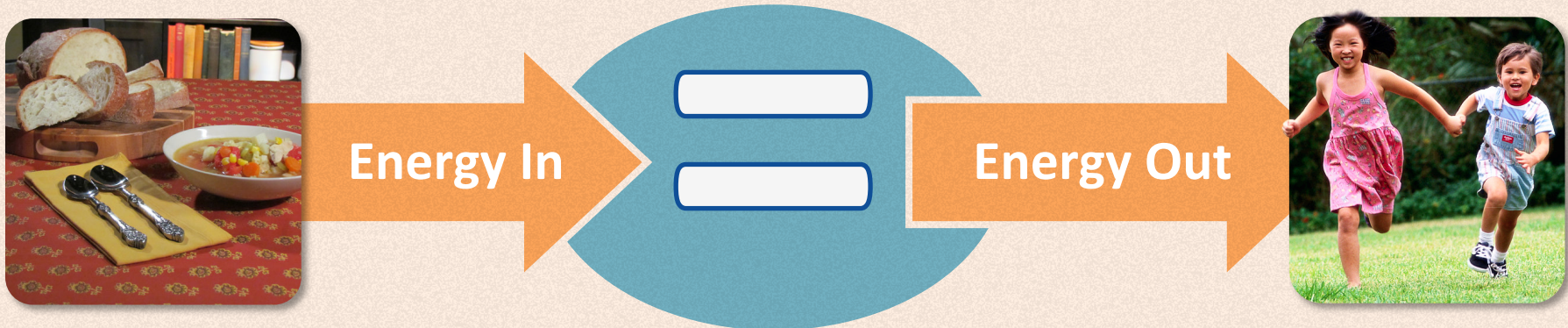


How do you use your energy?



What is **ENERGY BALANCE**?

Energy Balance is when you balance **Energy In** from food and beverages with **Energy Out** from physical activity.



(They don't have to match exactly every day, but should over time.)

What is a calorie?

Nutrition Facts

Serving Size 1 ounce Servings in bag 4

Amount Per Serving

Calories 155 Calories from Fat 93

		% Daily Value*
Total Fat	11g	16%
Saturated Fat	3g	15%
Trans Fat		
Cholesterol	0mg	0%
Sodium	148mg	6%
Total Carbohydrate	14g	5%
Dietary Fiber	1g	5%
Sugars	1g	
Protein	2g	

Vitamin A	0%	• Vitamin C	9%
Calcium	1%	• Iron	3%

* Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs.

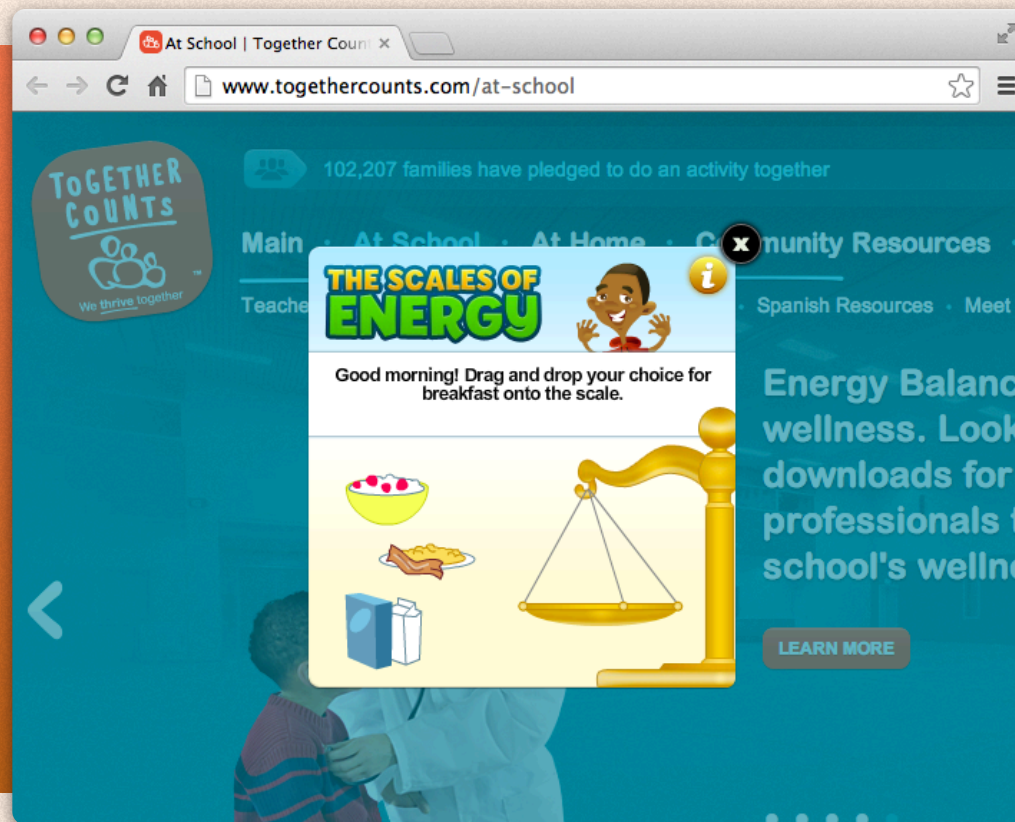
- A calorie is an amount of energy we get from what we eat or drink.
- Food energy is measured in calories.
- Calories also measure the energy of an activity.
- Nutrition Facts labels show the amount of calories in food.

Energy Balance

Match the activities on the left with the number of calories you would burn in 30 minutes.

Activity	Energy Out	Energy In
riding a bike		30 calories
playing the piano		99 calories
walking		6 calories
reading		50 calories

Play The Scales of Energy



See if you can balance what you eat with how you move!



Energy Balance Game

Choose an **Energy In** card and an **Energy Out** card. How can you make your **Energy In** and **Energy Out** balance?

Baby Carrots (1 serving)
Calories: 35

Activity: Shooting baskets
Time: 30 minutes
Calories burned: 69

How many servings of baby carrots would you need to balance the calories you burn by shooting baskets for 30 minutes?

You would need about 2 servings of baby carrots to balance the **Energy Out** from shooting baskets for 30 minutes.



Complete the sentence.

Energy Balance is _____.

What Is Energy Balance?

In this lesson you have learned. . .

- what Energy Balance means.
- where energy comes from.
- ways in which we use energy.
- how Energy Balance contributes to a healthy lifestyle.