**6th Grade Science Lesson**

**1. Lesson Topic/Title and Pacing**

* **Living Environment**
* **Standard: 4**
* **Key Idea: 5 – Organisms maintain a dynamic equilibrium that sustain life.**
* **Performance Indicator: 5.2 – Describe the importance of major nutrients, vitamins and minerals in maintaining health and promoting growth, and explain the need for a constant input of energy for living organisms.**
* **Major Understanding: 5.2d – Energy in foods is measured in Calories. The total caloric value of each type of food varies. The number of Calories a person requires varies from person to person.**

**2. Performance Objectives**

* **Explain how energy in food is measured in Calories.**
* **Compare the differing amount of calories required for different people.**

**3. Vocabulary**

* **Calorie, caloric value, heat energy**

**4. Activity**

* **Analyze the Caloric value of a given food**
* **Measure the number of Calories consumed**

**5. Assessment/Student Outcome**

* **Identify Calories as a measurement of energy in food.**
* **Compare the caloric value of different foods.**
* **Determine the amount of Calories in a food.**
* **Estimate the amount of Calories a given person needs.**