Unit: Healthy Happy Life

Lesson Plan 12 Essential Elements

Time Period: 12 days

Background: Start a *My Healthy Happy Journal* at the beginning of the school year. Have kids keep this journal all year and cover things like exercise, eating and drinking less sugary things, good sleep, healthy relationships. They can journal about these things: how they feel about them, what is going on in their lives pertaining to each topic. I think by reading these journals a teacher will get an insight into their students lives other than what they see in school. The lesson plan I am going to cover is the Essential elements. One would be covered a day.

Grade level: 3rd

Learning Outcomes:

Students will :

* demonstrate understanding of essential elements by knowing where they come from and writing them in their journals
* reflect on their own eating habits
* eat more of these foods in their diets
* understand that what you eat makes a difference in how you perform
* make lifelong healthy choices

Activity: Have students get out there *My Healthy Happy Journal.* Write on the board the Essential Elements of Happiness. Element 1 Vitamin B 12. Review with the students how what we eat can effect how we think, our moods and our energy level. Tell them that today for journal time we are going to focus on an essential element called vitamin B12. Explain that Vitamin B 12 helps to make brain cells. Write this on the board so students may copy it down in their journals.

Essential Element of Happiness #1 Vitamin B12- helps to make brain cells

What are the best sources? Shellfish, fish, liver, beef, eggs

After writing this on the board, have students copy it in their journals then they can draw and color, or clip what they can find from magazines and stick them into their journals as visuals of where the best sources are found. Lastly, ask them to write for a few minutes on if these foods are found in their diets and why would it be a good idea to include them in their diets based on what they do for your body. Ask them to focus on trying to eat more of these foods throughout the year.

Go through one element a day for twelve days using the chart of what the element does for you and what are the best sources.

12 Essential Elements of Happiness

1. Vitamin B12- helps to make brain cells

Best Sources: shellfish, fish, liver, beef, eggs

2. Iodine-healthy thyroid which regulates metabolism

Best Sources: seaweed, fish, clams, shrimp, sardines, eggs, grass-fed meat and milk, potato skins

3. Magnesium- ease mind, nerves, and muscles

Best Sources: green leaves, whole grains, salmon, beans, sunflower seeds, blackstrap molasses

4. Cholesterol- essential brain nutrient

Best Sources: eggs, Salmon, meat, milk, cheese, lard from sustain ably raised pigs.

5. Vitamin D- controls the expression of some two thousand genes, prevents a lot of mental disorders

Best Sources: sunlight, fatty fish, butter and lard from pasture raised animals, mushrooms (must be exposed to the sun)

6. Calcium-bone health and regulates the electrical circuitry of our brains and hearts

Best Sources: sardines, milk, yogurt, cheese, kale, cabbage, collard, mustard, and turnip greens, spinach, almonds, pecans, and walnuts

7. Fiber-regulates and helps keep digestive system healthy

Best Sources: green leafy vegetables, cruciferous plants like cauliflower and broccoli, beans, fruit

8. Folate-keeps neurotransmitter running-helps your brain function correctly

Best Sources: Spinach, Kale, Black beans, Black-eyed peas, Lentils

9. Vitamin A- promotes the production of the enzymes that make neurotransmitters like dopamine and their receptors-the key players in the basic biochemistry of mood, memory and learning.

Best Sources- liver, egg yolks, shellfish, butter, whole milk

10. Omega-3‘s- group of essential fatty acids required by every cell in the human body.

Best Sources- Fatty fish like sardines, mackerel and Salmon, free-range eggs and grass-fed meat

11. Vitamin E- protects the fats in our brain from free radicals

Best Sources- almonds, olives, beet greens, turnip greens, collard greens, and swiss chard

12. Iron- needed for brain cells to produce energy and is particularly important for proper brain development.

Best sources- shellfish, grass-fed beef, duck, dark chicken meat, liver