



## Educator guide: Ian's story

### **Recommended for grades:**

4<sup>th</sup> grade

### **Time:**

10 minutes

### **National Health Education Standards:**

This activity aligns with the following National Health Education Standards:

- Standard 1: Use functional health information to support health and well-being of self and others.
- Standard 7: Demonstrate practices and behaviors to support health and well-being of self and others.

For more information about the National Health Education Standards, visit the SHAPE America website: [shapeamerica.org](http://shapeamerica.org).

### **Learning objectives:**

After completing this lesson students will be able to:

1. Distinguish between feeling hungry, feeling satisfied and feeling full.

### **Activity description:**

In this activity students will follow Ian throughout his day and help him make choices. It shows them how eating and sleep habits can affect them during their day. Allowing students to play through multiple times will let them make different choices and see how they impact Ian's story in a different way.



# Transcript

## Introduction

Ian: Hi, I'm Ian. Tomorrow is a big day for us at school. Our basketball team is playing the Summertown Spartans for the championship. I'm hoping to lead our team to victory! I practice every day, unless it rains. Coach Dev is awesome, but, he's always telling us "Eat this, don't eat that. Drink this, don't drink that. Stay in shape. Run those laps." Ugh. I like playing basketball but I don't see what those things have to do with anything.

It's getting late and I should probably go to bed. I'll see you tomorrow.

## Morning

### Get up

Mom: Ian, don't forget that today you have the big basketball game.

Ian: Ugh, I am so tired. But I better get ready. Today's the big game and I don't want anything to go wrong.

Twenty minutes until the bus... plenty of time to eat breakfast. I'm hungry. What should I eat?

### Hit snooze

Mom: Ian, hurry up or you'll miss the bus.

Ian: Ugh, I am so tired. But I better get ready. Today's the big game and I don't want anything to go wrong.

I better hurry up so I don't miss the bus. It comes in 10 minutes. Do I have time to eat breakfast? What should I do?



## Classroom

### Cheerios

Teacher: We're going to work in groups to solve the word problems on pages 45-48. You have 20 minutes.

Ian: Alright, we should be able to knock these off easy. Sofia, why don't you take notes? I'll read the questions and Jack and Carly can present the answers. Let's see, the first problem is ...

Sofia: Ian, what do you think about problem 3?

Ian: It's really similar to problem 1. Looks like we're going to have to use the same formula to calculate the length of time it took to get from Graingerville to Lewisburg.

Carly: I agree. Once you know the formula to use, you're halfway there.

Jack: Oh, I see it now. It's just asking the question differently.

Ian: Yep! Why don't Sofia and I get started on problem 4 while you all finish up problem 3.

Teacher: Ok everyone, time's up! Let's see how you did with these word problems. We'll start with Ian's group. How'd your group do?

Ian: We did great. We got them all done. Jack and Carly have the answers.

Teacher: Great! Jack, Carly, what are the answers?

Jack: The answer to the first problem is 25 minutes.

Carly: The answer to the second problem is 17 miles.

Jack: The answer to the third problem is 46 minutes.

Carly: The answer to the fourth problem is 7 pounds, 8 ounces.

Teacher: Great job! You got them all right! We'll hear from the other groups after recess. Terrific work on the word problems, Ian. You all set for the game tonight?

Ian: Thanks. I hope I'm ready. We certainly have been practicing a lot for it!

Teacher: Well, good luck!



## Pop Tarts

Teacher: We're going to work in groups to solve the word problems on pages 45-48. You have 20 minutes.

Ian: I feel kind of jumpy, and I can hardly sit still. Let's get this done. Sofia, why don't you take notes? I'll read the questions, and Jack and Carly can present our answers. Let's see, the first problem is...

Carly: Ian ... are you paying attention?

Ian: What? Huh?

Carly: Hell-o?! You're supposed to be reading problem two now. We only have ten minutes to get through two more problems.

Jack: You're usually great in math, Ian. What's going on?

Ian: Oh yeah... problem 2... umm...

Teacher: Ok everyone, time's up! Let's see how you did with these word problems. We'll start with Ian's group. How'd your group do?

Ian: Yeah, we did great. We got them all done. Jack and Carly have the answers.

Teacher: Great! Jack, Carly, what are the answers?

Jack: The answer to the first problem is 25 minutes.

Carly: The answer to the second problem is 17 miles.

Jack: And, we didn't get done with problems 3 and 4.

Teacher: Hmm... well you're going to have to stay in during recess to finish those problems.

Sofia: Thanks a lot, Ian!

Teacher: Ian, why didn't you know that your group hadn't finished the problems?

Ian: I dunno. I'm so tired I can hardly keep my eyes open. Maybe I didn't get enough sleep last night.

Teacher: Did you eat breakfast?

Ian: Yeah, I was running late, so I grabbed some Pop Tarts and a soda on the way out the door.



Teacher: Well, that explains it. Your body got a quick burst of short-lasting energy from all that sugar. Then when it ran out of energy, your body just crashed and you had no energy left. That's why you're so tired right now.

Ian: Yeah, well, I guess...

### Skip breakfast

Teacher: We're going to work in groups to solve the word problems on pages 45-48. You have 20 minutes.

Ian: Another hour and 43 minutes until lunch. I'm so hungry. Ok... umm... what are we supposed to do?

Jack: You're the group leader. Weren't you listening? We have to get four word problems done in 20 minutes!

Ian: Oh yeah... sorry, I'm so hungry I can hardly think. Sofia, why don't you take notes? I'll read the questions and Jack and Carly can present the answers. Let's see, the first problem is... Another hour and 33 minutes until lunch.

Sofia: Ian, Ian, are you paying attention?

Ian: What? Did you say pizza? Huh?

Carly: Hell-o?! You're supposed to be reading problem two now. We only have ten minutes to get through two more problems!

Jack: You're usually great in math, Ian. What's going on? Get your mind off food and pay attention or we're going to have to stay in at recess to finish this.

Ian: Oh yeah... problem... umm. Another hour and 23 minutes until lunch.

Teacher: Ok everyone, time's up! Let's see how you did with these word problems. We'll start with Ian's group. How'd your group do?

Ian: Yeah, we did great. We got them all done. Jack and Carly have the answers.

Teacher: Great! Jack, Carly, what are the answers?

Jack: The answer to the first problem is 25 minutes.

Carly: The answer to the second problem is 17 miles.

Jack: And we didn't get done with problems 3 and 4.



Teacher: Hmm... well, you're going to have to stay in during recess to finish those problems.

Sofia: Thanks a lot, Ian!

Teacher: Ian, why didn't you know that your group hadn't finished the problems?

Ian: I dunno. I'm starving. My stomach is growling so loud I can't think of anything else but food.

Teacher: Did you eat breakfast?

Ian: Well, usually I do, but today I was really tired and running late so I skipped it.

Teacher: Well, that explains it. You don't have any energy to concentrate. I suggest you eat a good lunch, especially with the big game coming up tonight.

Ian: Yeah, ok... An hour and 3 minutes left until lunch.

### Lunch/Gym

Jack: All right! Hot dogs and french fries, my favorite!

Carly: Ewww. I totally hate hot dogs. I don't know what to get. I guess I'll get a turkey sandwich. What are you getting, Ian?

Ian: I don't know. You go ahead and I'll meet up with you at our table. My stomach feels a little nervous because of the game tonight. Should I get the hot dog meal or the turkey sandwich meal? I have gym right after this so I don't want to get a stomach ache or anything, but I also have to think about the game. Maybe I should just skip lunch to avoid feeling sick. But I know I need some energy. Why don't you choose for me?

## Turkey sandwich

Jack: I hear today in gym Coach is timing us on how fast we run two laps around the track again.

Ian: Really? I better not run too fast or I'll have no energy left for the game tonight.

Coach: Great job, Felicia! You've improved by 45 seconds! Ian, you're up! Let's see how you do this time.

Ian: I'm gonna turn in the fastest time ever, Coach Dev. I feel good!

Coach: All right, on your mark, get set, go! Wow, Ian, you have the fastest time yet. Keep it up around the second lap. Go, go, go!

Ian: Wow, I knew it. I just knew I could do better than last time. Now for the second lap. I wonder if I can push myself just a little harder.

Coach: Great job, Ian! Your best time yet!

Ian: Thanks Coach!

Coach: You know, in the past, your second lap has been much slower than your first lap. But today you actually ran the second lap three seconds faster. It was like you could have just kept running. What did you eat for lunch?

Ian: I had the turkey sandwich special with milk and some carrots. I was still hungry, so I had an oatmeal cookie too.

Coach: Well, that balanced meal would certainly provide you the energy to go the distance! Nice choice.

Ian: Thanks Coach!



## Skip lunch

Jack: Hey Ian, what's wrong? No lunch today?

Ian: Nawww. I'm not that hungry anyway.

Jack: I hear today in gym Coach is timing us on how fast we run two laps around the track again.

Ian: Really? I better not run too fast or I'll have no energy left for the game tonight.

Coach: Great job, Felicia! You've improved by 45 seconds! Ian, you're up! Let's see how you do this time.

Ian: Umm, Coach, I was wondering if I could skip this. I'm pretty tired and hungry. There's also the big game this afternoon.

Coach: Sorry, Ian. Everyone has to run today. You'll be ok though. You always come through. All right, on your mark, get set, go! Come on, Ian. Pick it up!

Ian: I can't do it anymore. My body is too tired. I'm going to have to walk the rest of the way. Man, Coach is gonna let me have it.

Coach: Ian, are you sick or something? You don't look so good. Come sit down. What's up? I've never seen you run so slowly. You didn't even run that last lap!

Ian: Umm, I don't know. I just didn't have energy, and I couldn't run anymore. Maybe it's because I didn't eat lunch.

Coach: You skipped lunch? Don't you know how important it is to eat regular meals, especially at your age when you're growing?

Ian: I guess I know now.

Coach: If you want to make it as a basketball player, you've got to understand that your body needs energy to play. Skipping meals is not healthy, and it's not how you get to be your best! Make sure you're ready for the game, and eat something!

Ian: Ok, Coach Dev. I'll be fine for the game. You'll see.





## Hot dog meal

Jack: I hear today in gym Coach is timing us on how fast we run two laps around the track again.

Ian: Really? I better not run too fast or I'll have no energy left for the game tonight.

Coach: Great job, Felicia! You've improved by 45 seconds! Ian, you're up! Let's see how you do this time.

Ian: I'm gonna turn in the fastest time ever, Coach Dev. I feel like I'm jumping out of my skin. Let's go!

Coach: All right, on your mark, get set, go! Wow, Ian, you have the fastest time yet. Keep it up around the second lap. Go, go, go!

Ian: Wow, I knew it. I just knew I could be the fastest, but I'm starting to feel kind of funny. Ugh... I don't feel so good. I'm so tired. I have to keep running, but I'm all out of energy.

Coach: Ian, what happened to you out there? The first lap you posted your fastest time and then, it was like you just gave up. Your second lap was the slowest time you've ever posted. What's wrong?

Ian: I don't know, Coach. I started out feeling so great and full of energy, and then... I just didn't have anything left.

Coach: Well, what did you eat for lunch?

Ian: Umm... I had a hot dog, french fries and chocolate milk. I was still hungry so I ate a brownie too.

Coach: Sounds like you had a lot of sugar in your lunch and not any fruits or green vegetables. You know sugar gives you a quick burst of energy, but then it fades away.

Ian: I thought I was picking a good lunch because it had protein in the hot dog. We learned that protein is found in meats and it gives you long distance energy.

Coach: True. But, you probably had what's called a "sugar crash". When your body gets a lot of sugary foods all at once, it feels like a lot of energy, but when the sugar is used up, you crash, and you feel much more tired than before. That's why you ran the first lap so fast, and then faded away on the second lap. Next time, try to eat a more balanced diet that has protein, carbohydrates, vegetables, fruits and less sugar.

Ian: All right. Thanks Coach.



Snack/game (if Ian ate lunch)

Ian: Let's see what's on TV. Hmm, nothing good. I'm hungry. I need a snack before the game. What should I eat?

Cheese

Ian: I sure could have eaten that candy bar, but it's probably better that I'm eating something with less sugar. Don't want to run out of energy during the game!

Coach: All right, Ian. You're in. I want you to guard number 10.

Coach: Jack, great job shooting! And Zach, good job at the free throw line. It's making a difference. Ian, you're doing a great job of stopping number 10 from getting to the basket. Make sure you all keep it up in the second half!

Coach: Time out! All right you guys, we can still win this one. Zach, watch the fouls. Ian, you're playing tough. Alright, back in the game. Keep it up.

Ian: Come on, focus! Don't let him get past you! Move your feet!

Coach: Guys, win or lose, you gave it your all tonight and I'm so proud of you. You've earned this win! Congratulations!

## Candy bar

Ian: Exactly what I need, a little chocolate and some healthy fruit juice.

Coach: All right, Ian. You're in. I want you to guard number 10.

Coach: Jack, great job shooting! And Zach, good job at the free throw line. It's making a difference. Ian, you're doing a great job of stopping number 10 from getting to the basket. Make sure you all keep it up in the second half!

Coach: Time out! All right you guys, we can still win this one. Zach, watch the fouls. Ian, maintain your focus. You looked great at the beginning of the second half, but you're starting to fade. Can you keep it up for two more minutes?

Ian: Yeah, I guess so. It's only two more minutes and we're up by 4.

Coach: Ok, let's go!

Ian: Man, I'm exhausted. I need to keep my hands up and move my feet... I... I just can't do it.

Coach: Guys, I'm proud of you all. You played your hearts out. Sometimes things just don't go your way. Sometimes you miss shots, sometimes a guy gets by you. That's how it goes. As long as you prepared and you did your best, you're winners in my eyes!

Ian: Did I really prepare for the game as much as I should have? Maybe if I had chosen a better snack before the game I could have had more energy. Next time I'll know!

### Snack/game (if Ian skipped lunch)

Ian: Let's see what's on TV. Hmm, nothing good. Man, I am so hungry since I skipped lunch. I need a snack before the game. I need to eat something NOW. Mmm... these chips are good, but I'm still hungry. This candy bar looks good and it has nuts so it must be healthy. I'm starting to get full, but maybe I'll just have a slice of cake. After all, doesn't cake contain milk? Now that's what I'm talkin' about. I'm ready for the game, full of energy and ready to go!

Coach: All right, Ian. You're in. I want you to guard number 10.

Coach: Jack, great shooting! Ian, nice job. Keep it up in the second half!

Coach: Time out! All right you guys, we can still win this one. Zach, watch your fouls. Ian, you started out great, but now number 10 is running circles around you. What's wrong? Are you sick?

Ian: No, Coach. All of a sudden my legs just aren't working and I have no energy. I don't know what's wrong. I even had a snack before the game.

Coach: Ok, Daniel, you're playing for Ian. Ian, have a seat and drink some water.

Ian: Man, maybe I shouldn't have eaten all that sugary food, but I was so hungry from skipping lunch. Now I got taken out of the big game.

### Car/dinner/home/school

Mom: Ian, I know you have a science test tomorrow and you probably have a lot of studying to do. I have to stop at the grocery store. What do you want for dinner? I could make fried chicken, potato wedges and biscuits, or chicken tacos, black beans and brown rice.

Ian: I really need to study for that science test. I was so excited last night for the game that it was hard for me to concentrate. I'm hungry, but, maybe I should just skip dinner so I can get right to studying. I don't know. You decide.



## Fried chicken

Ian: I love fried chicken and potato wedges. Biscuits are great too, especially with lots of butter.

Mom: All right. I'll be just a minute in the store.

Ian: I'm so full! Great dinner, Mom. I'm off to study now... Man, I'm really tired. I'm just going to take a break and put my head down for a minute.

Mom: Ian, time to get ready for bed.

Ian: Oh no! It's 8:45 and I didn't get much studying done. Maybe I should have eaten something different for dinner to give me more long lasting energy.

Teacher: Before the day ends I'll be passing back your science tests.

Sofia: Cool. I can't wait to see how I did. How do you think you did, Ian?

Ian: I don't know. Guess I'll find out soon enough. Well, an 85 isn't so bad, but I was hoping to do better. Let's see what I missed. No big surprise that I missed those questions. I didn't even get to that section last night!

Sofia: Well, it could have been worse. You can always do the extra credit after school today.

Ian: Next time I won't fall asleep while studying!

Jack: Hey Ian, wanna shoot some hoops after school?

Ian: No, I should probably do that extra credit.

## Skip dinner

Ian: You know, Mom, I don't want to waste any time so I think I'm going to skip dinner and get right to studying.

Mom: You really think that's a good idea, Ian? You shouldn't skip dinner.

Ian: Well, if I get really hungry later on I'll eat some leftovers, Ok?

Mom: Alright, but I still think you should eat dinner.

Ian: I do feel a little hungry. But, I better study. That makes sense. Wait, that's not right. Why can't I remember anything? Ok, just take it slowly. Maybe I'll try these review questions. No clue. I'll have to take a look back and see. Well, at least I finished. Not sure how much I'll remember for tomorrow though.

Mom: Ian, time to get ready for bed.

Ian: Why am I still awake? I really need to get some sleep, but I'm so hungry. I've gotta get something to eat!

Teacher: Before the day ends I'll be passing back your science tests.

Sofia: Cool. I can't wait to see how I did. How do you think you did, Ian?

Ian: Guess I'll find out soon enough. Uh oh... an 80. I really wanted to do well on this one. My parents will be so disappointed.

Sofia: Well, you can always do some extra credit.

Jack: Hey, Ian, wanna shoot some hoops after school?

Ian: Sorry, Jack, but I should probably do that extra credit. If only I had been able to concentrate last night.

## Chicken tacos

Ian: After that basketball game I need some energy to help me study. Chicken tacos sound great.

Mom: All right. I'll be just a minute in the store.

Ian: I'm so full! Great dinner, Mom. Off to study now... Ok, just about halfway done... Whew, I think I have it all down.

Mom: Ian, time to get ready for bed.

Teacher: Before the day ends I'll be passing back your science tests.

Sofia: Cool! I can't wait to see how I did. How do you think you did, Ian?

Ian: Guess I'll find out soon enough. All right, an 89! My best score on a science test yet.

Sofia: That's awesome, Ian.

Jack: Yeah, that's great! Hey, wanna shoot some hoops after school?

Ian: Sure!

# Acknowledgements

Children's Wisconsin gratefully acknowledges the contributions and support provided by the Wisconsin Department of Public Instruction for the research, development and delivery of Nutrition and physical activity lessons and activities.

Children's Wisconsin would also like to acknowledge the following individuals for serving as subject matter experts during the development of Nutrition and physical activity lessons and activities for 4<sup>th</sup> grade:

Brian Butler, PT, DPT, LAT, Children's Wisconsin

Jennifer Crouse, MS, RD, CD, CDE, Children's Wisconsin

Eileen Hare, MS - Wisconsin Department of Public Instruction

John Parkhurst, Ph.D. LP, Child & Adolescent Psychologist, Assistant Clinical Professor of Psychiatry Medical College of Wisconsin

A special thank you to the following schools and organizations for their help in making our videos possible:

Summit View INC Elementary School, Waukesha, WI

Wilson Elementary School, West Allis, WI

YMCA of Metropolitan Milwaukee (Parklawn YMCA)

Thank you to our funding partners for making







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