

More Nutrients, Please

Subject: Nutrition

Grades: 3-5

National Health Education Standard 1.1.N: Identify and define key nutrients and their functions.

Objective: Students will understand how key nutrients in foods benefit their overall health and well-being.

Materials: Key Foods & Nutrients page, poster board, markers, construction paper, scissors, tape, glue.

Procedures:

1. Pass out the Key Foods & Nutrients page. Go over it with the students as a group. Discuss each of the food groups with the students and what kinds of nutrients they provide. Answer any of the questions students may have.
2. Organize the students into small groups. Depending on the ability levels of the students, give each group a food, food group or nutrient that they will then research.
3. Show the students an example/model of what is the expected result to present.

FORMAT:

<p>Foods or Nutrient:</p> <p>What the food or nutrient does:</p> <p>Examples of several foods with this nutrient: (list or drawings/cutouts here)</p> <p>Health Benefits:</p>	<p>(pictures/collage HERE)</p>
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4. Take the class to the library for one class period. Half the class should research their topic on the computer, while the other half of the class uses books to conduct their research. They should write down their findings on a piece of paper.
5. When they get back to the classroom, the students will use their information to create a poster that they will put together as a group.
6. The students will then present their posters to class.
7. The posters will then be hung around the classroom.

DISCLAIMER: The lesson plans and information therein are for general information only. For guidance on individual health issues and diagnosis and treatment of specific conditions, consult a physician or other health-care professional.

