







## Lesson 1: Nutrients Get Us GO-ing!

	<b>Skill Objectives</b>	<ul style="list-style-type: none"> <li>• Demonstrate how different foods offer more nutritional values than others.</li> <li>• Connect how the body needs each of the six major nutrients contained foods to be healthy.</li> </ul>
	<b>Big Idea</b>	The nutritional value of foods is based on having well-balanced ratio of the essential nutrients, carbohydrates, fat, protein, minerals, and vitamins. Foods with high nutritional value have a great balance of these and aren't processed with a lot of other stuff added in.
	<b>Discussion</b>	What foods that are high in nutritional value do you like to eats?
	<b>Engage</b>	<p>Activity: Balance Your Day</p> <p>Students make a plan for breakfast, lunch and dinner that includes foods that provide key nutrients. Then they score the "nutritional value" of their meal. This activity can be found in the My Health Ed Journey workbook.</p>
	<b>Review &amp; Reflect</b>	What are the six types of nutrients that we need in our diet? Why it is important to eat a diet that contains all the nutrients?
	<b>Grade-Level Differentiation</b>	<p><b>3rd Grade</b> Introduce 3rd graders to the concept of classifying foods by the nutrients they provide.</p> <p><b>4th Grade</b> Challenge 4th graders to explain why the body needs each of the six major nutrients contained in foods.</p> <p><b>5th Grade</b> Ensure that fifth graders are able to identify foods that are sources of one or more of the six major nutrients.</p>



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