



Nutrients Sample Lesson: Art



Learning Outcome: Identify that we need to eat a variety of foods to get all the nutrients to help us grow and stay healthy

Supplies: **MyPlate** graphic and construction paper

1. List the names of all six nutrients on the board (**Vitamins, Minerals, Carbohydrates, Protein, Fat and Water**) and display the **MyPlate** graphic.
2. Review each food group as a class. Remind students that in the last lesson, they learned that we need to eat foods from each of the five food groups on **MyPlate**. That's because each food group gives us different nutrients we need to grow, play, learn, and be healthy.
3. Divide the class into six groups and assign one nutrient to each group: **Vitamins, Minerals, Carbohydrates, Protein, Fat and Water**.
4. On construction paper, have students draw and color 3-4 foods that their assigned nutrient is found in. Use this list to help get them started. **Note:** there can be more than one right answer for many foods.
 - **Vitamins** – dark green, red and orange fruits and vegetables (spinach, carrots, sweet potato, tomatoes), yogurt, chicken, fish, cereals
 - **Minerals** – bananas, cantaloupe, beans, breads and cereals, chicken, fish, beef
 - **Carbohydrates** – vegetables, fruits, breads, cereals, and pasta
 - **Protein** – meat, chicken, fish, eggs, beans and milk
 - **Water** – fruits and vegetables, drinking water
 - **Fat** – avocado, nuts, olives, seeds, fish, oil from plants (canola and soy)
5. Once each group is finished, have them share their drawings with the class so that each group can see what the others drew.

