



## Nutrients Sample Lesson: 5<sup>th</sup> Grade



Learning Outcome: Identify the six main **nutrients** and a variety of foods that contain them

Supplies: **MyPlate** poster

Student Handout: ***Nutrient Knowledge***

1. Display the **MyPlate** poster for your students to see and review each food group as a class: **Fruits, Vegetables, Grains, Protein, and Dairy**.
2. Begin the lesson by asking students to think about and write down their definition of a “healthy” food. Ask them how they think “healthy” foods can benefit them. (List their answers on the board.) Ask students what it is about these foods they think makes them “healthy.”
3. Write the word **Nutrient** on the board. Ask students to explain what they think it means. (*Nutrients are found in some foods and help your body grow and stay healthy. Different nutrients do different things for our bodies – give us energy to play hard, have strong bones and muscles, and keep us healthy.*)
4. Refer to the **MyPlate** poster and remind students that foods are categorized into different food groups based on the **nutrients** they contain. Explain that eating different foods from all five food groups helps us get all the nutrients we need to grow, play hard, and be healthy.
5. Ask if anyone can name a nutrient? Explain that there are 6 main categories of nutrients and write them on the board: **carbohydrates, proteins, fats, vitamins, minerals, and water**.
6. Pass out the ***Nutrient Knowledge*** handout to each student and group students into teams of five. Each team will need to create a meal that includes foods from all five food groups and provides all six categories of nutrients. **Note:** the meal does not have to include each vitamin and mineral listed on the handout.

