

## Unit Overview

This unit on nutrition will give students an understanding of how nutrition is an important part of our daily lives. "We Are What We Eat" will be the major theme throughout this unit. The lessons will delve into the basic food groups, the nutritional value of the foods we eat, how our bodies digest and use food, the importance of water and fiber in our diet, food labels, food preparation, food allergies, and food safety. Within each lesson there are lesson plans, notes, questions, experiments, worksheets, and other fun activities to reinforce this nutrition unit.

Some lessons have a variety of activities for the extension of the lesson. You may choose to do one or all of the activities suggested with your class.

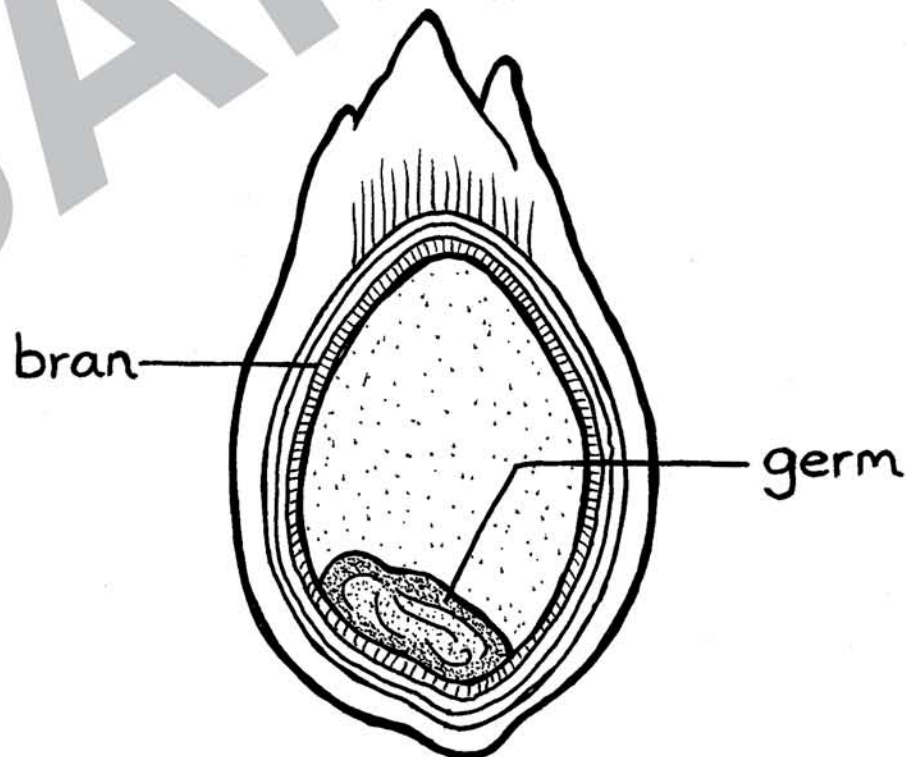
Make sure to have a variety of Resource Material about "Nutrition" available to the students. This could be in the form of books, videos, charts, etc. A great way to end the unit would be to have a Resource Person, such a dietitian speak, to the class.

## Student Assignments and Activities

Student notes have been provided to go along with each of the nutrition lessons. The notes can be used on an overhead, photocopied, or written on the board. The notes provide information that reinforces the basic concepts presented in each of the lessons. The notes also aid in the completion of written questions.

- As it moves through the intestines, it helps to add bulk to push waste out of our body.
- Fiber consists mainly of **cellulose** from the cell walls of plants.
- Digestive juices within our body cannot break down cellulose.
- Cellulose helps the walls of the large intestine work more effectively, therefore, preventing constipation.
- There is no fiber in foods with animal origin.
- Good sources of fiber include: whole grains, cereals, fruit, pasta, vegetables, and rice.
- When wheat is crushed to make whole wheat flour the bran or outer husk is not removed. This provides the fiber. In white flour, the bran is removed.

wheat Kernel



## Lesson 9:

1. All \_\_\_\_\_ help our bodies use the proteins, fats, and carbohydrates that we eat.
2. Vitamin B includes \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_. They help us to digest our food and produce healthy \_\_\_\_\_.
3. \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_ are examples of citrus fruits.
4. Too little \_\_\_\_\_ in our blood causes us to be tired.
5. \_\_\_\_\_ is the mineral found in milk.
6. Vitamin \_\_\_\_\_ helps to heal scars and helps our blood to \_\_\_\_\_.
7. \_\_\_\_\_ are used for growth and repair and also help regulate body functions.
8. Iron is needed for the formation of \_\_\_\_\_ in the red blood cells that carry the \_\_\_\_\_ needed for the production of energy.
9. \_\_\_\_\_ is also known as the sunshine vitamin.
10. \_\_\_\_\_ is needed to maintain the correct water balance in our body.
11. Iodine produces \_\_\_\_\_ which is needed for the proper functioning of the thyroid gland.
12. Zinc helps in the development and function of \_\_\_\_\_ and \_\_\_\_\_.

## LESSON 1

### Nutrition

- Basic **nutrition** is how our bodies use the food we eat.
- Eating the right foods throughout our life is one of the ways to help our bodies stay healthy. Other ways to stay healthy include getting enough exercise and sleep.
- **Cells** are the smallest living part of our body. All cells need oxygen in order to use the nutrients from the food. All **cells** in our bodies need food. The food eaten will be digested to produce the special nutrients needed to carry out our body functions.

