

Objective

By the end of this lesson, the student will have a better understanding of nutrition and its impact on overall health and well-being.

Materials and Prep

- Pen and paper
- Access to the internet or nutrition books
- Optional: Kitchen scale and measuring cups

Activities

- Activity 1: Create a Meal Plan

Ask the student to plan a healthy and balanced meal for a day. They should consider the different food groups and aim for variety. Encourage them to include fruits, vegetables, whole grains, lean proteins, and healthy fats. They can write down the meal plan or create a visual representation.

- Activity 2: Analyze Food Labels

Ask the student to select a few packaged food items from their kitchen and analyze their nutrition labels. They should identify the serving size, total calories, and the amounts of key nutrients such as carbohydrates, fats, and proteins. Discuss the importance of reading food labels and making informed choices.

- Activity 3: Research Nutritional Benefits

Encourage the student to research the nutritional benefits of a specific fruit, vegetable, or whole grain of their choice. They should find out the vitamins, minerals, and other nutrients it contains, as well as its potential health benefits. They can present their findings in a written report or a short presentation.

Talking Points

- **Understanding the Basics of Nutrition**

- "Nutrition is the process of obtaining and using food to nourish our bodies."
- "The three main macronutrients are carbohydrates, fats, and proteins."
- "Micronutrients include vitamins and minerals, which are essential for various bodily functions."

- **Building a Balanced Meal**

- "A balanced meal should include foods from all food groups: fruits, vegetables, grains,

proteins, and fats."

- "Fruits and vegetables provide essential vitamins, minerals, and fiber."
- "Whole grains are a good source of complex carbohydrates and fiber."
- "Proteins are important for growth, repair, and maintenance of body tissues."
- "Healthy fats, such as those found in nuts and avocados, are essential for brain function and overall health."

- **Reading Food Labels**

- "Food labels provide important information about the nutritional content of packaged foods."
- "Pay attention to serving sizes to understand how much you are consuming."
- "Look for foods that are low in added sugars, sodium, and saturated fats."
- "Ingredients are listed in descending order by weight, so the first few ingredients matter the most."

- **Exploring Nutritional Benefits**

- "Different fruits, vegetables, and whole grains offer unique nutritional benefits."
- "For example, oranges are rich in vitamin C, which helps boost the immune system."
- "Spinach is packed with iron, which is important for healthy blood."
- "Quinoa is a complete protein and a good source of fiber."