

## Objective

By the end of this lesson, the student will be able to understand the basics of nutrition and its impact on overall health and well-being.

## Materials and Prep

- Pen and paper
- Access to the internet for research
- Healthy snacks for a taste test (fruits, vegetables, nuts, etc.)

## Activities

- **Activity 1: Food Diary** - Have the student keep a food diary for three days, recording everything they eat and drink. Encourage them to be as detailed as possible, including portion sizes and any additional information (e.g., time of day, emotions).
- **Activity 2: Nutrient Research** - Ask the student to choose one nutrient (e.g., carbohydrates, proteins, fats, vitamins) and research its importance, food sources, and recommended daily intake. Have them present their findings in a creative way, such as a poster or a short presentation.
- **Activity 3: Healthy Snack Taste Test** - Prepare a variety of healthy snacks and have the student taste each one, noting the flavors, textures, and overall enjoyment. Discuss the nutritional benefits of each snack and compare them to common unhealthy alternatives.

## Talking Points

- **What is nutrition?** - "Nutrition refers to the process of obtaining and using food for growth, development, and overall health."
- **Why is nutrition important?** - "Proper nutrition is essential for maintaining a healthy body and mind. It provides the necessary nutrients for growth, repairs damaged cells, boosts the immune system, and supports overall well-being."
- **Macronutrients vs. Micronutrients** - "Macronutrients, such as carbohydrates, proteins, and fats, are needed in larger quantities, while micronutrients, like vitamins and minerals, are required in smaller amounts but are equally important."
- **Balanced Diet** - "A balanced diet includes a variety of foods from different food groups, providing the right amount of macronutrients and micronutrients. It is important to consume whole foods and limit processed and sugary foods."
- **Reading Food Labels** - "Food labels provide valuable information about the nutritional content of a product, including serving sizes, calories, and the amounts of different nutrients. It is important to understand how to interpret these labels to make informed food choices."
- **Food Allergies and Intolerances** - "Some individuals may have allergies or intolerances to certain foods, which can cause adverse reactions. It is important to be aware of these allergies and avoid consuming foods that may trigger them."
- **Hydration** - "Drinking enough water is essential for maintaining proper bodily functions. Dehydration can lead to various health issues, so it is important to stay hydrated throughout the day."