**CheMystery**

Health and Nutrition

Wednesday | August 10, 2016

Unit: Introduction to Nutrition

Lesson: Metabolism and the Body

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| **Standard(s)** North Carolina Essential Standards Health Education—Grades 3-5 | 1. 5.PCH.4: Understand body systems and organs, functions, and their care.
2. 3.NPA.2: Understand the importance of consuming a variety of nutrient dense foods and beverages in moderation.
3. 5.NPA.3: Understand the benefits of nutrition and fitness to disease prevention.
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| **Objective(s)** | 1. Inform children how the body converts food into energy.
2. The importance of food diversity when eating and selection.
3. Inform children how to calculate the amount of sugar in various drinks and food products; then calculate the amount of calories gained from sugar.
4. Teach children how to read a food label and how to glean information properly from a food label.
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| **Materials** | **Glucose Molecule Color Picture**<https://socratic.org/questions/what-is-glucose-made-of-which-molecules-make-glucose-thank-you>**Healthy Active Kids Modules**<https://www.healthyactivekids.com.au/teachers/online-video/>**Wallet Cards**<https://www.healthyactivekids.com.au/wp-content/uploads/2014/02/U1L4R7-WalletCards.pdf> |
| **Instructional Strategy** | 1. Riddle: “I give you energy everyday yet you never see me at work. Some people have too much of me, some people have to little! What am I?”
2. Teach children the concepts of Fiber, Fat (Saturated, MUFA/PUFA, & Trans), Sodium, Sugar, Protein & Energy.
3. Calculate Serving Sizes and Teach Children about Portion Control.
4. Teach important of vitamins and minerals. Whole ingredients in products and not “added anything.”
5. Closure—Products in moderation can be healthy-even a hot dog! Added sugars and fats are not healthy **every** single day and should be trimmed out from our diets combined with exercise along with portion control/education.
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| **Assessments** | 1. Instructor-led walkthrough activities with group work.
2. Videos from the Australian Healthy Kids Website.
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| **Reflection** | * Have kids inform the teacher and rest of the group what they have learned and will take home to teach their parents!
* Students will write a grocery list by the end of class (for other lessons as well, which is a comprehensive lesson) and will ultimately give this to their parents.
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