Lesson Plan: Grade 6-Science (Nutrition)

Standard #5: Organisms maintain a dynamic equilibrium that sustains life.

- Key idea states: Describe the importance of major nutrients, vitamins, and minerals in maintaining health and promoting growth and explain the need for a constant input of energy for living organisms.

Lesson 1: What is nutrition? (Students will be able to state what the word nutrition means and what the six essential nutrients are).

a. Nutrition is the act of taking in food that is then processed in our bodies to be use for many bodily functions, including the production of energy! (Examples: To play sports or even to hang out with friends!)

b. Nutrition involves six essential nutrients—proteins, carbohydrates, fats, vitamins, minerals, and water.

Lesson 2: What are the five food groups and why do we use them? (Students will be able to distinguish between the five food groups and be able to play Food Pyramid Game correctly, and be able to construct their own “menu planner”).

a. Five Food Groups
b. Making Smart Choices
c. Healthy Eating Choices

Lesson 3: Investigating a food label (Students will be able to analyze a food label and be able to explain why it might be a healthy food or an unhealthy food).

a. Analyze each component of a food label
b. Using a Lucky Charms label

Lesson 4: The Importance of exercising (Students will be able to summarize why it important to exercise and eat a well balanced healthy diet together; how you cannot have one without the other).

a. Why do we need to exercise?
b. How can too much exercise be harmful to your body?
**Lesson 5:** How does good nutrition keep us healthy? *(Students will be able to conclude how portion sizes contribute to healthy eating by designed their own menu from each of the five food groups).*

a. Portion Sizes and how to maintain a healthy weight