

FACS: Basic Nutrition (Nutri/Food)

Summary

The term nutrition covers a broad spectrum of information. One of the best ways to analyze the nutrition found in a food is to compare it to the nutrition found in similar food.

Main Core Tie

FCS 6th Grade

[Strand 1](#)

Time Frame

2 class periods of 45 minutes each

Group Size

Small Groups

Life Skills

Thinking & Reasoning, Communication

Materials

Read through the entire attachment and decide which information and supplies you wish to use.

Background for Teachers

Review the information in the attachment with the students.

Student Prior Knowledge

Basic cooking skills.

Intended Learning Outcomes

Students will learn to compare the nutrition of different products.

Authors

[Utah LessonPlans](#)