

# Salads and The Six Basic Nutrients Foods II

## Summary

Salads are incredibly versatile food source to incorporate into a diet, when looking for ways to better increase intake of the six basic nutrients. This lesson includes an overview of the six basic nutrients and assignments for students to apply the information received.

## Main Core Tie

Dietetics and Nutrition 1

[Strand 6](#)

## Time Frame

1 class periods of 90 minutes each

## Group Size

Large Groups

## Life Skills

Thinking & Reasoning, Communication

## Materials

- The Six Basic Nutrients and MyPlate power point.
- The Six Basic Nutrients and MyPlate Listening Guide.
- Salad recipes for analysis of nutrients.

## Intended Learning Outcomes

Students will understand and apply the basics of nutrition when analyzing salad recipes. Students will include the MyPlate and Dietary Guidelines when analyzing salad recipes.

## Instructional Procedures

Print The Six Basic Nutrients Listening Guide. Proceed through the accompanying power point as a review of the nutrients and how they are accounted for on MyPlate.

Have the students fill in the listening guide as they progress through the power point.

When done with the power point, have the students get into their lab groups and hand a copy to each group of the salad recipes for nutrient analysis. Each lab group will need to analyze 3 of the 8 recipes for the nutrients found in the salad and also state where the nutrients are found on MyPlate.

If time permits, have the students share with each group the recipes they analyzed and what nutrients they discovered in each recipe.

## Authors

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