

# 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](#)