

Healthy Nutrition

Summary

3rd grade students will learn about the importance of good nutrition. They will learn about the nutrients in our food and how they help us to stay healthy.

Main Core Tie

Health Education - 3rd Grade

[Strand 5 : NUTRITION \(N\) Standard 3.N.2:](#)

Time Frame

1 class periods of 60 minutes each

Group Size

Small Groups

Materials

- Food Plate
- Gale KidsInfoBits
- Recipe for Salad
- Eating a Rainbow
- EBSCO Explora
- Minerals Worksheet
- World Book Online
- 6 Nutrients video clips
- Digital Science Online-Visual Learning Systems.

Background for Teachers

Teachers will need to know the names of the basic nutrient groups our bodies need to keep us healthy and how each group helps our body: Water, Protein, Fats, Carbohydrates, and Vitamins/Minerals. Teachers will also need to be familiar with several foods that fall within each nutrient group that help meet our nutritional needs.

Student Prior Knowledge

Students should be familiar with the food guide pyramid or the updated My Food Plate. They should know that the foods we eat affect our bodies in either positive or negative ways.

Intended Learning Outcomes

Students should be able to name the basic nutrient groups and how each one helps us to be healthy (water, protein, fats, carbohydrates, vitamins/minerals). They should also be able to name at least 3 foods from each nutrient group that help meet the nutrient need of our bodies.

Instructional Procedures

As a whole group, introduce the basic nutrients of water, protein, fats, carbohydrates, and vitamins and minerals.

Watch the video on Nutrients from Visual Learning Systems.

Explain to students that each of these are needed to help sustain life and keep us healthy.

Students break up into groups of 5-6. Students will rotate through 4 stations, about 12 minutes each.

Station 1- Provide each student with a copy of Food Plate and a paper plate, divided into 4 sections. After reading article, students draw pictures of food that fit into each nutrient category on their plate.

Station 2- World Book Online Minerals worksheet. Students will read about minerals and answer the fill in the blank questions. A computer for each student in the group is needed or a paper copy of the information can be provided.

Station 3- Follow EBSCO Explora web site to salad recipe. Students will follow directions and make salad, then enjoy it. An adult will be needed at this station to cut vegetables.

Station 4- Students will watch videos on carbohydrates, fats, proteins, vitamins and minerals, and water. (All together about 10 minutes long, from Visual Learning Systems). As a whole group, review what students have learned about the basic nutrients, how they help our bodies, and examples of foods from each nutrient group. (Use Eat Right, Feel Great document as well as Food Plate document).

Authors

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