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
FACS 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.

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