

SUBJECT AREAS:

Nature science

ACTIVITY DESCRIPTION:

What we eat and which nutrients do we need

OBJECTIVES:

- To learn more about nutrients and their function

MATERIALS:

Paper
Pens
Whiteboard or projector for presentation

GRADE/LEVEL:

Secondary school (15-18)

DURATION:

Preparation time: 20 min.

Activity time: 45 min.

PLACE:

Classroom

AUTOR:

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A healthy diet

INTRODUCTION:

What is a healthy diet, which nutrients do exist and what is their impact to our body?

BACKGROUND:

What is found in a healthy diet?

Nutrient:

Carbohydrates

Proteins

Fats and oils

Vitamins

Minerals

Fiber

Water

Procedure:

At the beginning of the lesson each student will be asked to write down what they would like to eat during the day. They should write a list for breakfast, lunch and dinner, and snacks if they have them. Teacher should show a table of different nutrients necessary for a healthy diet (Carbohydrates, Proteins, Fats and oils, Vitamins, Minerals, Fiber, and Water) their function and the foods that contain nutrient.

After showing the table ask the students to analyze what they have written down and write down which nutrients are on their list.

- We get our energy from the food that we eat because food contains nutrients that nourish our bodies.

- A healthy diet consists of a balance of different components.

- Proteins are used for growth and can be found in fish, eggs, milk, meat and cheese.

- Carbohydrates are the main source of energy and are found in fruit, pasta, rice, potatoes and corn.

- Fats and oils are important for many reasons. They help us to absorb vitamins, they form part of cell membranes, are used as energy storage, they keep us warm with a fat layer under our skin and protect organs such as eyes and kidneys.

- Vitamins are needed in small amounts and each vitamin has a different function. Vitamin A is important for eyesight and found in carrots and chicken liver; Vitamin C is important for a healthy immune system and found in fruit and tomatoes, and Vitamin E helps protect cells and is found in spinach and eggs.

- Minerals are also needed in small amounts. Calcium for strong bones and teeth is found in milk and iron is needed in the blood.

- Fiber helps food move through the body and keeps you going to the toilet regularly. Fiber is found in bread, cereal and vegetables.

- Water is not a type of food but it is very important in the digestive system because it helps transport nutrients and wastes.

FUN FACTS:

- **Lemons** are one of the world's healthiest foods. Not only do they contain high doses of vitamin C, but lemons also aid in weight loss and immune system function. Adding some to water can be a simple way to add a wellness boost to your day.
- **The sun** is part of your nutrition. Getting sunshine exposure is essential to making vitamin D. So soaking in some rays is actually part of a healthy diet.

ASSESSMENT:

- Which nutrient is the main source of energy?
- What functions do proteins have in the body?
- What is calcium needed for in the body?
- What happens if a person does not eat enough fiber?

EVALUATION:

For the homework students should write one day healthy diet, it should include the breakfast, lunch, dinner and at least one snack. Students should list the ingredients and group the nutrients (Carbohydrates, Proteins, Fats and Oils, Vitamins, Minerals, Fiber, and Water).