



## Lesson # 13

### Nutrients the Body Needs

#### Time Table

**Total Time: 30 minutes**

- 2** Minutes: Introduction to Lesson
- 15** Minutes: *Nutrients and Body Parts* PowerPoint Presentation
- 10** Minutes: Activity: *What Does your Body Need Word Search*
- 3** Minutes: Explain Take Home: *What Does my Body Need?*

**Goal:** Introduce students to the importance of eating vitamins and minerals to keep their bodies healthy.

#### Objectives:

Students will:

1. Be able to list the 6 nutrients that they need.
2. Understand the meaning of vitamins and minerals.
3. Understand the significance of vitamins and minerals and how they play a part in the wellbeing of the body.
4. Be able to list several foods which are rich in vitamins and minerals.

#### Materials:

- PowerPoint: *Nutrients and Body Parts* Presentation
- Activity: *What Does your Body Need Word Search*
  - a. Pencils
  - b. Instructor's answer key
- Take Home: *What Does my Body Need?*
  - a. Instructor's answer key

#### Instructions:

1. Begin the lesson with a quick review of the previous lesson on appropriate serving sizes and portion control. Ask students if they know where on a food label can serving size of that food product be found? [give them a chance to answer]. Food labels are found on the back or side of food products and the serving size is listed on the top.
2. Tell students that this week's lesson focuses on the nutrients the body needs and what parts of the body they help.
3. Review the 6 nutrients and remind the students that we have talked about most of these in prior classes. For the most part we will focus on vitamins and minerals today.

The 6 major nutrients and their basic function:

- **Carbohydrates** (provides energy)
- **Protein** (provides energy and builds strong muscles)
- **Fat** (provides energy, keeps body warm and cushions the organs)
- **Water** (hydrates the body)
- **Vitamins** (healthy functioning body)

- **Minerals** (helps growth and maintain health)
4. There are 10 types of vitamins that can be consumed from foods and beverages. It is important to eat a variety of foods to get enough vitamins and minerals to keep your body healthy. Today, we will talk about couple of these vitamins and minerals and what they do.

### What are Vitamins and Minerals?

Ask the students if they have ever heard of vitamins and minerals. Tell them that vitamins and minerals are substances that your body needs to work properly. There are two types of vitamins: fat soluble and water soluble vitamins. Minerals are substances that help you grow, develop, and be healthy. On the blackboard or a large poster write the heading: "Soluble Vitamins", "Water Soluble Vitamins", and "Minerals".

### Fat soluble vitamins

- **Vitamin A**- Helps you see at night
- **Vitamin D**- Helps make strong bones
- **Vitamin E**- Protects your skin
- **Vitamin K**- Helps stop bleeding

These guys hang around in your fat for a couple of days or even months, until the body needs them.

### Water soluble vitamins

- **Vitamin C**- Helps fight infections and keeps the cold away.
- **Vitamin B Group**- Travels in your blood and does a variety of chores.

These guys travel around in your blood, until your body needs them. If the body doesn't want it, it leaves the body through pee.

### What Does the Eyes Need?

- **Vitamin A**

Helps your eye sight and allows you to see at night.

Sources of Vitamin A: milk, eggs, and fortified cereals. **Dark green vegetables:** spinach, kale. **Orange vegetables:** carrots, sweet potatoes, pumpkin. **Orange fruits:** cantaloupe, apricots, peaches, papayas, and mangos.

### What Do the Blood Need?

- **Vitamin K**
  - Helps heal cuts or scrapes and decreases bleeding.
  - Sources of Vitamin K: Green leafy vegetables, broccoli and soybeans.
- **Iron**

Helps blood carry oxygen to all parts of the body.

Sources of Iron: Beef, beans, pork, fish and shellfish, poultry, green leafy vegetables, and raisins.

- **Vitamin B12**
  - ❖ Helps make blood
  - ❖ Sources of Vitamin B12: fish, red meat, chicken, milk, cheese, and eggs.

### What Do the Bones and Teeth Need?

- Your bones hold you up and keep you moving.
- You have around 200 bones and they all need vitamin D and calcium.
- **Vitamin D**

- ❖ You get most of your Vitamin D from the sun. When you are outside in the sun your body “soaks” up vitamin D. If you do not go out much, many foods can also provide Vitamin D. Vitamin D helps calcium build strong bones.
- ❖ Sources of Vitamin D: Eggs, fish, milk, fortified cereals, and mushrooms.
- **Calcium**
  - ❖ Builds strong bones and teeth.
  - ❖ Sources of Calcium: Dairy Products (cheese, milk, and yogurts), dark green leafy vegetables, and orange juice (only if fortified).

### **What Does the Skin Need?**

- **Vitamin E**
  - ❖ Helps keep your skin looking beautiful and shiny.
  - ❖ Source of Vitamin E: Blackberries, green leafy vegetables, bananas, apples, kiwi, almonds, sunflower seeds and peanuts.

### **What Helps to Prevent Sickness?**

- **Vitamin C**
  - ❖ Source of Vitamin C: **Fruits:** red berries, oranges, watermelon, peaches, bananas, and grapes. **Vegetables:** broccoli, tomatoes, corn, cucumber, green peppers, mushrooms, peas, spinach, and squash.

### **Student’s Goal:**

Eat a variety of foods every day to get the recommended amount of vitamins and minerals your body needs. If you don’t eat enough healthy foods, buy a multivitamin supplement that come in fruit flavored gummy bear form.

### **Activity:** *“What Does your Body Need Word Search”*

- Print the *“What Does your Body Need Word Search”* for each student.
- Provide students with a pencil and a word search sheet.
- Give students plenty of time to finish the worksheet.
- After the students have completed the activity, share the answers with them. The instructor’s answer key is provided on the website.
- Collect the activity sheets and put them into each student’s personal *Fit4kidz* binders or folders.

### **Take Home:** *“What Does my Body Need?”*

- Print a *“What Does my Body Need?” worksheet* for each student.
- This activity will be sent home with the students. The students can get help from their parents or guardians to complete this activity.