



Lesson # 13

Nutrients the Body Needs

Time Table

Total Time: 30 minutes

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

Goal: Introduce young children 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 or crayons
 - b. Instructor's answer key
- Take Home: *What Does my Body Need?*

Instructions:

1. Begin the lesson with a quick review of the previous lesson on the benefits of fruits. Ask students if they ate any new fruits last week and what benefits do fruits provide the body.
2. Tell students that today'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 body)
- **Minerals** (helps growth and maintain health)

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. Minerals are substances that help you grow, develop, and be healthy.

Types of 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.
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- **Vitamin C**- Helps fight infections and keeps the cold away.
 - **Vitamin B's**- 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 Do the Eyes Need?

- **Vitamin A**
 - Help your eye sight and allows you to see at night.
 - Sources of Vitamin A: milk, eggs, and fortified cereals.
 - Dark green vegetables: spinach, broccoli, kale and romaine lettuce
 - Orange vegetables: carrots, sweet potatoes, pumpkin.
 - Orange fruits: cantaloupe, apricots, peaches, papayas, and mangos.

What Does 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**
 - Keeps the flu and cold away. Vitamin C fights the bad bacteria.
 - Source of Vitamin C:
 - o Fruits: red berries, oranges, watermelon, peaches, bananas, and grapes.
 - o 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 comes in a 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 or crayon and a word search sheet.
- Pass out a word search to each student. 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 should get help from their parents or guardians to complete this activity.