

# Health Education

Team Members: Skyler Barnard, Mallory Hearn

Target Audience: 2nd graders, 18 students

Title of Lesson: Nutrition

Chapter:

Division: Secondary division

- School: Carroll County Area Technology Center



## Lesson Plan Narrative

**Lesson Plan:** We want to educate kids at a young age to begin early eating healthy and taking care of their bodies. The more they know about the right nutrition, then they will pay attention to the things they put in their body.

To further extend their education on nutrition we did things that would help them understand on their level:

- Separating fruits and vegetables
- Answering questions about things they should or should not eat
- Locating words that relate to nutrition and healthy eating

### **Materials needed:**

- 1) Powerpoint, smartboard, computer
- 2) Activity worksheet
- 3) Matching game

### **Goals:**

- 1) Educate the students on the effects of healthy and unhealthy eating.
- 2) Inform them about ways to improve their eating.
- 3) For kids to eat healthy and watch the things they put into their body

### **Activities:**

1. Present the PowerPoint
2. After the PowerPoint presentation to the students, they went back to their tables and got in groups to do a game where they separated out fruits into a group and vegetables into a group. Many of them did well in knowing the difference between the two and how the difference of them helped influence their body.
3. Finally to end the day they got a crossword puzzle about nutrition words.

Supportive Information:

### **Nutrition:**

Nutrition is the process of providing or obtaining the food necessary for health and growth. The two main types of nutrients are macronutrients and micronutrients. The three main types of macronutrients are carbohydrate, protein, and fat. The two types of micronutrients are vitamins and minerals, these are two extra molecules that cells need to make energy. The seven essential nutrients are carbohydrates, fats, dietary fiber, minerals, proteins, vitamins, and water.

### **Smaller portions:**

Eating fruits and vegetables is not the only thing that can be a key thing to having good nutrition. Eating smaller portions and other foods can be very beneficial for you. A balanced diet is one that gives your body the nutrients it needs to function correctly. You should consume the majority in your daily calories. Fresh fruits, fresh vegetables, whole grains, legumes (a member of the pea family), nuts, lean proteins.

## **Benefits:**

The benefits of eating healthy are it can reduce the risk of some diseases, including heart disease, diabetes, stroke, some cancers, and osteoporosis. It can also reduce high blood pressure, lower high cholesterol, improve your well being, and improve your ability to fight off illness. Eating healthy can also lead to weight loss, better mood, improved memory, stronger bones and teeth, and diabetes management.

## **Consequences:**

Your digestive system breaks down foods, the carbs are then released as glucose also known as sugar into your bloodstream, making blood sugar increase. When eating a lot of junk it makes your body unhealthy but as long as you stay healthy, your organs can properly handle the sugar in your body. The consequences of eating unhealthy can lead to obesity or being overweight, tooth decay, high blood pressure, some cancers, type two diabetes, heart disease and stroke, high cholesterol, and an increase in depression.

## Presentation outline:

Why is this important?

As a early age you start getting eating habits. You even may start to pick up unhealthy habits in the meantime. When saying this you don't have to make it a rule that you have to eat healthy just make it part of your routine. Such as eat a fruit with you every meal or have a water after every soda you drink. Don't think you have to completely change what you're eating just because it isn't healthy. Another way is you can cut down the amount of food you are eating. This is why we have a nutritionist.

## What is a nutritionist?

Someone who helps you choose with what foods and drinks are healthy to go into your body to have a better lifestyle.



Everything you eat can affect your body either in a good way or a bad way depending on how much you eat and what you are eating.

### GOOD:

- Vegetables
- Fruit
- Protein

### BAD:

- Soda
- Junk food
- Lots of sugar



A healthy dinner consist of These 5 things. Without these things throughout your day you aren't getting the proper nutrition to keep you healthy

Fruits-apples, bananas, pears, grapes  
Grains-wheat, rice,  
Vegetables-carrot, broccoli, cucumbers  
Protein-eggs, meat, peanut butter  
Dairy-Milk

## Things to know:

There is a lot of things your body needs, your body needs 7 important nutrients to stay healthy

- Carbohydrates, fats, dietary fiber, minerals, proteins, vitamins and water

These things give you

- More energy
- Helps your brain think harder
- Help you stay in a good mood

The disadvantages of eating unhealthy:

- It can cause you to forget things
- You need the healthy food for fuel to help you to learn
- It can make you feel sad
- It can make tired

Advantages of eating healthy:

- Healthy weight
- Keep you from getting sickness
- Better mood
- Helps you take things in and remember easier

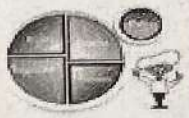




*Meat*

Chef Solus Food Group Word search Puzzle!

O	R	R	N	I	E	T	O	R	P
G	R	A	I	N	S	V	Z	I	M
T	Q	K	M	R	L	E	I	Q	P
D	A	I	R	Y	I	G	U	O	M
K	X	J	M	A	O	E	F	V	Y
N	O	I	T	I	R	T	U	N	V
G	M	I	N	E	R	A	L	S	F
S	T	I	U	R	F	B	O	I	M
M	Q	W	C	D	R	L	B	C	E
G	R	X	I	U	P	E	U	U	A
U	P	M	U	R	R	S	V	N	T



- ~~GRAINS~~
- ~~OILS~~
- ~~NUTRITION~~
- ~~FRUITS~~
- ~~MINERALS~~
- ~~VEGETABLES~~
- ~~FIBER~~
- ~~DAIRY~~
- ~~PROTEIN~~
- ~~MEAT~~

The Food Groups

For more fun nutrition games  
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TICKLE 2nd

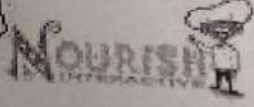
Chef Solus Food Group Word search Puzzle!

O	R	R	N	I	E	T	O	R	P
G	R	A	I	N	S	V	Z	I	M
T	Q	K	M	R	L	E	I	Q	P
D	A	I	R	Y	I	G	U	O	M
K	X	J	M	A	O	E	F	V	Y
N	O	I	T	I	R	T	U	N	V
G	M	I	N	E	R	A	L	S	F
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~~GRAINS~~  
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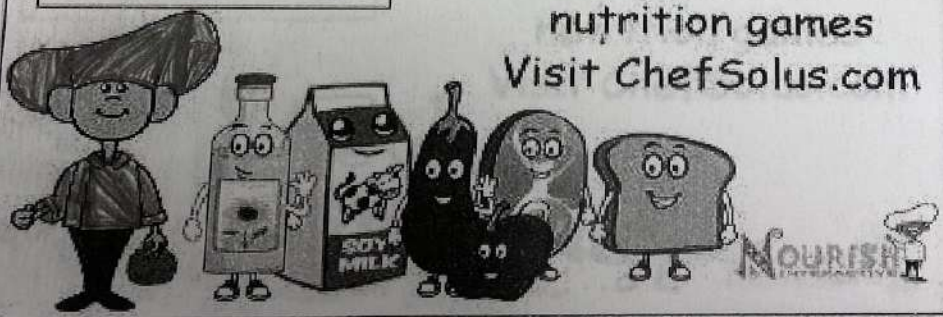
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M	Q	W	C	D	R	L	B	C	E
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- GRAINS
- OILS
- NUTRITION
- FRUITS
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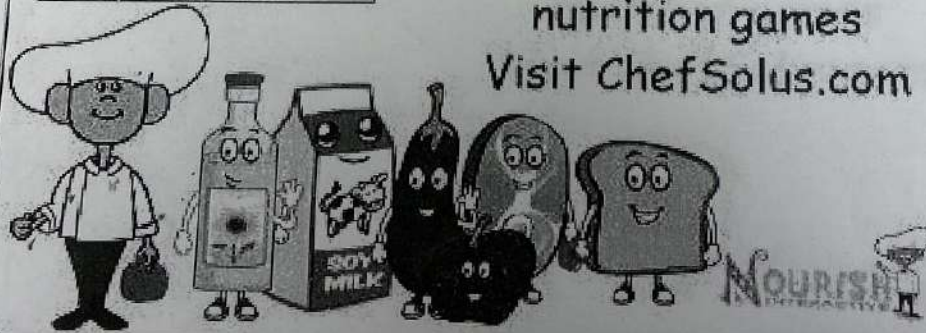
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