



Important Nutrients in the Diet

Lesson: The role that each macronutrient plays in the healthy growth and development of pre-teen, school aged adolescents.

Date: As used

Time: As used

Class: 5th and 6th class

Strand: Myself

Strand Unit: Taking care of my body

Materials Needed: Use the 'I went to the shop, and I bought' resource from the Lunch Bag website as the introduction to this lesson, use the 'Important nutrients in the diet' video as the lesson, use the 'Fill in the blanks' resource as the assessment, and the 'Colour me in' resource as the activity sheet for this lesson.

Learning Objectives

1. Appreciate the importance of good nutrition for growing, developing, and staying healthy.
2. Realise and accept some personal responsibility for making food choices and adopting a healthy, balanced diet.
3. Recognise some of the nutrients that are important in a balanced diet and the food products in which they are found.

Introduction/Stimulus

The lesson is introduced with the use of the 'I went to the shop, and I bought game'. The idea of using this game in the introduction is to introduce the lesson in a fun manner whilst also encouraging students to begin thinking about different food types. This game allows for the integration of memory games into the introduction of this SPHE lesson.

Development

- The lesson begins by highlighting the importance of a balanced diet in ensuring healthy growth and development. Students are also introduced to macro and micronutrients. The difference between macro and micronutrients is briefly explained to students.
- Macronutrients are then explained in more detail. Students are educated on which food groups make up the 'Macronutrients', and the way in which these food groups are similar in their functions.
- The first macronutrient elaborated on individually is carbohydrates. Carbohydrates are explained from the point of view of their role in delivering energy for our bodies to use. It's explained to students how carbohydrates are used specifically to fuel the functioning of our organs, fuelling high intensity exercise along with fuelling other bodily functions. The preference for wholemeal and wholegrain versions over refined versions is explained to students along with the digestion and storage of carbohydrate in our body. Finally, students are educated on the food types in which Carbohydrates are found.
- Protein is the next macronutrient students are educated on. The role of protein in building, repairing and rebuilding our bodies is explained to students along with its importance in the production of enzymes and hormones. Students are also educated on the foods in which protein is found for meat eaters, vegans and vegetarians.
- The final macronutrient explained to students are fats. The importance of prioritising unsaturated fats over saturated fat is highlighted to students from a heart health point of view. Students are also educated on the food types that the different fats are found in!

Conclusion

The lesson is concluded with the use of the 'Fill in the blanks' resource from the Lunch Bag website whereby the learnings of the lesson are assessed using prompts in 7 different sentences. The idea behind using the 'Fill in the blanks' resource is to consolidate the learnings of the lesson and ensure students understand the takeaway messages from the video. The 'Colour me in' resource provides for a fun activity sheet to finish the lesson while also integrating art into this SPHE lesson.

Assessment	The learnings of the lesson are assessed using the 'Fill in the blanks' resource. Students are asked to finish the sentences which they are prompted on. There are 7 prompted sentences covering the various different learnings of the lesson. This allows the teacher to ensure the students have correctly understood the learnings of the lesson.
Linkage/Integration	<p>Linkage:</p> <p>Self-Awareness: Recognise and appreciate that each person is a unique individual, and that this individuality is expressed in multiple different ways.</p> <p>Developing Self-Confidence: Take increasing personal responsibility for himself/herself and become more independent and autonomous in their food choices.</p> <p>Feelings and Emotions: Identify and learn about healthy ways to help him/her feel positive about himself/herself.</p> <p>Integration:</p> <p>Making Inference: Children understanding that if they eat according to the guidance of the food pyramid, that they will in turn give themselves every opportunity to grow and develop maximally, and be as healthy as possible.</p> <p>Memory Games: The use of the 'I went to the shop, and I bought' game encourages students to have to memorise and relay the information in order.</p> <p>Art: The use of the 'Colour me in' activity sheet allows for the integration of Art into this SPHE lesson.</p>