

Important Nutrients in the Diet - Micronutrients

Visual Stimulus:

Teacher to have a discussion on the difference between Micronutrients and Macronutrients.

- 1) Bring up the image as shown below.
- 2) Discuss as a class the difference between Micronutrients and Macronutrients.
- 3) Use prompts given below if needed.



- What comes to mind when you see colours of foods?
- What Micronutrients do we know of?
- Why would they be important?
- Can you think of how they are differ to Macronutrients?