



Important Nutrients in the Diet

Lesson: The role of micronutrients in our diet specifically vitamins and minerals.

Date: As used

Time: As used

Class: 5th and 6th class

Strand: Myself

Strand Unit: Taking care of my body

Materials Needed: Use the 'Visual Stimulus' resource as the introduction to this lesson, use the 'Important nutrients in the diet' video as the lesson, use the 'KWL Chart' as the assessment for this lesson and the 'Draw and Colour in' exercise sheet as the activity sheet for this lesson.

Learning Objectives

1. Recognise and examine behaviour that is conducive to health and that which is harmful to health.
2. Recognise the importance of treating his/her own body with dignity and respect.
3. Appreciate the importance of good nutrition for growing, developing, and staying healthy.
4. Recognise some of the important nutrients that are necessary in a balanced diet and the food products in which they are found, specifically from a micronutrient point of view.

Introduction/Stimulus

The lesson is introduced with the use of the 'Visual Stimulus' resource from the Lunch Bag website. Using the 'Visual Stimulus', students' prior knowledge on the topic of micronutrients is assessed using 4 prompts. The prompts are provided to instigate conversations on the topic of important nutrients in the diet. This is a group discussion, so students are encouraged to work together to come up with as much information as possible on the topic of micronutrients.

Development

- The lesson begins with an explanation on the differences between macro and micronutrients from the point of view of their roles in the body. It's explained to students that micronutrients don't supply our body with calories or energy and that they are needed in our diet in smaller quantities.
- The first specific group of micronutrients that are explored are the vitamins. It is explained to students that there are 13 different vitamin types. The role of vitamins in our eyesight, our bone health and blood clotting are explained to students as examples of roles of micronutrients in our body. The food types that vitamins are found in include green vegetables, tomatoes, peppers, nuts and seeds, and dairy products.
- The ability of our skin to produce Vitamin D is also highlighted to students. It is explained however, that it is almost impossible to make enough vitamin D through our skin with current sunlight levels in Ireland. Students are therefore encouraged to try their best to ensure they eat foods rich in vitamin D.
- Minerals are the other area of micronutrients explained to students. Minerals are explained regarding their importance in keeping the brain and heart healthy, and creating enzymes and hormones. The sources of minerals highlighted to students include fruits and vegetables, nuts and seeds, beans, and dairy products.
- In the summary, the importance of following a balanced diet, varying their fruit and vegetable intake, and including as many different colours of fruit and vegetables as possible is highlighted to students from a micronutrient intake point of view. Students are also encouraged to add nuts and seeds to their diet, and to include dairy products to ensure their micronutrient intake is as good as possible.

Conclusion

The lesson is concluded with the use of the 'KWL Chart' where students are encouraged to write down what they learned from this lesson. The idea of this is that it encourages them to be ambitious with thinking about what else they would like to learn on the topic of the importance of micronutrients in the diet while also allowing them to consolidate the learnings of the lesson. Teachers can check students KWL charts to ensure they understand the learnings of the lesson. The lesson is then finished with the use of the 'Draw and Colour in' activity sheet which allows for the integration of Art into this SPHE lesson whilst finishing the lesson in an enjoyable manner.

Assessment	The learnings of the lesson are assessed using the 'KWL Chart'. The 'What I learned section' of the KWL Chart is what is used to assess the learnings. In this section students are given 4 bullet points to fill out on their learnings from the lesson. This allows for teachers to ensure students have fully understood the learnings from the lesson.
Linkage/Integration	<p>Linkage:</p> <p>Developing Self-Confidence: Take increasing personal responsibility for himself/herself and to become more independent and autonomous.</p> <p>Feelings and Emotions: Identify and learn healthy ways to help him/her feel positive about himself/herself.</p> <p>Decision Making: Acquire a growing sense of the importance of making informed decisions at many levels and identify some of the decisions he/she has to make when it comes to their nutritional intake.</p> <p>Integration:</p> <p>Teamwork: Working and inputting together as a group to come up with their prior knowledge on the topic of the important micronutrients in the diet from the 'Visual stimulus' resource used in the introduction.</p> <p>Art: Using the 'Colour me in' exercise sheet, art is integrated into this lesson on SPHE.</p> <p>Condensing Information: Shortening their information on the topic of important micronutrients in the diet into 4 different points in 3 separate sections including what they know prior to the lesson, what they want to know prior to the lesson, and what they have learned after having completed the lesson.</p>