

5th Grade - Nutrition

Learning Objectives

- I can define macronutrients and micronutrient and how the body works using each (SOL 5.1c).
- I can explain Recommended Dietary Allowance (RDA) and the concepts of eating in moderation and energy balance in relation to healthy weight.

Teacher Notes

- Visual aid chart
- Vocabulary - macronutrients, micronutrients, protein, fat, carbohydrate, fiber, vitamins, minerals
- Internet access for videos, images, videos

Lesson Steps

Step 1 (Engage learners/access prior knowledge)

- What does macronutrients/ micronutrients mean?

(Write answers on white board and then take turns to share answers with a partner) (e.g. think-pair-share)

- Students will then share out aloud with whole group
- Play Food and Nutrition Video <https://www.youtube.com/watch?v=Z51bWG17m-Q> after watch video to ask students what a healthy diet looks like.

Step 2 (New information – direct instruction/teacher-facilitated learning)

- Introduce macronutrients and micronutrients to students, explain what they mean and how they work in the body. **Macronutrients** are the **nutrients** your body needs in larger amounts, namely carbohydrates, protein, and fat. They provide your body with energy, or calories. **Micronutrients** are the **nutrients** your body needs in smaller amounts, which are commonly referred to as vitamins and minerals.
- **Macronutrients** are those nutrients that the body needs in large amounts. These provide the body with energy (calories). **Micronutrients** are those nutrients that the body needs in smaller amounts.
- Use video to assist with vocabulary: <https://www.youtube.com/watch?v=Hv33r79CcMM>
- What are macronutrients: <https://www.youtube.com/watch?v=smPR215SRzM>
- Use diagram in video for food groups and nutrition: <https://www.youtube.com/watch?v=Z51bWG17m-Q>



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Health GR5-Nutr-7
5th grade- Nutrition-
2020 SOL 5.1 c, d

Step 3 (Application – how student will apply/practice new learning)

- Students will read the healthy eating sheet and answer questions below.
- Activity- [ACTIVITY SHEET WORK.docx](#)
- Put students in small groups to work on activity: [Work sheet- macronutrients.docx](#)

Assessments

Student will do assessment individually: [Serving Size assessment.docx](#)

Extensions/Connections

Nutrition- [Nutrition 5th Grade - YouTube](#)

Resources/References

Health Kids Fifth Grade Nutrition Guide: www.today.com/parenting-guides/5th-grade-nutrition-guide-t177486

MACRONUTRIENT: <https://healthy-kids.com.au/kids/high-school-2/macronutrients/>

Handout

See next page(s) for any handout(s). Design for print and/or providing electronically.

Macronutrient.docx [\(see attached\)](#)

Serving Size.docx [\(see attached\)](#)



#MACRONUTRIENTS

- You've learned about the foods we eat and the components of a nutritious diet, but what does our body do with all the grub?



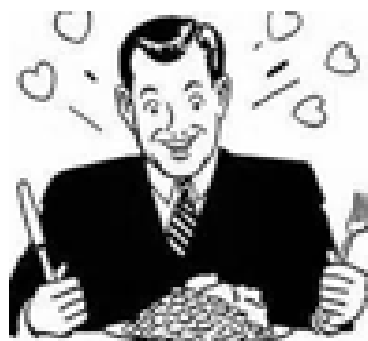
proteins

- the body's building blocks
- build and repair tissues
- seafood, meat & poultry, eggs, beans, soy, unsalted nuts



carbohydrates

- main source of energy
- Simple: fruits, dairy products, sugar, syrup, soda
- Complex: breads, cereals, pasta, rice, potatoes



fats

- Also give you energy and help you feel full
- Healthier: olive oil, avocados, peanut butter, fatty fish
- Saturated: red meat, milk products including butter, dairy deserts



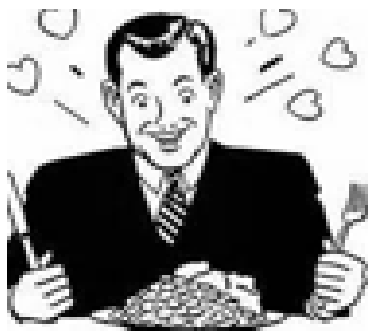
#MACRONUTRIENTS



- Commonly called _____
- Function: _____
- Sources: _____



- Function: _____
- Sources of simple: _____
- Sources of complex: _____



- Functions: _____
- Healthy sources: _____
- Saturated: red meat, milk products including butter, dairy deserts

Please check annually for updated recommendations.



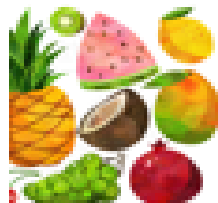
LET'S TALK SERVING SIZES (AMERICAN HEART ASSOCIATION)



- 6-8 servings a day
- 1 slice of bread, $\frac{1}{2}$ cup cooked rice, pasta or cereal
- At least half of your servings should be whole grain!



- 4-5 servings a day
- 1 cup raw leafy vegetables, $\frac{1}{2}$ cup raw or cooked vegetables, $\frac{1}{2}$ cup vegetable juice
- Eat a variety of colors and types!



- 4-5 servings a day
- 1 medium fruit (size of baseball), $\frac{1}{4}$ cup dried fruit, $\frac{1}{2}$ cup fresh, frozen or canned fruit, $\frac{1}{2}$ cup fruit juice
- Eat a variety of colors and types!



- Less than 6 oz per day (lean meats)
- 4-5 servings per week (nuts, seeds, legumes)
- Meats: 3 oz = size of a deck of cards
- Nuts: $\frac{1}{3}$ cup
- Beans: $\frac{1}{4}$ cup



- 2-3 servings a day
- 1 tsp soft margarine, 1 tbsp mayo, 1 tsp vegetable oil, 1 tbsp regular salad dressing or 2 tbsp of low-fat
- Use liquid vegetable oils and soft margarine most often



LET'S TALK SERVING SIZES (AMERICAN HEART ASSOCIATION)



- _____ servings a day
- Example of one serving:
- At least half of your servings should be _____!



- _____ servings a day
- Example of one serving:
- Eat a variety of _____ and _____!



- _____ servings a day
- Example of one serving:
- Eat a variety of _____ and _____!



- Less than _____ per day (lean meats)
- _____ servings per week (nuts, seeds, legumes)
- Meats: 3 oz = size of a deck of cards
- Nuts: 1/3 cup
- Beans: 1/2 cup



- _____ servings a day
- Example of one serving:
- Use liquid _____ and soft margarine most often