

Micronutrients

Learning Objectives

• I can explain how the body uses micronutrients and find the RDA on food labels [5.1c and 5.2c]

Teacher Notes

- This activity goes best before the Macronutrient lesson
- The link to the virtual vitamin collector grid is found under step 2. Teacher should display it for the class by sharing his/her screen or send students a link to the grid.
- Video run time is 3 minutes and 23 seconds. Allow 10-15 minutes for activity as needed.
 Students will work at their own pace but you do not need to leave enough time for everyone to complete all tasks.

Lesson Steps: Video Outline Video Link

Step 1 Introduction

 Before playing the video, ask students to chat you 2 examples of a healthy food that is a good source of vitamins and minerals

Step 2 Activity

 Students will complete as many tasks as they can from the <u>Vitamin Collector Grid</u> (also see replicable spreadsheet screenshot attached). The goal is to earn as many vitamins and minerals as possible. Every time they complete a task, they earn that micronutrient.

Step 3 Closure

• Exit Slip (see attached)

Assessments

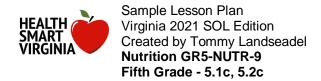
 For the exit slip, open the link provided above under Step 3. Change the last 4 letters of the URL in the link from 'edit" to "copy". Use the new URL and paste it in the chat to your students. That will force them to make a copy of the exit slip so they can each create their own individual response.

Extensions/Connections/Applications

Feel Free to make a copy of the grid and change any tasks that you want.

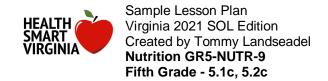
Resources/References

Healthykids



Micronutrient Exit Slip

	which tood groups did most of the top micronathent sources come nom?
	t the micronutrient list for 1 cup of raw spinach, found below. Answer the following ons based off this information.
Nutr	ition Facts
1 cup c	ooked spinach: Micronutrient list
	Vitamin A: 377% DV
	Vitamin C: 29%
	Vitamin K: 1111%
	Vitamin E: 19%
	Riboflavin: 25%
	Vitamin B6: 22%
	Folate: 66% Calcium: 24%
	Iron: 36%
	Magnesium: 39%
	Phosphorus: 10%
	Potassium: 24%
	Copper: 16%
	Manganese: 84%
1)	Cooked spinach has more than 100% RDA of which 2 micronutrients?
2)	Is this food a good source of micronutrients? Use facts from above to support your answer.



Virtual Vitamin Collector: Complete the task matched with each vitamin or mineral source to earn the square! Try to earn as many squares as you can. Each task should take 30-60 seconds.

Calcium Kale Task: 10 Jumping Jacks, 10 Knee Push-Ups, 10 Boat Rows, 10 Squats	Potassium Sweet Potatoes Task: Find at least 4 shoes and make a shoe tower	Vitamin B1- Thiamin Black Beans Task: Spell the word FRUIT by turning your body into the letters	Magnesium Brocolli Task: Find 1 red, 1 green, and 1 blue object and show them to teacher
Fiber Raspberries Task: Go get a drink of water	Vitamin A Carrots Task: Act out a chicken being chased by a snake being chased by an elephant	Vitamin B2- Riboflavin Asparagus Task: Flip a shoe and get it to land right side up 3 times	Manganese Pineapple Task: 10 Cherry Pickers, 10 ABC Push-Ups, 10 Sit-Ups, 10 Lunges
Vitamin B9- Folate Spinach Task: 10 side-to-side jumps, 10 Push-Ups, 10 Second Plank, 10 Star Jumps	Vitamin C Oranges Task: Chat your teacher 3 ways to prevent germs from spreading	Vitamin B3- Niacin Avacado Task: Get a ball (or sock ball) and make 3 shots into a target	Phosphorous Peas Task: Draw a picture of your favorite vegetable and show it
Iron Spinach Task: Dance to the music for 1 minute	Vitamin D Mushrooms Task: Find 2 square or rectangular objects and show them	VItamin E Brocolli Task: Chat your teacher a compliment for someone in this class	Vitamin K Spinach Task: 10 squat jumps, 20 wall push- ups, 10 seesaws, 10 calf raises