



Grade 8 Sample Lesson Plan: Nutrition for the Brain

Description

Please see attached handout for a lesson submitted by a Virginia teacher

Handout


The next page includes a handout for the lesson.



Nutrition for the Brain

8.1.a Identify and describe the major structures and functions of the brain and nervous system.

8.2.b Describe ways to maintain brain and nervous system health.

8.3.a Design strategies to protect and promote brain and nervous system health.

	Link
 <p>What nutrition is needed for brain health?</p> <p>How does the food you eat affect brain function?</p>	<p>Describe a meal that you ate recently. List the food and beverage items:</p> <p>When we think about good nutrition and the effects of nutrition on the body, do we think about the benefits of nutrition for brain health? In this lesson, you will explore the effects of nutrition for the brain.</p>

	Explore
 <p>Source: Mia Nacamulli - (https://youtu.be/xyQY8a-ng6gn)</p>	<p>Watch the TedEd video, How the food you eat affects your brain</p> 

Write a response to the questions.

Beyond water, what are the nutritional contents of the brain?

Describe the role of fatty acids for brain health, how the brain gets fatty acids, and examples of good sources of fatty acids:

Describe the role of proteins and amino acids for brain health, how the brain gets amino acids and protein, and examples of good sources of amino acids and protein:

Describe the role of micronutrients for brain health, how the brain gets micronutrients, and types and examples of good sources of micronutrients:

Describe the role of glucose for brain health, how the brain gets glucose, and types and examples of good sources of glucose:

In your own words, describe what nutrition is important for brain health and why:



Apply

Based on what you have learned, create a one-day meal plan for breakfast, lunch, and dinner that promotes brain health. USDA Choose MyPlate website may be a good resource to help develop your meal plan <https://www.choosemyplate.gov/>

Breakfast:

Lunch:

Dinner:



Reflect

Think back to your response at the beginning of the lesson where you listed the food items of the last meal you ate. Identify which of the food items you listed support brain health and describe what changes you could make in the future for that meal to promote brain health: