



Identify Nutrient sources

Grade Level: 9-12 **Lesson Plan Timeframe:** 45 minutes **Program Topic:** Nutrition **State:** MO
Prepared By: Dee Kirby **Chapter/School:** South Shelby High School

Overview & Purpose In this lesson students will be able to: identify the nutrients in an individual food; the function of that nutrient; and the effects of deficiencies and/or excess.	FCCLA National Program(s) Student Body
Education and National FACS Standards Addressed 14.2 Evaluate the nutritional needs of individuals and families in relation to health and wellness across the life span	Career Clusters and Pathways Missouri - Health

Lesson Plan Goals & Objectives (Specify skills/information that will be learned.)	Student will be able to comprehend nutrition principles, construct meaning to related to nutrition and identify nutrient sources.
Materials Needed	<ul style="list-style-type: none"> • Paper • Pencil • Old magazines, poster paper, glue, computers
Introduction of Subject (Give and/or demonstrate necessary information)	After a discussion in a lecture format on nutrients, students will be instructed to find pictures of food (or create your own) that illustrate important nutrient sources of carbohydrates, protein and fats.
Verification (Steps to check for student understanding)	As students look for pictures, they will be able to match which foods provide the nutrients carbohydrates, protein and fats.

<p>Activity 1 (Describe the independent activity to reinforce this lesson)</p>	<p>Create a chart on posters that:</p> <ol style="list-style-type: none"> 1. Identify the food source (your picture) 2. Tell the function of the nutrient 3. The effects of a deficiency or excess of their nutrient <p>Charts should include five sources for each nutrient.</p> <p>Assessments:</p> <table style="width: 100%; border: none;"> <tr> <td style="padding-left: 20px;">5 correct sources of carbohydrates</td> <td style="text-align: right;">5</td> </tr> <tr> <td style="padding-left: 20px;">5 correct sources of protein</td> <td style="text-align: right;">5</td> </tr> <tr> <td style="padding-left: 20px;">5 correct sources of fats</td> <td style="text-align: right;">5</td> </tr> <tr> <td style="padding-left: 20px;">Function of carbohydrates</td> <td style="text-align: right;">5</td> </tr> <tr> <td style="padding-left: 20px;">Function of protein</td> <td style="text-align: right;">5</td> </tr> <tr> <td style="padding-left: 20px;">Function of fat</td> <td style="text-align: right;">5</td> </tr> <tr> <td style="padding-left: 20px;">Excesses and/or deficiencies identified for protein</td> <td style="text-align: right;">2</td> </tr> <tr> <td style="padding-left: 20px;">Excesses and/or deficiencies identified for carbohydrates</td> <td style="text-align: right;">2</td> </tr> <tr> <td style="padding-left: 20px;">Excesses and/or deficiencies identified for fats</td> <td style="text-align: right;">2</td> </tr> <tr> <td style="padding-left: 20px;">Neat and creative</td> <td style="text-align: right;">4</td> </tr> </table>	5 correct sources of carbohydrates	5	5 correct sources of protein	5	5 correct sources of fats	5	Function of carbohydrates	5	Function of protein	5	Function of fat	5	Excesses and/or deficiencies identified for protein	2	Excesses and/or deficiencies identified for carbohydrates	2	Excesses and/or deficiencies identified for fats	2	Neat and creative	4
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<p>Summary/Evaluation (Assign Homework, or Reflect on the Outcomes)</p>	<p>What is not completed during the class time, students need to finish as homework</p>																				
<p>Other Resources</p>	<p>Foods and Nutrition text books</p>																				
<p>Additional Notes</p>	<p>For students who need assignments modified you can reduce the number of sources, but it is still important that they understand the impact of each nutrient on their body. This activity can also be expanded to include various vitamins and minerals.</p>																				

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