

# LESSON PLAN TEMPLATE

**NAME OF COURSE** NUTRITION  
**UNIT NAME** The Basics

**NAME OF INSTRUCTOR(S)**  
**DATE**

## UNIT/ESSENTIAL QUESTION:

What are the building blocks to nutrition?

## FOCUS QUESTION/OBJECTIVE:

How can we relate the building blocks of nutrition to having a healthy diet?

**At the end of this lesson, students will BE ABLE TO:**

Read nutritional labels and identify the building blocks of nutrition.

**At the end of this lesson, students will THINK ABOUT:**

Are their diets at home healthy? They should know now that they can use nutritional labels to determine whether they are eating healthy.

## PROCEDURE:

### MINI-LESSON

The hook: Hold up two food items, with one clearly being healthier for you than the other. Ask the students which one they think is healthier? Have them raise their hands. The kids will choose the healthier one. But then ask them why it is healthier. They will likely say something like “porque lo alimenta” (because it’s nourishing). Repeat this activity with several other food choices, and perhaps use questions like “Which food has more fat?” or “Which food

Then say that today we will be learning why certain foods have healthier than others. Today we’re going to be talking about nutrition. Ask the kids what they think when they hear the word “nutrition”. What is nutrition? Nutrition is the “alimentacion” that is necessary for us to survive. What do you think when you hear the word “diet”? (Students might answer that someone goes on a diet to lose weight). A diet does not only apply to those trying to change their weight. Whether they know it or not, everyone human being is on a diet. A diet is everything that a person eats. A good diet fulfills all of the nutritional requirements for a particular human, without exceeding those requirements. A good diet contributes to good health. Should everyone have the same diet? Is the same diet appropriate for everyone? NO! Of course not. As human beings we all have different bodies, and different metabolisms. What is a metabolism? (Volunteers should be writing these buzzwords on the board: nutrition, diet, metabolism). Metabolism is all the chemical reactions and processes inside your body so that you can grow and stay healthy. Depending on factors like height, weight, and genetics, some people require different diets. So what does a diet consist of? What is nutrition? Well today we will talk about several components that are essential to nutrition: carbohydrates, proteins, fat, and

	<p>vitamins, minerals, and water. We will use nutritional labels on food items to discuss these different components. Volunteers should have many different food items to choose from for each of the nutritional categories. Use the best examples of each nutritional factor to discuss their importance. For example, in discussing carbohydrates, you can use lollipops (VERY common in the DR) and compare them to rice. Carbohydrates in themselves are not bad for you- they are vital for life. Both rice and lollipops have carbohydrates, but almost the carbohydrates in lollipops come from simple sugars. <b>The goal is for the children to understand nutritional labels.</b> So for the rice/lollipops example, show the children the nutritional label, and read off the carbohydrate content for them. Continue this lesson by going through the different nutritional factors. Here is some information, in Spanglish. While discussing different components, have another volunteer write the words on the board, in Spanish and English. Tell the students to write down the different components in a chart in their notebooks. This work will make them more likely to be interested in the lesson.</p> <p>Carbohydrates- essential for energy. Good sources of carbohidratos are arroz blanco, pan integral, yucca, patatas, papas. Tambien frutas y verduras, y queso.</p> <p>Proteinas- para los musculos. Carne, pollo, pescado, frijoles, nueces, y productos lacteos, y huevos.</p> <p>Grasa- en el cuerpo humano, grasa es una reserva de energia. Muchas de las mismas comidas que tienen proteina tienen grasa. Pero CUIDADO con comidas fritas- tiene mucha grasa.</p> <p>Fiber- prevents heart disease, helps with digestion</p> <p>Vitaminas- Hierro de carnes para , Vitamina A para Buena vision y salud de piel (y otras cosas) de zanahorias, broccoli, melon, papaya. Vitamina C (para de frutas, sal para crecimiento, calcio de productos lacteos.</p> <p>(N.B.: Vitamin A and Iron deficiency is a problem in the DR.)</p> <p>Agua- por lo menos 8 vasos de agua cada dia. Mas de 60% del cuerpo humano es de agua.</p> <p>Calorias: The diet for the average human requires 2,000 calories.</p> <p>El desayuno es la comida mas importante del dia, porque nos da energia para el dia.</p>
ACTIVITY	<p>Put the students into groups of 2 or 3, and give a food product to each group of students. Have all the students record the nutritional information for that product for the nutritional components that have already been written on the board. Go ahead the room and discuss the good and/or bad aspects of their food items. After about 10 minutes take back the foods, and begin the review of the lesson.</p>
SUMMARY/ASSESSMENT	<p>For the summary, the students should be able to use the information they have recorded to answer many of the</p>

	<p>questions. Questions will be asked about which food items the students had were good sources of carbohydrates, proteins, fats, vitamins and minerals. Also ask the students again what the average caloric intake should be for humans, and ask them what the most important meal of the day is. The students should be prepared for a future lesson where they design a day of meals using the information gained in this lesson.</p>
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<p><b>MATERIALS:</b></p>
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<p>Copies of the food pyramid in Spanish to hand out to students. Bring several different food products into the school with nutritional labels.</p>
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More Information:

This World Bank article describes efforts to curb Vitamin A and Iron deficiency in the Dominican Republic, two significant deficiencies in Dominican nutrition:

[http://web.worldbank.org/WBSITE/EXTERNAL/COUNTRIES/LACEXT/DOMINICAN\\_EXTN/0,,contentMDK:21221370~pagePK:1497618~piPK:217854~theSitePK:337769,00.html?cid=3001](http://web.worldbank.org/WBSITE/EXTERNAL/COUNTRIES/LACEXT/DOMINICAN_EXTN/0,,contentMDK:21221370~pagePK:1497618~piPK:217854~theSitePK:337769,00.html?cid=3001)

## **Nutrition Vocabulary- Vocabulario de Nutricion**

Carbohydrate- carbohidratos

Protein- proteina

Fat- grasa

Fiber- fibra

Simple sugars- azucares sencillos

Complex sugars- azucares complejos

To lose weight- rebajar

To gain weight- aumentar peso

Diet- dieta

Nutrition- nutricion

To be on a diet- estar de dieta

To get fat- engordar

Calcium- calcio

Vitamins- vitaminas

Breakfast- desayuno

Lunch- almuerzo

Nutrition facts- datos de nutricion