Nutrients Sample Lesson: 3rd and 4th Grades

Learning Outcome: Identify what foods to eat more of and explain that nutrients help us grow and stay healthy

Supplies: **MyPlate** poster

Student Handout: ***Snack of Champions***

1. Display the **MyPlate** poster for your students to see and review each food group as a class: **Fruits, Vegetables, Grains, Protein,** and **Dairy**.
2. Write the word **Nutrient** on the board. Ask students to explain what they think it means. (*Nutrients are found in some foods and help your body grow and stay healthy. Different nutrients do different things for our bodies – give us energy to play hard, have strong bones and muscles, and keep us healthy.)*
3. Ask students, "Why do we need and want energy?" (*We need energy to blink our eyes, breathe, walk, run, and think. We also need energy to play sports, dance, do our homework, and hang out with friends.)*
4. Remind students that in the **MyPlate** lesson we learned about eating foods from all five food groups. That's because each food group gives us different nutrients we need to grow, play, learn, and be healthy.
5. Explain that today they will imagine they are chefs for the U.S. Olympic Team. They need to create a nutritious and tasty snack.
6. Divide the class into teams of four. First have them brainstorm what they should keep in mind when making a snack for athletes. *(Professional athletes need healthy meals with nutrients, just like students, so they have the energy and strength to perform well.)*
7. Pass out the ***Snack of Champions*** handout to each team and have a volunteer read the instructions.
8. Before the teams start, you may want to come up with a recipe as a class, for example a PB Power Fruit-wich (1 slice of whole wheat bread, 2 tablespoons of peanut butter, apple or banana slices, and grated carrot).