



## Nutrients Sample Lesson: Spanish



Learning Outcome: Identify that we need to eat a variety of foods to get all the nutrients to help us grow and stay healthy

Student Handout: Four different snack ideas

1. Display the **MiPlato** graphic for your students to see and review each food group as a class: **Frutas, Vegetales, Granos, Proteína, and Lácteo.**
2. Remind students that in the last lesson, they learned that we need to eat foods from each of the five food groups on **MiPlato**. That's because each food group gives us different nutrients we need to grow, play, learn, and be healthy.
3. Write the words **los nutrientes** on the board. Introduce the idea that different foods do different things for our bodies. Some foods give us energy or "fuel," while some foods may help us keep from getting a cold. That's why we need to eat a variety of foods from each of the food groups every day.
4. Next, pass out the handouts to the class (Food Group Friend, Friendship Pocket, Fruit-a-licious Breakfast Cup, and Crunchy Rainbow Wrap). You can divide the class into groups of four students and give each group the same handout or you can pass out a different handout to each student. Go through the handout as a class to review any new Spanish vocabulary.
5. Let students review the ingredients for each snack and ask them which food group each ingredient belongs in. Have students explain why they are healthy snacks. (Answers should relate to each snack including a variety of food groups and providing different nutrients.)

