

Lesson Title: Nutrition 101

Learning Objectives:

- Identify the correct macronutrients and their functions (protein, carbohydrates, and fats)
- Analyze the macronutrients in foods we eat most often

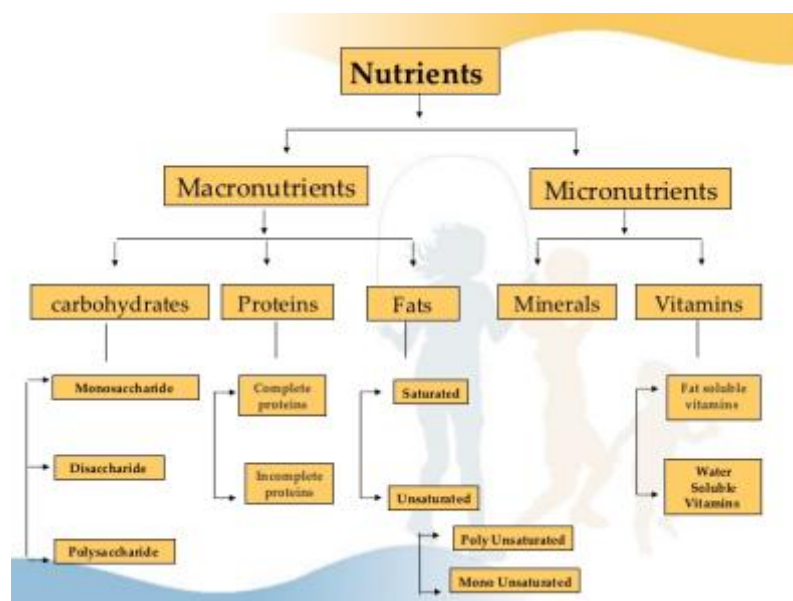
Opening:

Ask students to share out their favorite food. Then, ask students if they can guess the macronutrients in their favorite foods. For example, if they say their favorite food is potato chips, they could say that the macronutrient is carbohydrates.

Essential Content:

- Macronutrients are the nutrients in food that provide us calories.
- Macronutrient functions:
 - Proteins regulates body function, are an essential component of enzymes, support immune health, and aid in hormone regulation.
 - Carbohydrates are the body's main source of fuel and they allow the body to save proteins so they are not used as fuel.
 - Fats are a component of our membrane, particularly in the brain and nervous system. Fats aid in the absorption of fat-soluble vitamins and are used as a source of energy.

Ask students: What foods fall under the macronutrient categories? Then, review with students the following information:



- Protein: eggs, ham, chicken, yogurt, milk, cheese, red meat, fish, turkey, pork, bacon, beans
- Carbohydrates: starches (rice, pasta, bread), sugar, juice, fruit, processed junk food, potato, peas, corn, squash, vegetables
- Fat: nuts, nut butters, avocado, oils, meats

- Macronutrients also carry a specific amount of calories per gram. Calorie breakdown for macronutrients are as follows:
 - Fat= 9 calories per gram
 - Protein= 4 calories per gram
 - Carbohydrates= 4 calories per gram

Activity:

Guided Practice: Students will identify the proper macronutrients in certain foods using the handout. Together, do the first question on the handout. Another option is to choose a food as a class and identify the macronutrients in the chosen food.

Independent Practice: Students will continue to identify the proper macronutrients on the handout. Some of the foods are a combination of foods, meaning they may have more than one macronutrient. Please have students identify the **primary macronutrient** in the foods, as well as the secondary macronutrient. After they have time to complete the activity, use the key and go through the answers together.

Closure:

What macronutrient do you think you eat the most, based on your current diet?