



Nutrients Sample Lesson: Physical Education/Health



Learning Outcome: Identify the six nutrients and which foods to eat more of

Supplies: **Signs for each nutrient group**

1. Designate 6 different spots in the gymnasium – one for each food group
 - **Vitamins** – dark green, red and orange fruits and vegetables (spinach, carrots, sweet potato, tomatoes), yogurt, chicken, fish, cereals
 - **Minerals** – bananas, cantaloupe, beans, breads and cereals, chicken, fish, beef
 - **Carbohydrates** – vegetables, fruits, breads, cereals, and pasta
 - **Protein** – meat, chicken, fish, eggs, beans and milk
 - **Water** – fruits and vegetables, drinking water
 - **Fat** – avocado, nuts, olives, seeds, fish, oil from plants (canola and soy)
2. Have a list of at least 20 different foods (use the list above as a starting point)
3. Play music for 20-30 seconds while students run, dance, jump rope, hula hoop, etc.
4. Pause the music and call out a food. Students need to run to the spot in the gym that corresponds to the right nutrient group for the food you called out. **Note:** there can be more than one right answer for many foods.

