



Nutrients Sample Lesson: 1st and 2nd Grades



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

Supplies: **MyPlate** poster and crayons

Student Handout: ***A Day in the Life of...***

1. Display the **MyPlate** poster for your students to see; review and name the five food groups on **MyPlate**
2. Start by asking students “What do cars, boats, and rockets need to keep going?” (*Fuel.*) Ask “Do people need fuel? Why?” Accept all answers.
3. Explain that food gives us energy, or fuel, to do all sorts of activities – running, jumping, thinking, talking, and laughing.
4. Talk about why it is important to move our bodies every day. What activities do students like doing? How do they feel after being physically active? Accept all answers.
5. Write the word **Nutrient** on the board. Ask if anyone knows what a nutrient is. (*Nutrients are found in some foods and help you grow and stay healthy.*)
6. Ask students what it means to eat a nutritious food or meal. Explain that nutritious foods/meals give many nutrients the body needs. 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.
7. Next, pass out ***A Day in the Life of...*** handouts to all students. Explain that they will write a short story about their favorite fruit or vegetable and what it does to help people stay healthy.

