

A close-up photograph of several fresh blueberries in a white bowl. The berries are covered in a fine layer of white bloom and some have small water droplets on them. The entire image is overlaid with a semi-transparent blue filter. The text "Lesson 1: Nutrients In Action" is written in a bold, dark blue font across the center of the image.

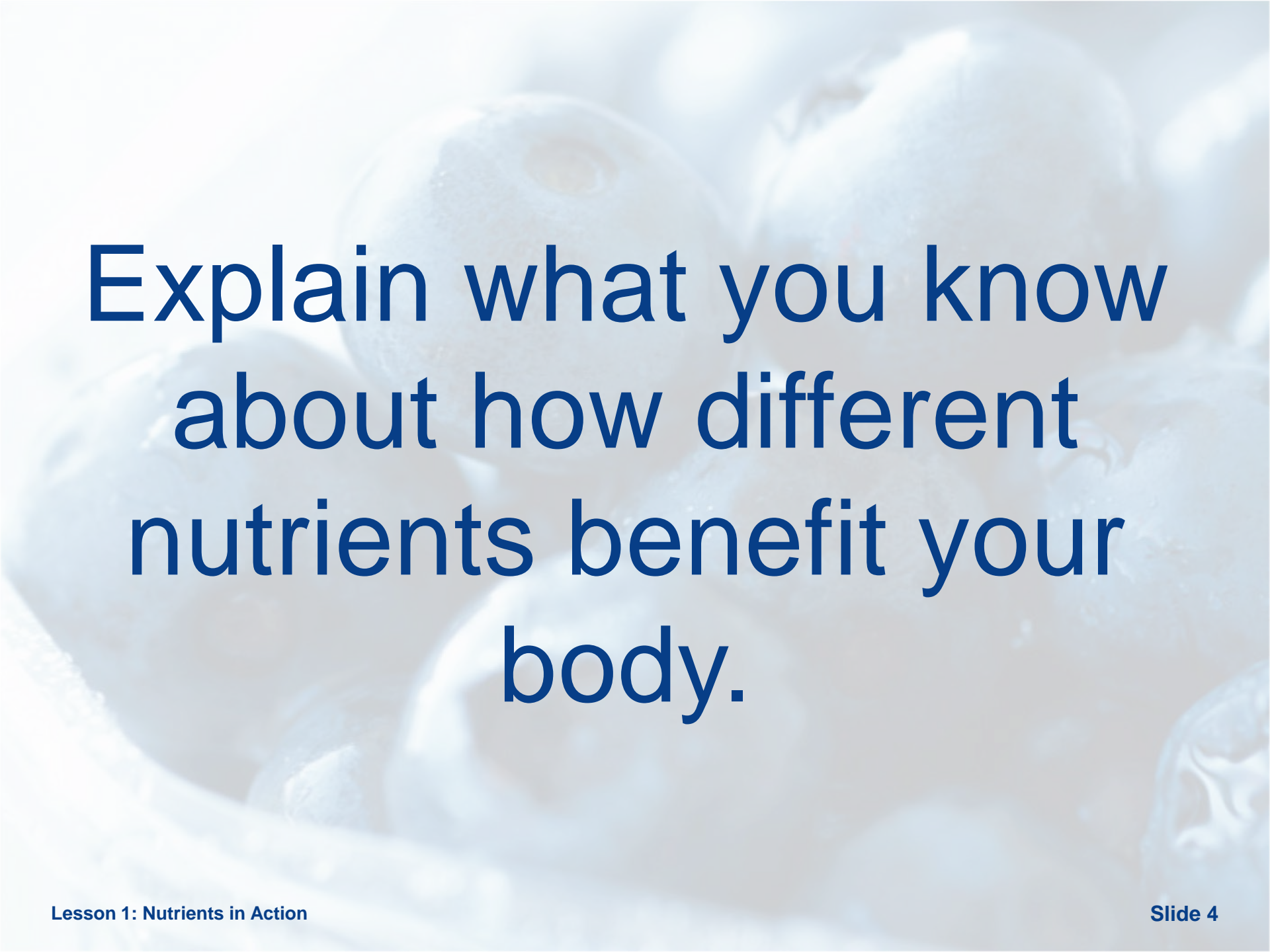
Lesson 1: Nutrients In Action



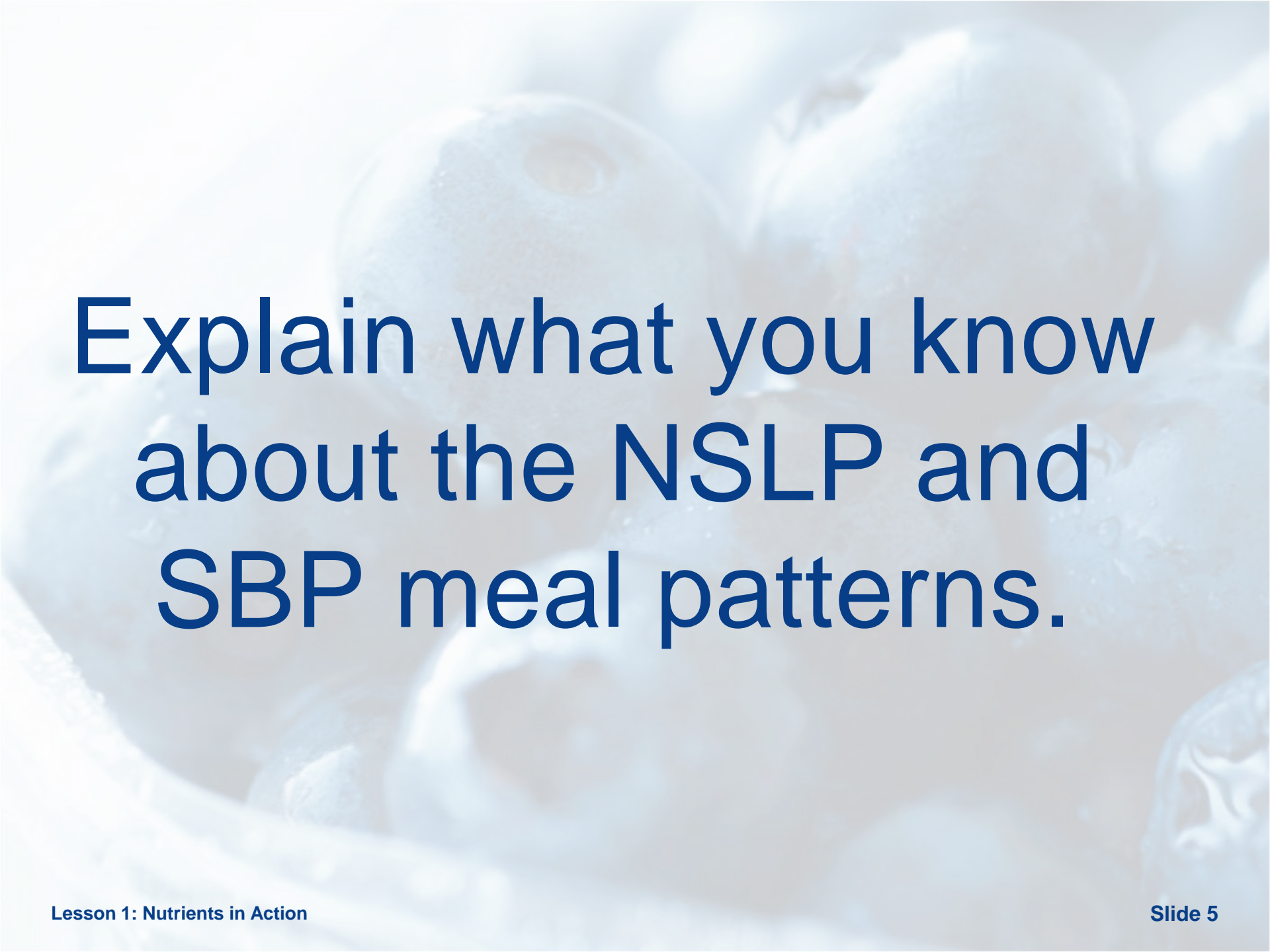
Opening Questions

A close-up photograph of a bowl filled with fresh blueberries. The berries are a deep blue color with a thin white bloom. The background is softly blurred, showing more berries and the edge of the bowl. The overall lighting is bright and natural, highlighting the texture of the fruit.

Explain what you know about nutrients.



Explain what you know
about how different
nutrients benefit your
body.



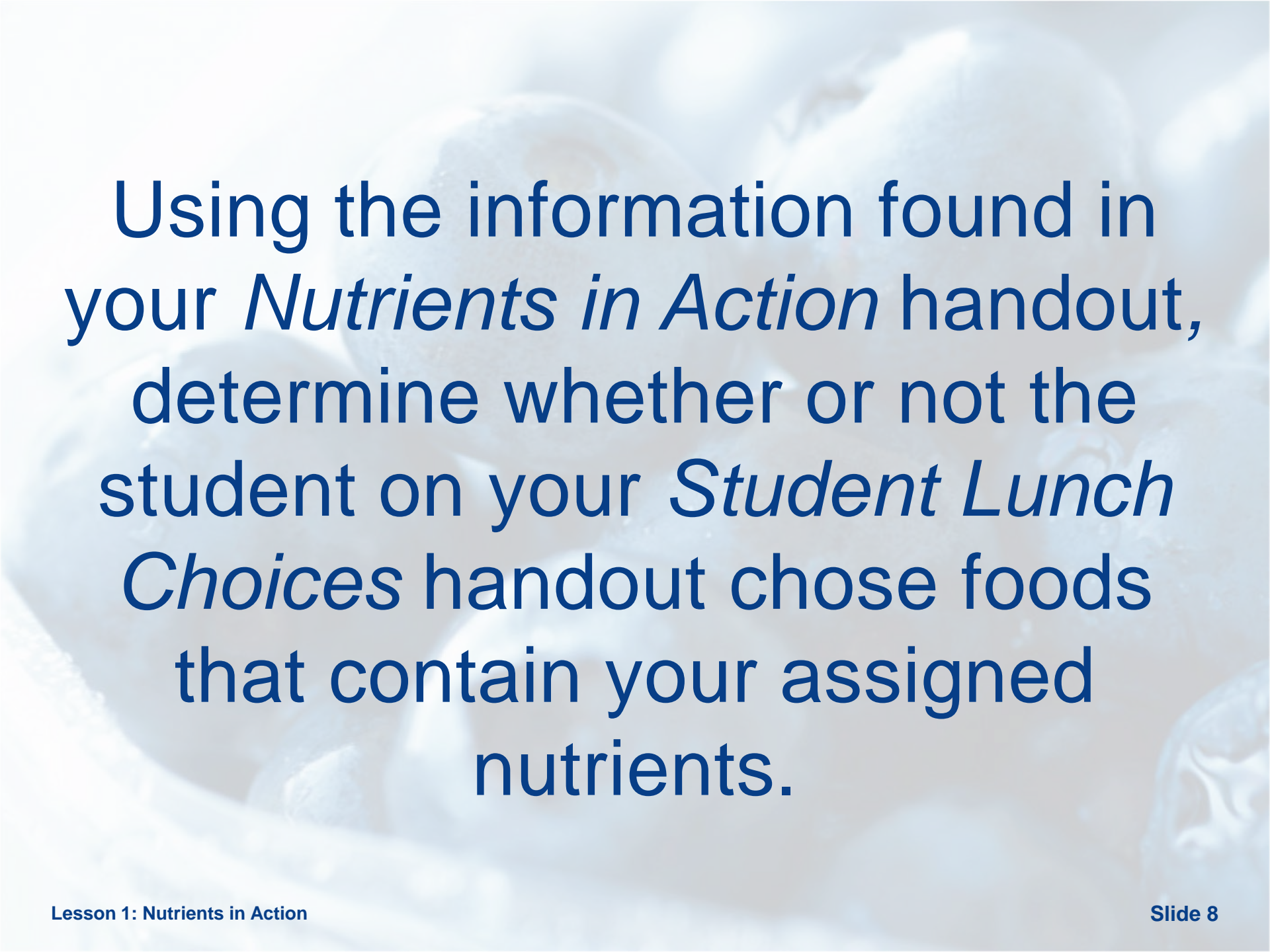
Explain what you know
about the NSLP and
SBP meal patterns.



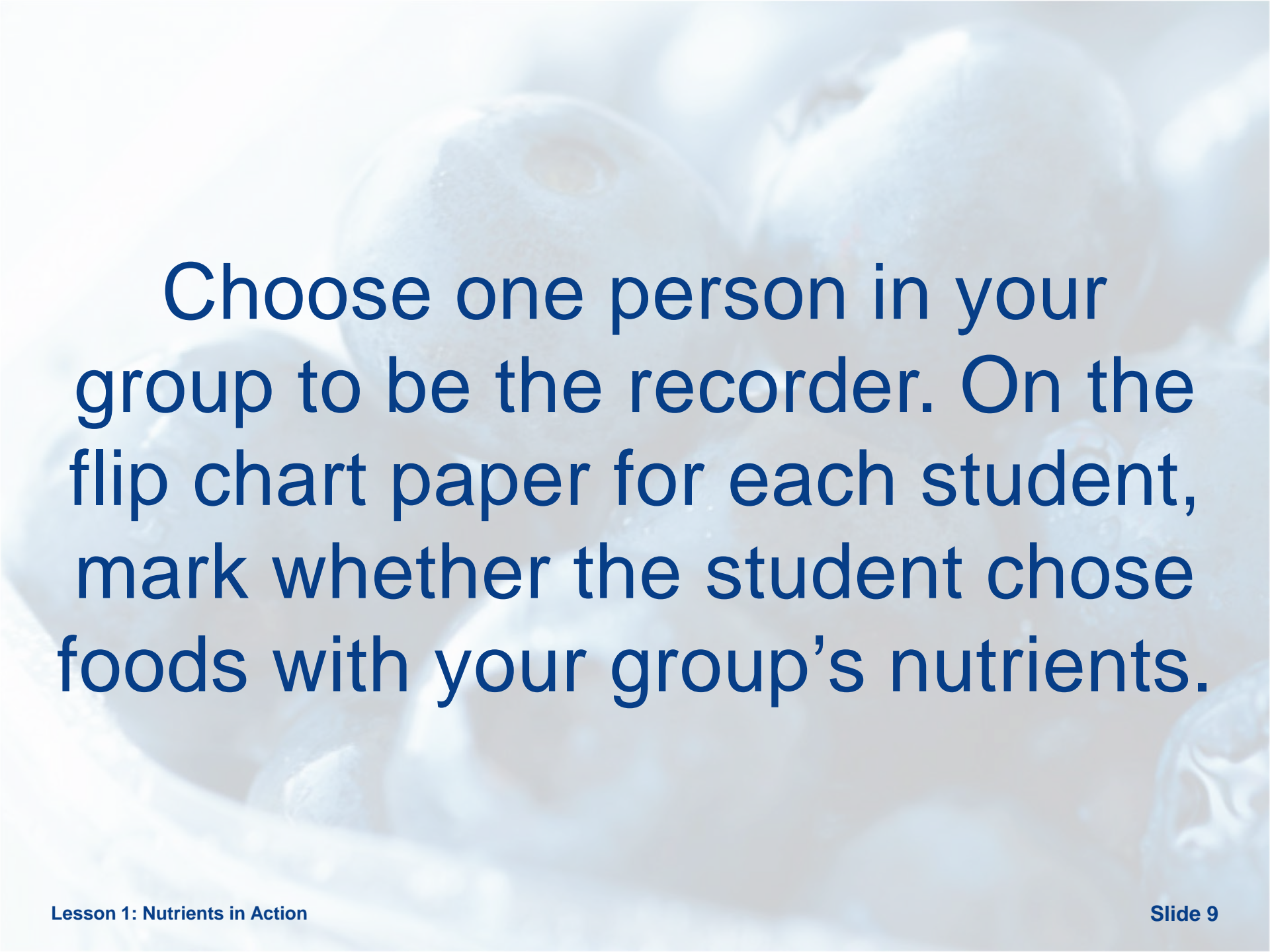
Learning Activity

Nutrients

Substances found in food and beverages that provide energy and structure to the body. They are used for growth, maintenance, and repair.



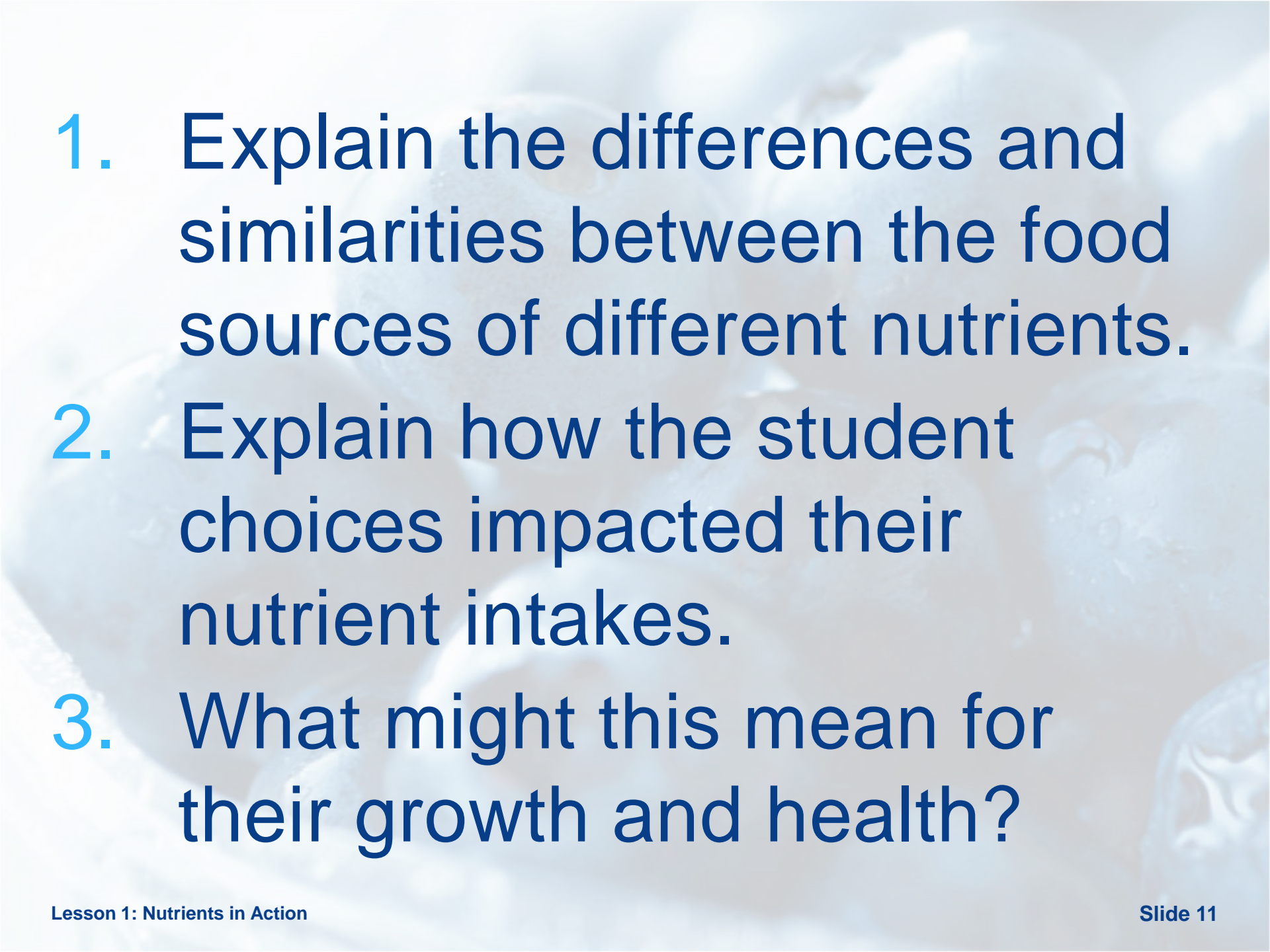
Using the information found in your *Nutrients in Action* handout, determine whether or not the student on your *Student Lunch Choices* handout chose foods that contain your assigned nutrients.

A blurred background image of a bowl filled with various fruits, including apples and oranges, in shades of blue and white.

Choose one person in your group to be the recorder. On the flip chart paper for each student, mark whether the student chose foods with your group's nutrients.



Class Discussion

- 
1. Explain the differences and similarities between the food sources of different nutrients.
 2. Explain how the student choices impacted their nutrient intakes.
 3. What might this mean for their growth and health?



Activity Wrap-Up



Expanding Knowledge

What are nutrients?

- Nutrients are substances that provide energy and structure to the body along with supporting regulatory systems.
- Food contains nutrients.
- Essential nutrients are nutrients that the body needs, but cannot make or cannot make enough of.

Six Types of Nutrients

Macronutrients

Water

Carbohydrates

Protein

Fats

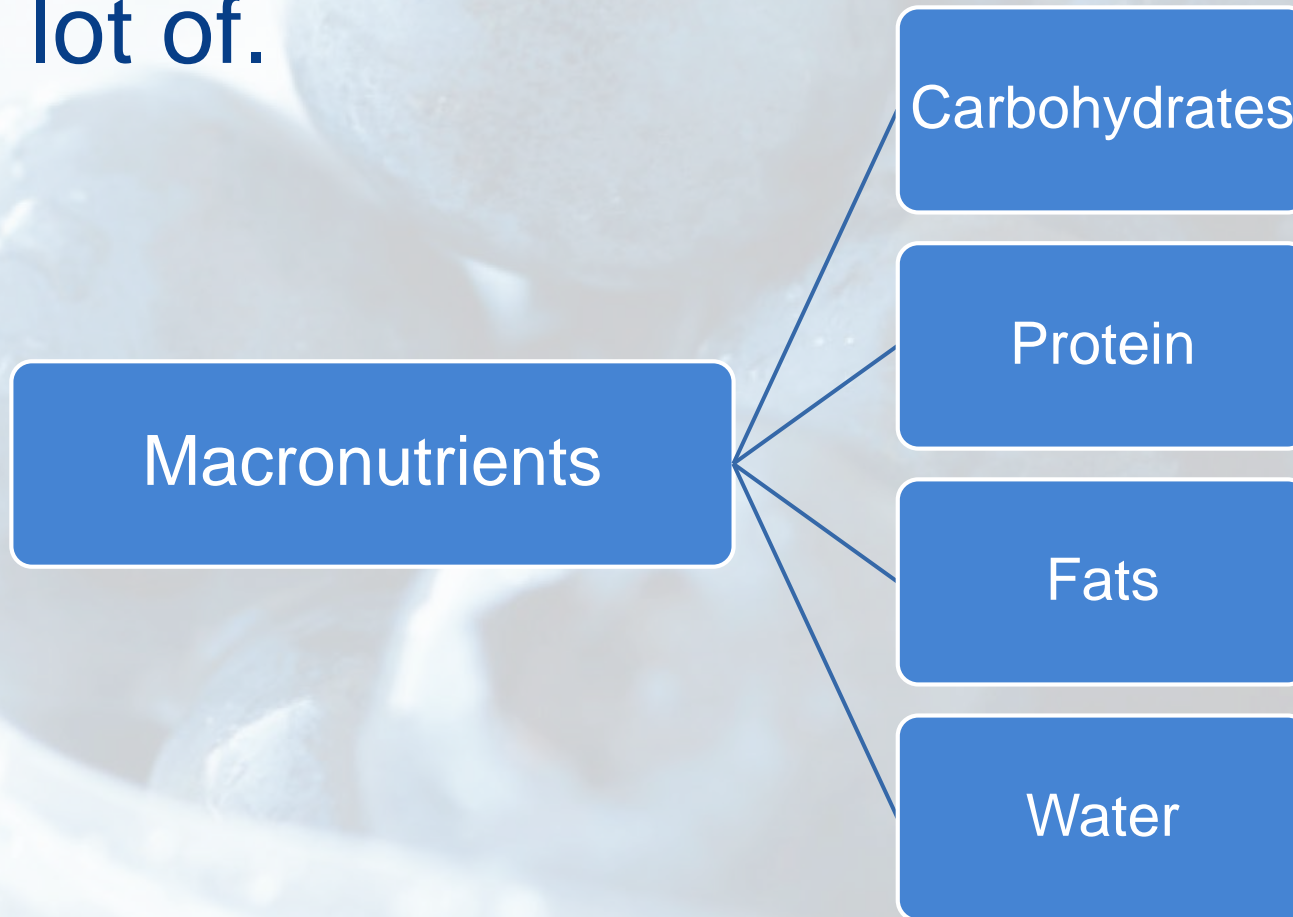
Micronutrients

Vitamins

Minerals

Macronutrients

- Macronutrients are nutrients we need a lot of.



Calories

- What do you think about when you hear the word calories?

Calories

- Calorie is the measure of how much **energy** a food has.
- The body uses calories to do physical work and maintain internal health.

Water

- Helps move things around in the body
- Keeps things lubricated
- Regulates body temperature
- Water does not provide calories

Carbohydrates

Simple Sugars

- Provides quick energy.
- Food Sources: Fruit, milk, candy, table sugar

Complex Carbohydrates

Starch

- Food Sources: Grains, pasta, potatoes, rice

Fiber

- Supports digestive health, but doesn't provide calories.
- Food Sources: Fruits, vegetables, whole grains, beans, peas

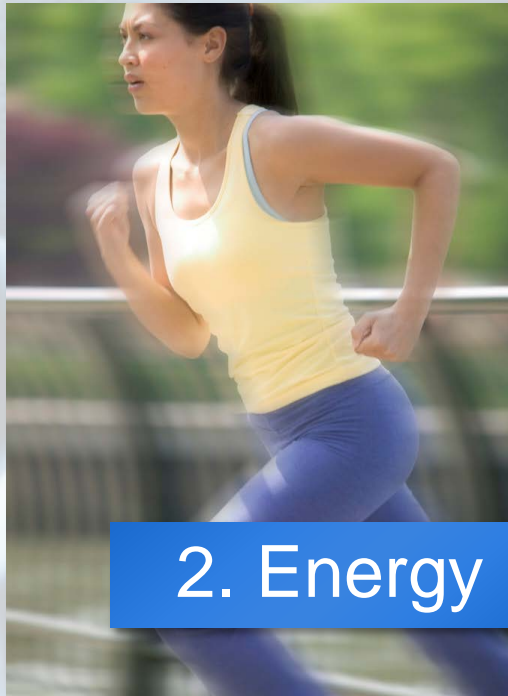
Carbohydrates

- What do carbohydrates do for us?

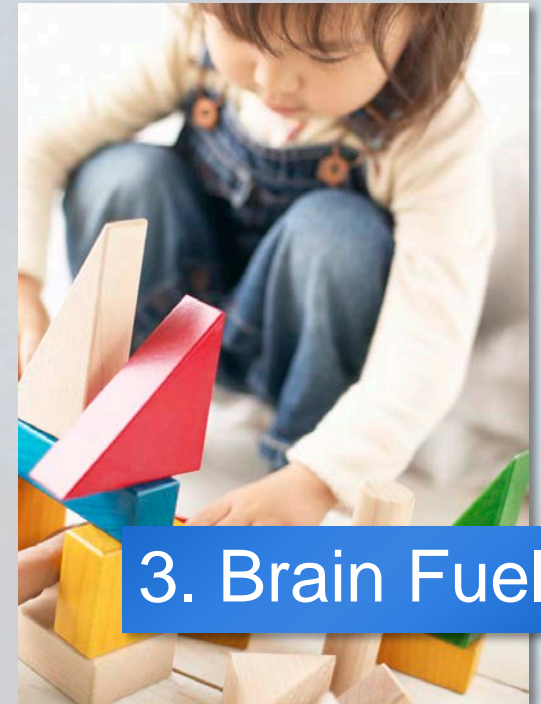
Carbohydrates



1. Fiber



2. Energy



3. Brain Fuel

Protein

Animal Sources

Meat

Poultry

Fish

Eggs

Dairy

Plant Sources

Beans

Peas

Lentils

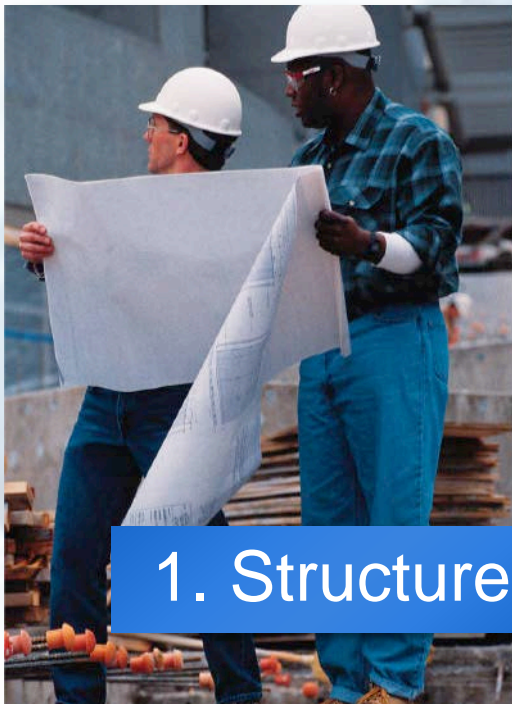
Nuts

Seeds

Protein

- What does protein do for us?

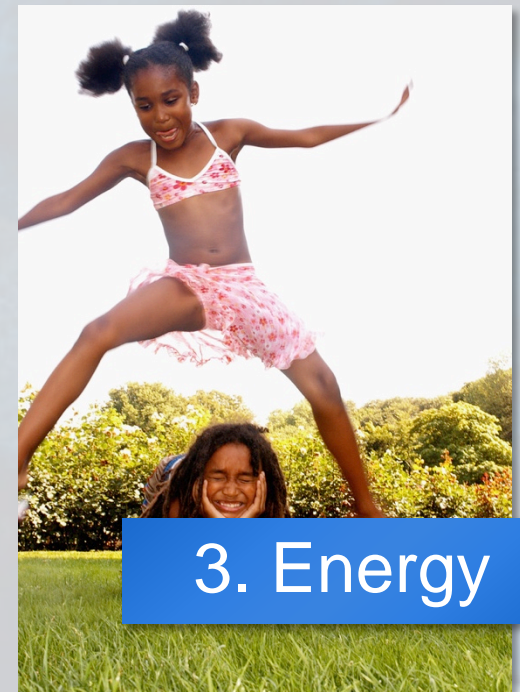
Protein



1. Structure



2. Regulation



3. Energy

Fats

Solid

- Saturated Fat & Trans Fat
- Food Sources: Butter, lard, shortening, coconut oil

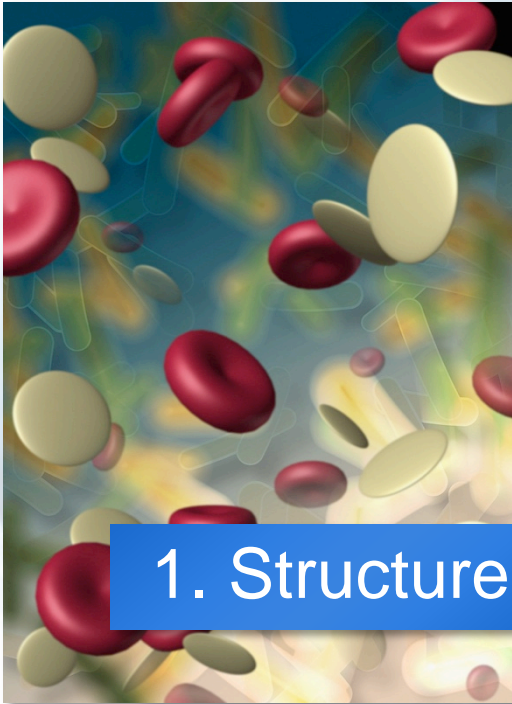
Liquid

- Monounsaturated Fat & Polyunsaturated Fat
- Food Sources: Nuts, seeds, olives, avocado

Fats

- What do fats do for us?

Fats



1. Structure



2. Regulation



3. Energy

Micronutrients

- Micronutrients are nutrients we need in small amounts.

Micronutrients



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graph TD; A[Micronutrients] --- B[Vitamins]; A --- C[Minerals]
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Vitamins

Minerals

Water-Soluble Vitamins

C

Riboflavin

Thiamin

Niacin

B6

Folate

B12

Fat-Soluble Vitamins

A

D

E

K



Minerals

Calcium

Iron

Magnesium

Potassium

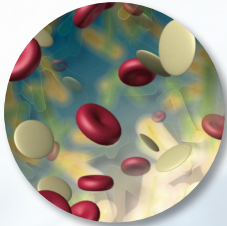
Zinc

Vitamins and Minerals

- What do vitamins and minerals do for us?



Strong bones: Vitamins D and K, Calcium, Magnesium, and Zinc



Healthy cells: Vitamins C and E



Healthy vision: Vitamin A



Healthy muscles: Calcium, Magnesium, and Potassium



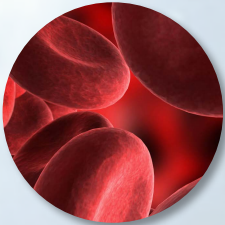
Healthy immune system: Vitamins C and D, Zinc



Help turn food into energy: B Vitamins



Help absorb other nutrients: Vitamins C (helps absorb Iron) and Vitamin D (helps absorb Calcium)



Healthy red blood cells: Vitamin B12, Folate, Iron



Healthy blood clotting: Vitamin K



Healthy blood pressure: Potassium

Different micronutrients are found in different foods



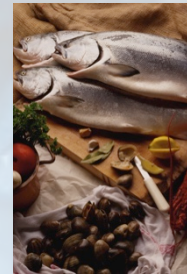
Grains: B vitamins (except B12), Iron, Zinc, Magnesium



Dairy: A, Riboflavin, B12, D, Niacin, Calcium



Meat, poultry, pork: A, B vitamins (except Folate), Iron, Zinc



Certain fish: D, Calcium

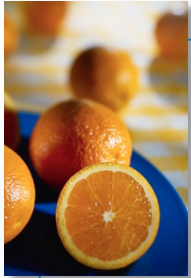


Nuts and seeds: Thiamin, B6, E, Magnesium, Zinc



Oils: E

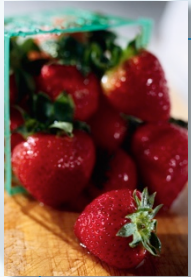
Different micronutrients are found in different foods



Orange vegetables and fruit: A, Potassium



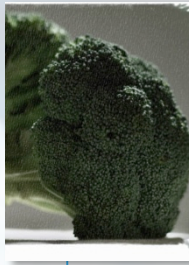
Peppers, tomatoes, potatoes: C, Potassium



Berries, citrus fruits: C



Beans and peas: Thiamin, Folate, Iron, Magnesium, Zinc

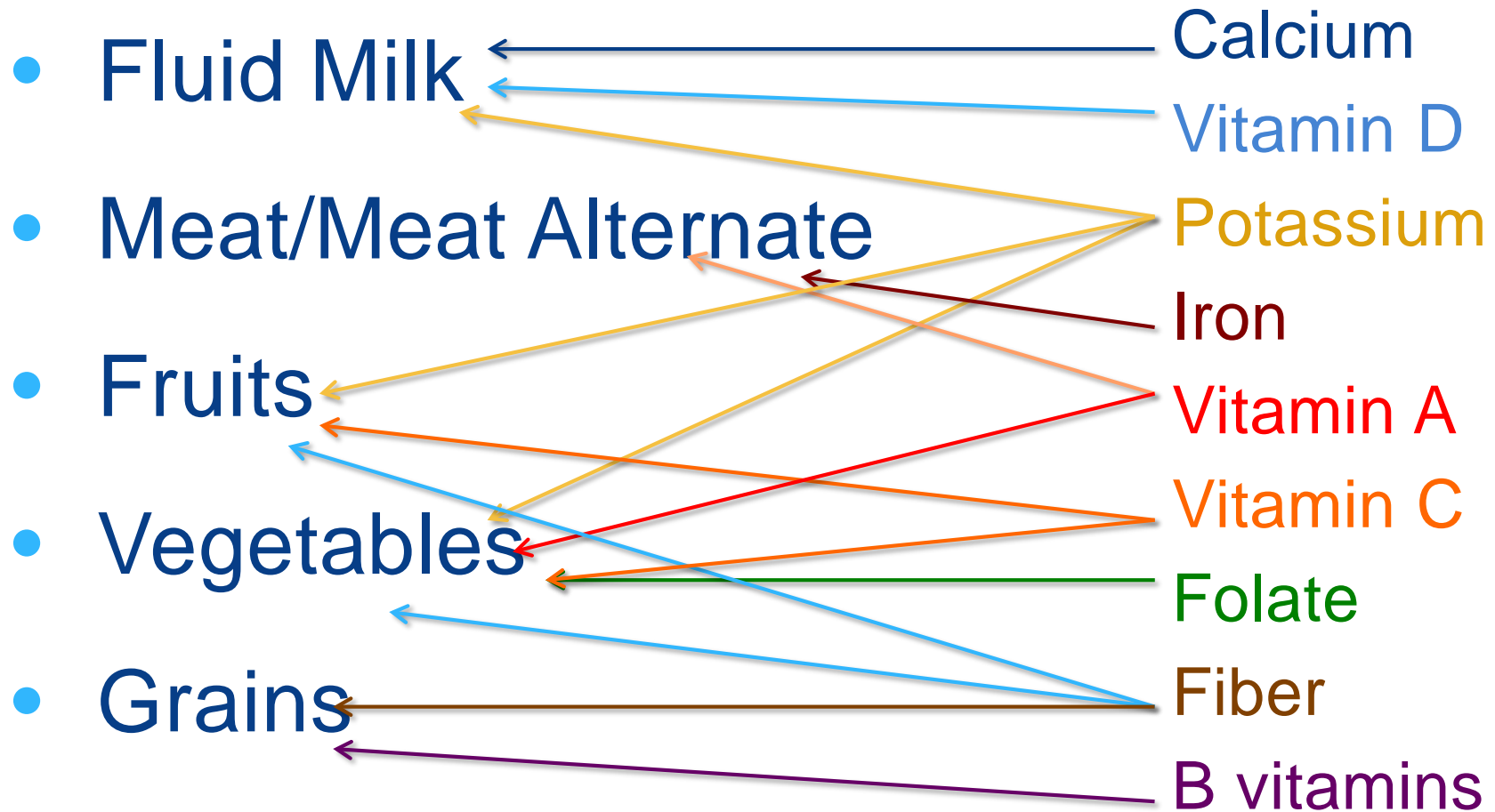


Green leafy vegetables: A, Riboflavin, C, K, Folate, Calcium, Iron, Magnesium, Potassium

Importance of Variety


- Because different foods provide different nutrients, eating a variety of different foods helps ensure you meet your nutrient needs

NSLP Meal Pattern





Goal Setting

- 
1. What is one nutrient you would like to consume more of?
 2. What are some foods you could consume to get more of this nutrient?
 3. Make a plan for how and when you would like to incorporate these foods into your week.



Thank you for
participating in Lesson 1!

This institution is an equal opportunity provider.