**Lesson 1 (2 days) – Nutrient Notes**

**California Health 7/8 Standards –**

* **1.2 N Identify nutrients and their relationships to health around the globe**
* **1.7N Describe the benefits of eating a variety of foods high in iron, calcium, and fiber**
* **1.10N Identify the impact of nutrition on chronic disease**

**Objective - Students will identify and explain the six essential nutrients, and identify sources of that nutrient.**

**Anticipatory Set -**Students will begin the unit with a quick write prompt “What are the necessary nutrients for all people to have healthy lives?” After time to write, students will share with a partner; random partners will be asked to share out whole class.

**Hand out** -Students will be handed a food log, to document what they eat for one week, their mood when they eat, and any exercise. Students will be shown an example of how to complete the log. (See attached food log) (The food log will be examined by the student on Lesson 5, needs to be examined after students complete it for an entire week.)

**Notes -**Students take notes on the basic information about the six essential nutrients (carbohydrates, protein, fat, vitamins, minerals, and water) in note form. Students will be placed into groups, and will move throughout six stations taking notes on a template (approximately 10 minutes per nutrient), and discussing with their group mates. (See attached nutrient information and note sheet) This is done over two days.

**Assessment -** After students rotated through all six stations students will then be asked to write a reflection -

* “Think back to what you had for dinner yesterday, name the nutrients that were included in your dinner and their food source.”
* “Do all individuals have adequate access to these nutrients locally and throughout the world? Why? Why not? Explain your answer.”
* Each group is then assigned one nutrient to explore more in-depth for a class presentation. (See Lesson 2)