Nutrition PowerPoint L1

NUTRITION

PowerPoint Presentation and Activities

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Thank you for purchasing this resource on Nutrition, this is a PowerPoint Presentation, which contains information and activities that relate to food and nutrition. This resource includes information, printable graphic organizers, activities, project ideas, vocabulary and a quiz.

This resource will cover:

What is Nutrition?

What are the 6 major nutrients?

Nutrient Deficiencies

The food Plate

Tips on eating healthy

Each Lesson presentation includes a BIG QUESTION, a DO NOW ACTIVITY AND LESSON OBJECTIVES. There is also a graphic organizer which students complete as they interact with the presentation. Each lesson has questions and additional activities; with rubrics, for each lesson.

CONTENTS

Lesson 1: What is Nutrition?

Lesson 2: Nutrients For Health.

Lesson 3: How Can I Eat Healthy? The Food Plate

Activities

L1: WHAT IS NUTRITION?

BIG QUESTION: What would happen if we did not eat food?

DO NOW: Why do you think we need to eat food, write 6-7 sentences to explain your answer.

LESSON OBJECTIVES:SWBAT

Explain what nutrition is

Explain what can influence our nutritional choices

Explain what the food plate is.

WHAT IS NUTRITION?

Have you ever wondered what would happen if you just ate candy all the time?

Imagine just eating sugar and nothing else. How do you think your body would cope?

Do you think your body would get all of the materials and substances that it needs to survive?

The answer is no!

Nutrition is the process of taking in food and using it for energy, growth and good health. The food that we eat contains the raw materials which our body’s need to function. With out them our bodies become deficient in important substances and you can risk becoming sick.

The food that we eat is needed for many body functions.

Food Provides:  
Growth

Energy

Good Health

Raw Materials

WHY DO WE EAT FOOD?

There are many reasons why we eat food.

Our body’s DEMAND FOOD and send messages to our brain telling us to eat.

Food is a necessity. Without it our body’s would not be able to function and daily tasks like walking would become very tiring

WHY DO WE EAT FOOD?

We can also eat food to satisfy emotional needs.

Sometimes if you are sad you may feel like eating.

Some people take comfort in eating, as it make you feel good.

This type of eating can be unhealthy, as your body does not need the food.

In most cases the food that people eat when they are sad is unhealthy, having more of a negative effect on your health.

We can also eat food to satisfy social needs.

Restaurants and eating places are great places to meet friends and family.

Sometimes eating can make great social events.

Next time you eat something, think about why you are eating.

Is it because your cells demand the substances locked in the food?

or is it because the food is giving you a feeling of contentment.

It is important that when we eat food, we get the right balance of food types to ensure that our bodies receive the correct amount of substances that it needs to function.

The type of food that you eat can depend on the following influences:

PERSONAL TASTE, Geography, family, Friends, culture, advertising, cost, convenience

THE FOOD PLATE

The USDA along with many other health organizations have developed ways to help us ensure the foods that we eat contain all of the substances that we need.

Their original guidelines could be found in “The Food Guide Pyramid”, we now use “The Food Guide Plate”, to help guide us in creating meals that are a healthy balance of the food substances that our body’s need.

Let’s say goodbye to the food pyramid!

MyPlate is divided into four sections of approximately 30 percent grains, 40 percent vegetables, 10 percent fruits and 20 percent protein, accompanied by a smaller circle representing dairy, such as a glass of milk or a yogurt cup.