

IMPORTANCE OF FOOD TO OUR GROWTH

3.15.2019

Subject

Social Studies

Prepared By

[Instructor Name]

Grade Level

1

Overview

This lesson plan covers teaching content for;

1. The Nutrients in the food we take.
2. The importance of food to our growth.

Teacher Guide

Day 1/Lesson 1 – 40 Mins

1. Start the class by asking the pupils what type of food they eat and how they combine the food.
2. As the pupils explain how they combine different kinds of food, use their answers to explain to them the meaning of balanced diets by giving them a combination of food that should go together.
3. Give the pupils the Food Classification Activity Sheet. Explain that various foods contain different nutrients that help their bodies in different ways.
4. Tell the pupils that proteins are important nutrients in food. Proteins help them grow and stay well. Have children look at the sheet and name specific foods that contain proteins.
5. Explain that carbohydrates in food give their bodies energy. Name the specific food that contains carbohydrates.
6. Next, have children look at foods that provide fiber. Explain that the fiber they get from foods helps them digest food and helps

Guided Practice

Day 2/Lesson 1- 15 mins

1. Display the foods you have brought: beans, bread, cereal, apple, cabbage, fat-free milk.
 - Hold the beans up. What helpful nutrients does a bean have? (Proteins, vitamins, minerals).
 - What nutrients does bread have? (Carbohydrates, fiber).
 - What nutrients does cereal have? (Carbohydrates, fiber, vitamins).
 - What nutrients does an apple have? (Carbohydrates, fiber, vitamins).
 - What nutrients does cabbage have? (Fiber, vitamins, minerals).
 - What nutrients does fat-free milk have? (Proteins, vitamins, minerals).

Day 4/Lesson 2 -20 Mins

1. Ask children to bend one arm up and feel their biceps muscle, and then feel the bones in their wrists and lower arms. Explain that nutrients from food help their bones and muscles grow and stay strong.

Materials Required

- video clip
- picture
- real food.

Additional Resources

- <https://www.google.com/search?rlz=1EQsAR6BAGlEAE#imgdii=-OeK42QEa>
- <https://www.google.com/search?rlz=1EQsAR6BAGlEAE#imgdii=-OeK42QEa>
- <http://archives.lessoncorner.com/0e5>
- <https://study.com/academy/popular/r>
- <http://sciencenetlinks.com/lessons/nu>
- <https://www.concern.net/sites/default>

Additional Notes

Objectives

Students will be able to:

1. List the nutrients in the various foods we eat.
2. Identify the functions of the nutrients in the food we eat.
3. Explain the meaning of balanced diet.

Information/Instruction

1. Food is very important to our growth, and getting the right combination of it at a given time is of more importance.
2. This informs the reason human beings do not limit themselves to a singular food, because

different kinds of food perform different functions in the body.

Teacher Guide

- keep their teeth and gums healthy. If necessary, explain that digest means to break food down into pieces that are small enough to be used by the body.
7. Explain that many different foods contain various vitamins and minerals.
 8. Convey to the pupils that some foods are richer sources of nutrients than others. It is the combination of these nutrients working together that helps us grow and stay healthy.

Day 3/Lesson 2 – 30Mins

1. Encourage the pupils to think about how food helps them by asking the following questions:
 - **Have you ever seen a picture of yourself when you were a baby?**
 - **How have you changed since you were a baby?**
2. The pupils may give several answers. Emphasize that one important change is that they have grown taller and larger as they have gotten older.
3. Explain that nutrients from food help them grow taller and gain weight.
4. If necessary, point out that nourishing parts of food such as vitamins and minerals are called nutrients.
5. Help the Pupils learn the importance of food or lack of it from a video clip or pictures showing people with various deficiencies like kwashiorkor, stunted growth, and blindness.

Guided Practice

2. Have children jump up and down. Explain that nutrients from food give them energy to work and play.
3. Have you ever been sick and had to stay home in bed? Explain that most people get sick sometimes, but nutrients in food help them stay well and get well quickly when they do get sick.
4. Then ask children to give big smiles. Explain that nutrients from food help them have healthy teeth as well as healthy skin and hair.

	Teacher Guide	Guided Practice
Assessment Activity 1. List three (3) types of Nigerian foods and identify the nutrients in them. 2. Mention the importance of food to our growth.	Assessment Activity 3. List the classes of food that makes up a balanced diet. 4. Describe the meal you ate yesterday and mention the classes of food that is contained in the meal. Explain if the meal is balanced or not and describe how to make the meal balanced if it is not balanced.	
Summary		