

# Lesson Plan

**Date:** 25/3/2024

**Lesson title:** Types of Nutrition

**Duration:** 45 minutes

**Class:** grade 12

## Objectives:

You will be able to:

1. explain the importance of nutrition in living organisms,
2. recall the defining characteristics of autotrophic and heterotrophic nutrition and compare and contrast them.
3. identify types of heterotrophic nutrition, including parasitic, saprophytic, and holozoic, identify organisms that use holozoic nutrition as carnivores, omnivores, and herbivores.

## Teaching aids:

Data Show - Pictures

## Resources work:

1. Text book
2. Videos
3. Various online sources



### **Teaching strategies:**

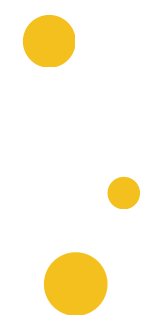

1. Brainstorming
2. Educational games
3. Group work or cooperative learning
4. Discussion or critical thinking

### **Warm up:**

1. Show pictures of plant, animal or mixed food and guess them

**Duration:** 5 minutes

### **Elements of lesson:**

1. Definition of nutrition
  2. Definition of nutrition  
Definition of autotrophic organisms
  3. Definition of are heterotrophic organisms
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## Activities:

### Activity 1:

This activity is done by guessing the pictures that are displayed, whether they follow plant, animal, or mixed nutrition.

**Duration:** 5 minutes

### Activity 2:

Students are divided into groups and each group plays a role-play explaining a specific type of nutrition and the important nutrients in it.

**Duration:** 10 minutes

### Activity 3:

Students are divided into groups, and each group begins by conducting a short research on different types of nutrition and their importance, and then presenting the results to the class.

**Duration:** 10 minutes

### Activity 4:

In this activity, students are asked to discuss the benefits and drawbacks of each type of nutrition, and whether or not one type is better for overall health.

**Duration:** 5 minutes



### **Evaluation**

Evaluation is done step by step, and can be done through a simple quiz to ensure that students understand the lesson

**Duration:** 5 minutes

### **Home work:**

1. Which of the following is not a benefit of proper nutrition?
  - A. Provides the energy needed for vital processes.
  - B. It can treat genetic disorders of the organism.
  - C. Provides materials for growth and repair.
  
2. In order for autotrophs to perform photosynthesis, they need to obtain all of the following from the surrounding environment, EXCEPT:
  - A. Carbon dioxide
  - B. Water
  - C. Organic matter
  - D. Sunlight
  
3. Which of the following terms describes a person?
  - A. carnivore
  - B. herbivore
  - C. Feeding throw
  - D. Feed mixture