



**nearpod**  
Authors program

**Anthony Slusher**

**GRADES**  
**6-8**

# **NUTRIENTS** **IN YOUR FOOD**

**HEALTH**

**nearpod**



“ TAKE CARE OF  
YOUR BODY,  
it's the only place  
YOU HAVE TO LIVE ”



# Anthony James Slusher

## Elementary and Middle School Health Educator

Hi there! I'm Anthony, an Elementary and Middle School Health Educator with a craze for motivating our youth on the importance of living a healthy and active lifestyle. In my highly enthusiastic classroom, we engage in the skills, knowledge and understanding it takes to create and sustain lifelong physical, mental and emotional health. I take pride in being a Healthy Role Model for my students and hope to inspire them to do the same :)

Healthy people = Happy people. Who doesn't want to be happy?

Hobbies: Yoga, Sports, Nature, Hiking, Camping, Biking, Reading, Being Grateful.

Qualities: Energetic, Motivated, Passionate.



# Lesson Objectives

## Students will:

1. Quickly review the five major food groups.
2. Identify the nutrients found in each food group.
3. Explain the importance of each nutrient for the health of our minds and bodies.

Teachers' Note: Students should explore the lesson on the 5 food groups before participating in this one

**Classroom Time: 35 minutes**

# Open Ended Question



**Can you name some of the NUTRIENTS in the breakfast you had this morning?**

# The Food Groups

Foods are grouped together because they provide similar amounts of the **key nutrients** of that food group.

To meet the nutrient requirements essential for good health, you need to **eat a variety** from each of the five food groups daily, in the recommended amounts.

It is not necessary to eat from each food group at every meal.

*Fruits*  
*Vegetables*  
*Grains*  
*Proteins*  
*Dairy*







# Fruits & Vegetables

**Dietary fiber** from fruits and vegetables helps reduce blood cholesterol levels and may lower the risk of heart disease.

Fiber is important for proper bowel function. It helps reduce constipation.

Diets rich in foods containing fiber may *reduce the risk* of heart disease, obesity, and type 2 diabetes.

# Fruits & Vegetables

**Vitamin C** is important for growth and repair of all body tissue. It helps heal cuts and wounds and also keeps teeth and gums healthy.

Folate (**folic acid**) helps the body form red blood cells

**Vitamin A** keeps eyes and skin healthy and helps to protect against infections.

The **potassium** in some fruits such as bananas and prunes may help to maintain healthy blood pressure.



# *Partner Activity*

**Make a list of all the foods you can think of that are high in Vitamin C.**



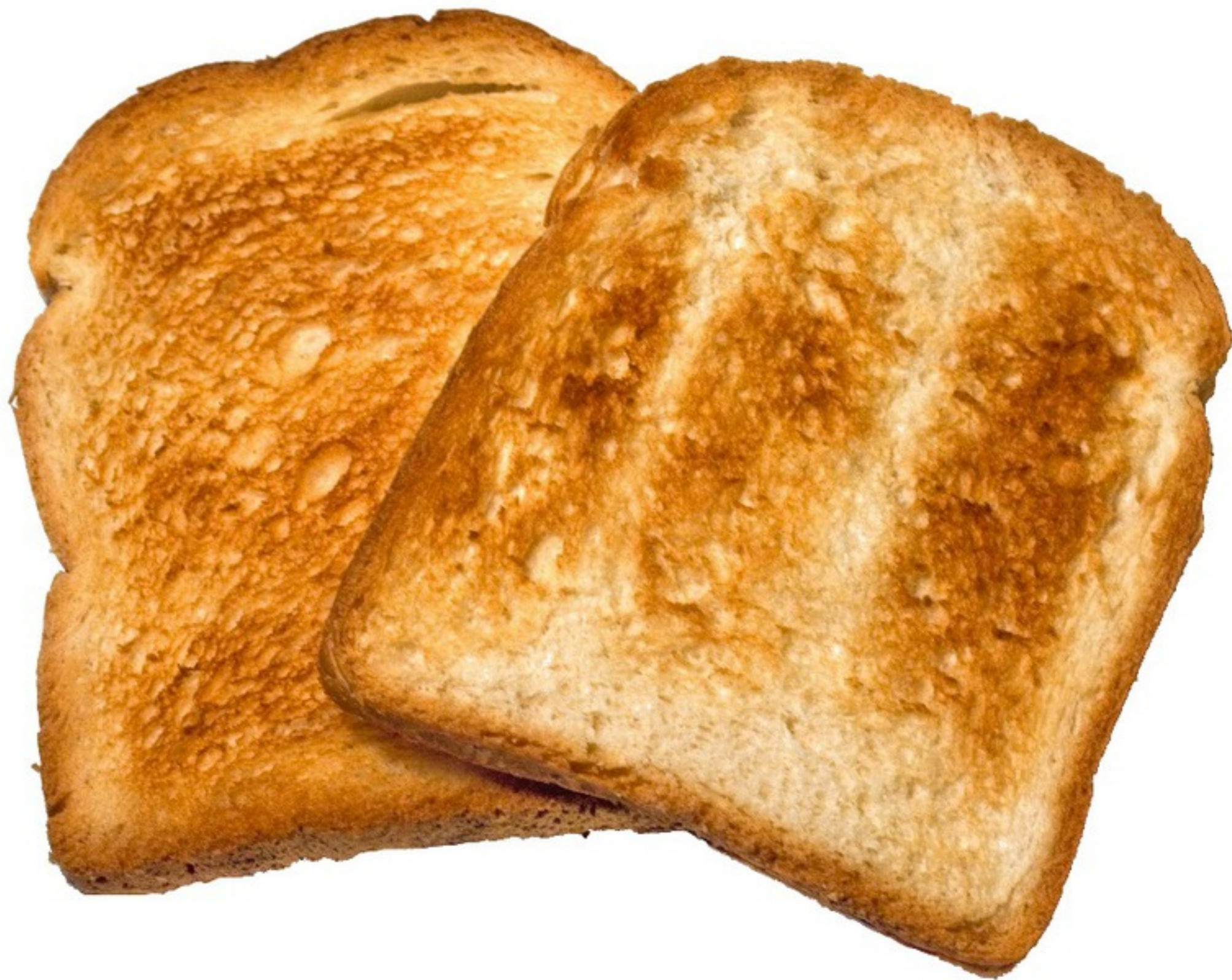
# Open Ended Question



## *Partner Activity*

Make a list of all the foods you can think of that are high in Vitamin C.

**Make a list of all the foods you can think of that are high in Vitamin C**





# Grains

Grains are important sources of many nutrients including **dietary fiber**, several **B vitamins** (thiamin, riboflavin, niacin, and folate), and **minerals** (iron, magnesium, and selenium).

The B vitamins play a key role in metabolism – they help the body release energy from protein, fat, and carbohydrates.

# Grains

Whole grains are sources of magnesium and selenium.

**Magnesium** is a mineral used in building bones and releasing energy from muscles.

**Selenium** protects cells from oxidation. It is also important for a healthy immune system.



# Open Ended Question

**Why is it so important to have grains in your diet?**







# Proteins

Proteins function as *building blocks* for bones, muscles, cartilage, skin, and blood. They are also building blocks for enzymes, hormones, and vitamins.

**B vitamins** found in this food group help the body release energy, play a vital role in the function of the nervous system, aid in the formation of red blood cells, and help build tissue.



# Proteins

**Zinc** is necessary for biochemical reactions and helps the immune system function properly.

**Iron** is used to carry oxygen in the blood. Many teenage girls and boys have iron-deficiency anemia. They should eat foods high in iron accompanied by foods rich in vitamin C, which can improve absorption of iron.





# Dairy

Consumption of dairy products is linked to improved bone health, and may reduce the risk of osteoporosis, thanks to the high levels of **Calcium**.

The intake of calcium is especially important during childhood and adolescence, when bone mass is being built.

The **Vitamin D** in dairy helps your body maintain proper levels of calcium and phosphorous, thereby aiding in the building and maintenance of bones.

# Draw It



Match each nutrient to the food group(s) that provide it.

*Vegetables*

*Fruits*

*Grains*

*Proteins*

*Dairy*

**Vitamin D**

**Selenium**

**Magnesium**

**Iron**

**Vitamin A**

**Calcium**

# ANSWERS

*Vegetables*

*Fruits*

*Grains*

*Proteins*

*Dairy*

**Vitamin D**

**Selenium**

**Magnesium**

**Iron**

**Vitamin A**

**Calcium**



# Slideshow

# Fruits & Vegetables

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1

2

3

4

5

6

7



# Fruits & Vegetables

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- 2
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- 5
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- 7



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**B vitamins** found in this food group help the body release energy, play a vital role in the function of the nervous system, aid in the formation of red blood cells, and help build tissue.

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- 1
- 2
- 3
- 4
- 5
- 6
- 7



# Quiz

**Dietary \_\_\_\_\_ from fruits and vegetables helps reduce blood cholesterol levels and may lower the risk of heart disease.**

grains

fiber

acid

sugar



**Which vitamin that is found mostly in fruits is important for growth and repair of all body tissue, helps heal cuts and wounds, and keeps teeth and gums healthy?**

Vitamin A

Vitamin B

Vitamin C

Vitamin D

**Which vitamin found mostly in fruits and vegetables keeps eyes and skin healthy and helps to protect against infections?**

Vitamin A

Vitamin B

Vitamin C

Vitamin D



**Finish this sentence: Iron, found in most proteins, is \_\_\_\_\_.**

- important for proper bowel function
- a mineral used in building bones
- used to carry oxygen in the blood

**True or False. Whole grains are sources of magnesium and selenium.**

True

False



**True or False. B vitamins help the body release energy, play a vital role in the function of the nervous system, aid in the formation of red blood cells, and help build tissue.**

True

False

**The intake of this nutrient is especially important during childhood and adolescence, when bone mass is being built.**

Fiber

Folate

Calcium



*Thank  
You!*

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# Nutrients in Your Food



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\* Required

**What did you think of this presentation? \***

Try starting with "I like" and "I wish"...



**What grade are you in? \***

- 5th
- 6th
- 7th
- 8th

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