

How to Use This Document

The lessons and materials in this prevention unit are designed to be used together and in order.

Lessons: Each lesson contains movement or breathing breaks, a video explaining each health topic, a review for students to strengthen their understanding, and a slide for parents.

Materials: The materials provided in each lesson are designed to reinforce the main idea of each topic. These materials can be used in a whole class setting, in small groups, or individually.

Parent Post: Each lesson has a Parent Post created to keep grown-ups at home involved in what their student is learning! The posts include key topics and vocabulary that was used.

Connecticut State Standards

Standards: Healthy & Balanced Living Curriculum Framework

Health Education & Physical Education

HEPA 1.6.5 Describe the benefits of limiting the consumption of solid fat, added sugar, and sodium

HEPA 1.1.5 Name the food groups and variety of nutritious food choices for each food group.

HEPA 1.2.5 Explain the importance of eating a variety of foods from all the food groups.

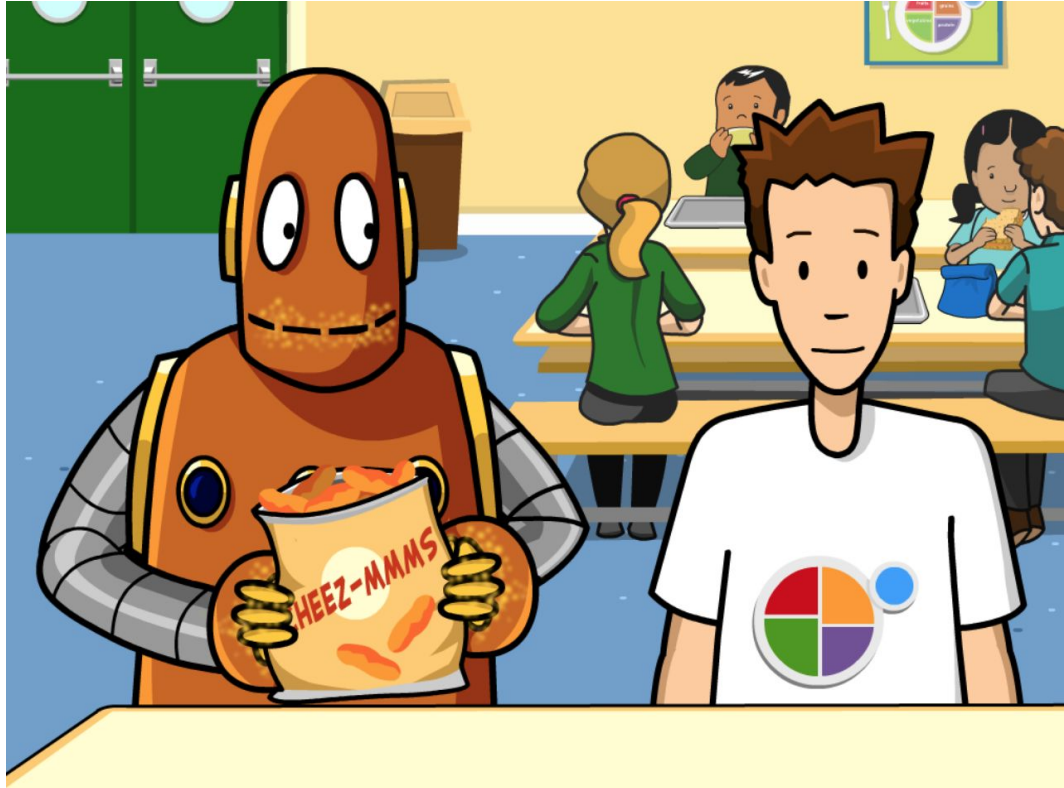
HEPA 1.3.5 Describe the physical, mental, social, and academic benefits of healthful eating habits and physical activity

What is
Nutrition?

What Do We Know About Nutrition?

What are nutrients?	What are examples of healthy food?	Why is it important to eat nutritious food?
• • • •	• • • •	• • • •

What is Nutrition?



What is Nutrition?

MyPlate Food Guide

MyPlate Is a Symbol for Healthy Eating

MyPlate is the model for healthy eating in the United States. Experts at the United States Department of Agriculture (USDA), the agency in charge of nutrition, created the colorful plate to help people remember to:

- Eat a variety of healthy foods.
- Eat less of some foods and more of others.

The plate features four sections — vegetables, fruits, grains, and protein — plus a side order of dairy in blue.

The big message is that fruits and vegetables take up half the plate, grains and protein take up about one-quarter of the plate.

The divided plate also helps keep portion sizes in check. Regularly eating too much can cause too much weight gain.

What's a Grain Again?

You know what fruits and vegetables are. But here's a reminder about what's included in the three other food groups: protein, grains, and dairy:

- **Protein:** Beef; poultry; fish; eggs; nuts and seeds; and beans and peas like black beans, split peas, lentils, and even tofu and veggie burgers. Protein builds and maintains muscles, skin, blood, and other tissues in your body.
- **Grains:** Bread, cereal, rice, tortillas, and pasta. At least half of the grains you eat should be whole-grains, such as whole-wheat bread, oatmeal, and brown rice. Whole grains have more fiber and help you feel full.
- **Dairy:** Milk, yogurt, cheese, and fortified soy milk and soy yogurt. With MyPlate, the dairy circle could be a cup of milk, but you also can get your dairy servings from yogurt or cheese. Choose low-fat or nonfat dairy most of the time.

The plate can be used for breakfast, lunch, and dinner. That may make you wonder: Do I really have to eat vegetables with breakfast? The answer is no, but aim to eat a variety of food groups at each meal. And if your breakfast doesn't include a veggie, choose a fruit and consider a vegetable at snack time or more vegetables at dinner.

What are nutrients?

Nutrients are the substances in our food that we need to live and grow!

Nutrients are important, they help our body:

1. **Grow** taller and stronger
2. **Think clearly** and fights off sickness
3. **Have energy** to play, learn and do activities

What are nutrients?

Different foods have different nutrients, so it is important to eat different types of foods to get different types of nutrients.

Try to eat something from the main food groups: vegetables, fruits, protein, carbohydrates and dairy. A good rule is to “eat the rainbow”!



shutterstock.com · 2388054891

What are nutrients?

There are six main nutrients:

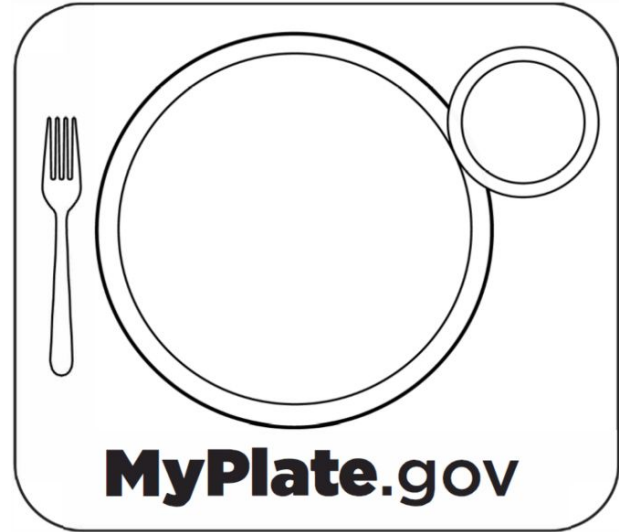
1. **Carbohydrates:** gives energy
2. **Proteins:** builds and repairs muscles, skin and other body parts
3. **Fats:** provide energy and helps the body absorb vitamins
4. **Vitamins:** keeps the body working properly, like helping eyesight, skin and immunity
5. **Minerals:** builds strong bones and teeth, and helps blood and muscles
6. **Water:** keeps the body hydrated, helps digestion and regulates temperature

What are nutrients?

Using what you already know about nutrients, create your meal!
Remember- try to incorporate as many different types of food to get different types of nutrients!

Challenge: If you are an early finisher, try to label your foods!

1. **Carbohydrates**
2. **Proteins**
3. **Fats**
4. **Vitamins**
5. **Minerals**
6. **Water**



Let's Review!

What are nutrients? What are some examples?

Nutrients are

_____.

Some examples of nutrients are _____.

Why is it important to eat healthy foods?

It is important to eat healthy foods because

_____.

For Parents!

There are six main nutrients: **carbohydrates, protein, fats, vitamins, minerals and water.**

Nutrition can affect **learning** and **energy**: a balanced meal can help with focus, attention and energy. Skipping meals or not having enough variety of nutrients can lead to tiredness, irritability or trouble concentrating.

Portions should be kid-sized and kid appropriate!

Additional Resources

- USDA Dig In [Lessons](#)
- USDA Dig In [Handouts](#)
- BrainPop [Resources](#)
- MyPlate [Worksheet](#)
- Parent [Post](#)
- Student [Worksheet](#)