Nutrition Lesson Template 3/24/15

The Color Burst Salad Prezi presentation can be found at: <http://prezi.com/ejao2sv92tef/?utm_campaign=share&utm_medium=copy&rc=ex0share>

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| **Lesson Title:** Color Burst Salad with Energy and Body Fuel |  |
| **Grade Group:** 3-4rd Grade |  |
| **Topic:** Which fruits and vegetables are found in the Color Burst Salad and how each component affects the body.  |  |
| **Curriculum Standard:** Essential Nutrition Concepts*Overarching:* All students will know the relationships among nutrition, physiology, and health. 1f. Explain the influence of nutrition on health.Grade-Specific:Name and explain benefits of eating fruits and vegetables (1.8.N) |  |

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| **Lesson Background**Up to one out of every five children in the U.S. is overweight or obese, and this number is continuing to rise. Overweight children are at high risk of becoming overweight adolescents and adults, placing them at risk of developing chronic diseases such as heart disease and diabetes later in life. They are also more prone to develop stress, sadness, and low self-esteem. Why eat more fruits and vegetables? *Produce for Better Health Foundation- Fruits and Veggies More Matters* * Color & Texture- Fruits and vegetables add color, texture and appeal to your plate
* Fiber- Fruits and vegetables provide fiber that helps fill you up and keeps your digestive system happy.
* Low in Calories- Fruits and vegetables are naturally low in calories
* May Reduce Disease Risk- Eating plenty of fruits and vegetables may help reduce the risk of many diseases, including heart disease, high blood pressure and some cancers
* Vitamins & Minerals- Fruits and vegetables are rich in vitamins and minerals that help you feel healthy and energized
* Variety- Fruits and vegetables are available in an almost infinite variety. There’s always something new to try!
* Quick, Natural Snack- Fruits and vegetables are nature’s treat and easy to grab for a snack
* Fruits & Vegetables are Nutrition and Delicious!
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| **Lesson Objectives***General Objective:* Have an understanding of the different benefits of the fruits and vegetables that make up the Color Burst Salad. *Specific learning Objective:* By the end of the lesson the children will be able to match benefits to the fruits and vegetables and recall how these nutrients benefit their health.  |
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| **Classroom Activity** |
| **Lesson Description** Prezi Presentation, Recipe Sampling, Activities (salad quizzer, salad scramble) Questions and Answering – Approximately 30 minutes **Materials Needed:** Screen to display Prezi Presentation. Prepared Color Burst Salad to take to classroom for sampling, sampling cups, forks, napkins, and pencils to complete activities.  |
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| **Lesson** * **Set-up**: Set up Prezi presentation so the entire class can see. Keep prepared salad close by and safely concealed. Have the sampling cups, forks, napkins and activities ready to hand out.
* **Introduction**: To introduce the lesson I will first give the lay out of the lesson to the students. I will say “Today we are going to sample a yummy salad called the “Color Burst Salad.” Why do you think it is called the “Color Burst Salad?” This is a very special salad because each fruit and vegetable will give you healthy energy and body fuel! Then I will ask the class to, one at a time, tell me what their favorite vegetable it. I will go on to say “There are many different kinds of nutrients found in fruits and vegetables, nutrients that we should be eating everyday! These nutrients will give you energy and body fuel. So let’s figure out what we will be eating today in the Color Burst Salad.” Then I would go on to present my Prezi presentation.
* **Body of the lesson:**
* Start the Prezi with the first slide being the ingredients to the salad.
* Ingredients:

 Chopped dark leafy greens Unpeeled cucumber slices Mandarin segments Chopped strawberries Halved grape tomatoes Chopped red onion and Roasted sunflower seeds“How many different vegetables are in this salad?” (4)“How many different fruits are in this salad?” (2) * “Let’s break down the ingredients now” Here we see two vegetables within the salad. The Dark leafy green and the cucumbers. “Who likes cucumbers? Who likes spinach? These two vegetables are “Heart Healthy” vegetables because they are high in vitamins, minerals, fiber and are low in calories! What other green vegetables can you think that are Heart Healthy? Examples- Asparagus, avocados, broccoli, collard greens, green peppers, zucchini.
* Moving onto the red ingredients, strawberries and grape tomatoes. These two ingredients are loaded with Vitamin A and Vitamin C and have powerful immune boosting powers. Does anyone know why it is important to have a good immune system? We need a good immune system and to eat foods with immune boosting powers to fight off bacteria that causes infections and sickness.
* And guess what, the last two ingredients also have immune boosting powers! Mandarin oranges and Red onions. “Who likes onion” “When was the last time you ate onion?” “Have you ever had onion on your salad?” Let’s say your are sitting next to your friend, your friend has been sneezing all morning, if you have a good immune system because you’ve been eating your fruits and vegetables, you will probably be able to fight off that nasty bacteria. You won’t get sick!
* Lastly, the sunflower seeds. Sunflower seeds contain the mineral magnesium. Can you guess what magnesium helps to build in your body? I’ll give you a hint; calcium helps to build this too! Bones!!! Magnesium helps build strong bones. And the toasted sunflower seeds give the salad a nice crunch.
* So now you know more about each ingredient in the Color Burst Salad and how each ingredient can give you energy and body fuel!
* “Who wants to try this salad?”
* As the RD tosses the salad (and I am encouraging the students to watch her add each ingredient) I pass out the salad maze until the salad is complete. I’ll walk around the room and ask the students a question pertaining to the prezi. “Can you name three ingredients in the salad?” “What does magnesium help build in the body?” “What vitamin is found in tomato’s?” With each correct answer I will give the student a green bracelet that reads “YOU ROCK” as a prize. Every student will end up with a bracelet.
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| **Activity** Color Burst Salad Sample Taste Test, Salad Quizzer and Salad Scramble  |
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| **Summary****Closure:** The lesson will end when everyone is satisfied with his or her taste test and have participated in a activity. I will say, “Now you know about the nutrient found in this salad! You know what nutrients are in which foods and which nutrients you should eat everyday” The positive ending will include me telling the children that they did such an excellent job and that they can even teach their parents and friends. **Method of Evaluation**: I will evaluate what the children get out of my lesson. If they can name fruits and vegetables in the Color Burst Salad, understand the benefits of the fruits and vegetables. Also student participation and interest. To evaluate this I will observe how many children participated in the taste test and activities. I will observe how interactive the class was during the question step. How many children were able to answer questions and who showed interest.  |
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| **Cafeteria Connection**The students will be able to recognize the food items from the Color Burst Salad on the cafeteria serving line. When the student sees the orange, Vitamin C and Immune Boosting should come to mind. I will ask the student “What vegetables and fruits do you recognize in the Color Burst Salad that you also see in the cafeteria?” |
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| **Home Activity**The students can bring home the Color Burst Salad recipe handout and other activities home with them to make with their family. The students can share with the class in the next upcoming weeks if they modified the recipe in any way. This could lead to another lesson on benefits of different fruits and vegetables for a new and healthy dish.  |