



Eat Right – What Does That Mean? (🌈 A Physical Health Story)
(5th Grade – 10-11 yrs.)
Worksheet: Nutrients and Their Benefits



STORY CONNECTION – SLIDE 9 (Approx Time: 15-20 mins)

The next thing we need to consider is eating food to get the nutrients – protein, vitamins, and minerals – we need to help our bodies work and grow. We know that you need protein in your diet to help your body repair cells and make new ones. You need vitamins and minerals because they work together to keep your bones strong, to help your body to take care of itself and fix things when they are damaged.

Materials needed:

- Nutrient Flash Cards (included below)
- Nutrients and Their Health Benefits worksheet (included below- optional)
- Paper
- Pencils
- Markers, crayons, colored pencils

Preparation needed:



- Determine how Nutrient Flash Cards will be used with student(s).
 - These can be printed, cut apart, and presented to the student(s) or shown digitally on a computer or screen.
- Determine if student(s) will use the worksheet template.
 - If so, print 1 per student/pair/group (do what is based for your student(s))
 - If not, be ready to digitally show the chart for student(s) to see and copy the information needed.

Instructions:

1. In this activity, student(s) will review the key nutrients in foods and how to recognize when foods they eat have those nutrients. They will then complete a worksheet to test their knowledge.
2. Use the flash cards below to review the information about key nutrients from the story.
3. Discuss any questions the student(s) might have about each card.
4. Once the student(s) have a grasp on the content information, explain they will work with a partner or small group to complete the worksheet by filling in the missing pieces of the chart below.
5. Ask student(s) if they have any questions or need any clarification. Clear up any misunderstandings.
6. Assign student(s) their partner/group and pass out needed materials.
7. Give student(s) an allotted amount of time to work.
8. When time is over, go over the worksheet and answer any questions.

9. In closing, once again remind student(s) that ALL food will provide energy to the body. However, choosing foods that provide other essential nutrients and health benefits are better choices. Choosing foods with nutrients and other health benefits will make their body and brain happy.

Activity Idea Credit: healthyeating.org

Nutrients and Their Benefits	Name(s):	Fill in the missing parts of the table using words and pictures.
Food Group and Examples	Main Nutrient	How It Helps Your Body
<p>Dairy-milk, cheese, yogurt</p> 		
	Vitamin A	
		Healing
<p>Grains-bread, pasta, rice</p> 		
		Strong Muscles
	No Main Nutrients	

Nutrient Flash Cards

Calcium for strong bones and teeth



**Calcium for strong
bones and teeth**



Dairy
milk, cheese, yogurt

Build and repair muscles



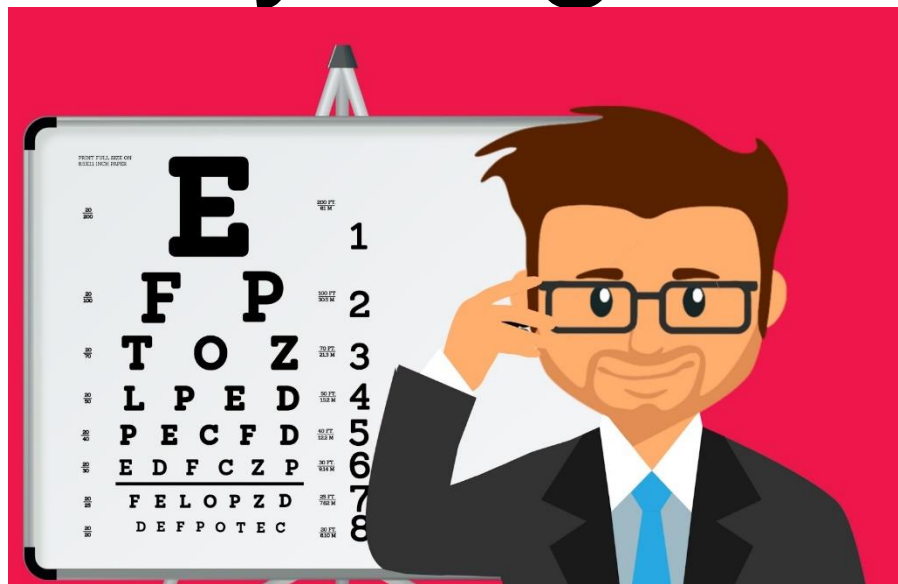
Build and repair muscles



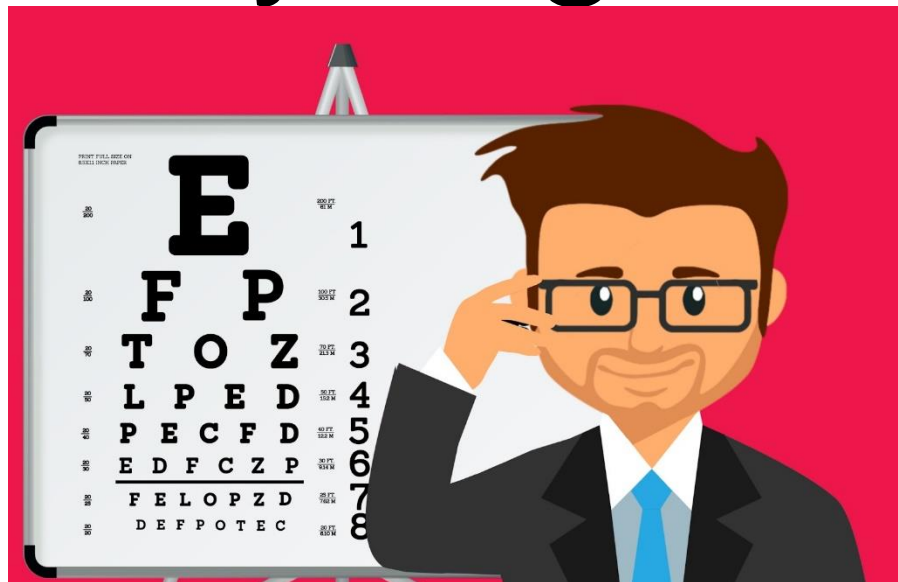
Protein

beans, eggs, peanut
butter, tuna, chicken

Vitamin A for healthy skin and eyesight

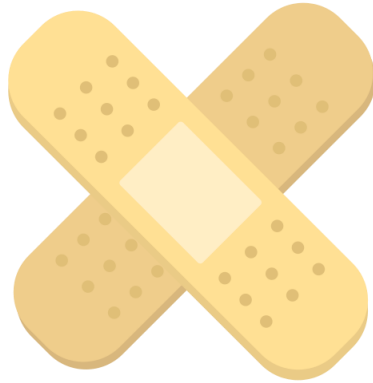


Vitamin A for healthy skin and eyesight

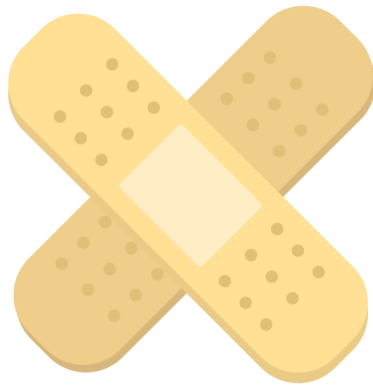


Vegetables
carrots, green beans,
broccoli, asparagus

Vitamin C for healing



Vitamin C for healing



Fruits

oranges, apples, pears,
watermelon,
strawberries

Vitamin B for energy



Vitamin B for energy



Grains

oatmeal, rice, bread,
pasta, cereal

No main nutrients
No health benefits



No main nutrients
No health benefits



Extras
soda, chips, candy

Flash Card Image Credits:

Tooth image credit: https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcTuMpAf44ei9uxEdPaIU_VNsDVTZ7fE6KKsKClfPqf5oXjZW2M&s

Muscle image credit: https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcT8GhIzDXsmzTVWurP_6yE0QfOAyJNaKVtyY9eFmpi2ILJISV_n&s

Eye doctor image credit: https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcRaWZmOzC_VnbNaAoQfL9c-13KXXDAxoxgvKxE8uPrytk_DmM-B&s

Band aid image credit: <https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcTNNE-azo2bqJ9J9DrSqxkrL-M0WZqAA4wcD-v1U8zk181KmXE&s>

Girl jumping rope image credit: <https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcQwJH4udUpvvuJekrj6XxcWTT-teyPmftCA8NEIRnK67rNi1y0&s>

Junk food image credit: https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcSPV85zwBlvBnE_A86UJkDyDrqHM7RzqKuMp49dAuiGXA8PeHPO&s

[s](https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcSPV85zwBlvBnE_A86UJkDyDrqHM7RzqKuMp49dAuiGXA8PeHPO&s)

Worksheet Image Credits:

Milk Image Credit: <https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcRldjNCiz-ZpcllhNI4GTDVwpr2gxpci38EqbYqX-ozPFYiPWOq&s>

Cheese Image Credit: <https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcQim-x4L0drcqzQErIY5IE59GXuJHDOF-KZ7Umt05vqWxq8nN2o&s>

Yogurt Image Credit: https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcTZDaAz3k4J-8AfmluvY1h7jsWWmUqbqN3RPOulM2zGi9Fb2W5_&s

Bread Image Credit: <https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcSe7adIT0HjG9p6wTu1xrsWtQI9PJtM-BHTq50HqySkmbvK7xo&s>

Pasta Image Credit: <https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcRvmQyeDMFa4ctmNyKcXwuMEiGbZ6PAjvdNWKQ8J23oxwCMnwPo&s>

[s](https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcRvmQyeDMFa4ctmNyKcXwuMEiGbZ6PAjvdNWKQ8J23oxwCMnwPo&s)

Rice Image Credit: https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcTIZw-XWdJ_oWPPKyTFMTmdXsrPikrbFCT4wU6WG11zs5YeAZ5g&s

[s](https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcTIZw-XWdJ_oWPPKyTFMTmdXsrPikrbFCT4wU6WG11zs5YeAZ5g&s)