



Lesson 7: The Right Stuff

Nutrition Objectives:

1. Students will be able to explain one health benefit of eating a diet rich in fiber, vitamin A and vitamin C.
2. Students will be able to name one food that is high in fiber, vitamin A and vitamin C.

Supplies/Materials:

- Vegetable Riddles (one for each student)
- Our Friend, Fiber! Handout (one for each student)
- What Does Your Food Do For You? (reference sheet for teacher)
- Fiber Fun! Worksheet (one for each student)

Lesson:

Say→ Last time we talked about the different parts of plants we eat when we eat vegetables.

Ask→ Can anyone name a vegetable we eat when we eat the **leaves** of the plant? (*lettuce, spinach*)

Ask→ Who knows which vegetable we eat when we eat the **flowers** of the plant? (*broccoli, cauliflower*)

Ask→ We eat the **root** of the plant when we eat this vegetable. What is it? (*carrots, radishes*)

Say→ Today we are learning about three important nutrients: fiber, vitamin A and vitamin C. Fruits and vegetables contain a lot of fiber and vitamins A and C, so it's important to your health to eat a variety of them every day.

Ask→ What types of foods have fiber in them? (*Fiber is found in all kinds of food, but especially whole grains, fruits and vegetables. That is why it's important to eat at least 2 cups of fruits and 2 cups of vegetables every day and to fill half your plate with fruits and vegetables. Fiber is also found in beans, nuts and seeds like pumpkin and sunflower seeds.*)

Ask→ What does the term "whole grain" mean? (*Whole grains contain the entire grain kernel—the bran, germ and endosperm, whereas refined grains have been milled, a process that removes the bran and germ.*)

Ask→ What are some examples of foods that are whole grains? (*whole wheat bread, whole wheat pasta, whole grain cereals; the first ingredient on the package should say the word "whole", brown rice, oatmeal, popcorn*)

Ask→ What does fiber do for your body? (*Fiber keeps food moving through your body, to help you go to the bathroom. It acts like a brush to clean your insides. Fiber helps to keep you full for a long period of time. It's also good for your heart.*)

(continued)

Ask→ How can you add fiber to your meals every day? (*Refer to Our Friend, Fiber! handout for sample meal plan and discuss.*)

Say→ Now let's talk about two important vitamins: vitamin A and vitamin C.

Ask→ Does anyone know how vitamin A helps your body? (*Vitamin A is important for your vision and skin.*)

Ask→ Does anyone know what foods contain a lot of vitamin A? (*orange fruits and veggies*)

Ask→ What are some orange fruits and vegetables that will provide vitamin A in your diet? (*carrots, sweet potatoes, butternut squash and cantaloupe*)

- Refer to the What Does Your Food Do For You? handout

Ask→ Does anyone know how vitamin C helps your body? (*Vitamin C helps to heal cuts and bruises and fights infection.*)

Ask→ What foods are good sources of vitamin C? (*Certain citrus fruits such as oranges, lemons, and grapefruit, as well as strawberries are high in vitamin C. Vegetables that are good sources of vitamin C include tomatoes, broccoli and peppers.*)

- Refer to the What Does Your Food Do For You? handout

Say→ Remember to include “the right stuff” in your diet. That means include some of the fruits and vegetables we talked about today to add fiber, vitamin A and vitamin C and other important nutrients to your diet to keep you healthy.

Activity #1: Vegetable Riddles

Have the children solve the vegetable riddles. Correct it together and share the information on the answer sheet.

Activity #2: Fiber Fun (Curriculum Connection/Math) Use this worksheet as part of a math lesson involving decimals. Students can also practice using calculators to add sums of numbers that are decimals.