

# NUTRITION MISSION

*Step into some healthy habits! Put together a food pie and lay out a perfectly proportioned meal. Burn calories and shake up an emulsion. Clip on your Step-O-Meter and walk on.*

## **SUMMARY:**

This class focuses on nutrition and fitness including the essential components of a healthy diet and lifestyle. Children learn how plants produce their own food, and see how animals must consume plants or other animals to meet their needs. They participate in building a nutritional pie chart using life-sized food replicas and perform experiments to learn how our bodies fuel up on food. The children will also get to classify things that are foods v. non-foods and learn where to find vitamins and minerals. At the end of the program, the children will receive a Take-Home Step-O-Meter—a great fitness tool to measure step counts!



## **EDUCATIONAL VALUE:**

This program introduces children to nutritional basics including the role of carbohydrates, proteins, and fats. They will see how plant needs differ from animal needs. The children will gain an understanding of how food provides energy for the body and how exercise plays an important role in energy levels. The program increases knowledge, stimulates motivation, and encourages healthy attitudes toward personal health, nutrition, and fitness. Hands-on activities encourage students to interact with the concepts presented. This lesson provides an opportunity to develop scientific skills through inquiry based instructional methods.

## **TAKE-HOME MESSAGE:**

- 1 Living things derive energy from food.
- 2 Plants produce their own food, while animals must get food from plants or other animals.
- 3 Humans need vitamins, minerals, and exercise to remain healthy.



## **TAKE-HOME PRODUCT:**

Mad Science® Step-O-Meter

## **North Carolina Essential Standards:**

Understand food and the benefits of vitamins, minerals and exercise.

- 4.L.2.1 Classify substances as food or non-food items based on their ability to provide energy and materials for survival, growth, and repair of the body.
- 4.L.2.2 Explain the role of vitamins and minerals, and exercise in maintaining a healthy body