1st GRADE NUTRITION LESSON 1



Length: 45 minutes

Materials needed:
1st Grade Nutrition Storybook 1
1st Grade Nutrition Worksheet 1
Salt crystal materials in kinesthetic activity

Learning Objectives

- understand sugar and salt origins
- understand what happens when sugar and salt are in your body
- start the ideas of a balanced diet

Storybook

Discussion questions:

- What's the last salty thing that you ate?
- Can you name three other foods that weren't in the story that have a lot of salt?
- Extra credit question: Why does salt absorb water?

Video

- If time permits, form small groups to discuss what they think of salt and sugar's origins

Follow Up

- Health Schedule: students chronicle one salty and sweet food per day
- after a week, have a quick discussion where every student shares their finding on how much salty and sweet stuff they ate

Sequence of activities

Storybook (5-7 minutes)
Worksheet (7-11 minutes)
Video (4 minutes)
Kinesthetic Activity (24-28 minutes)

Worksheet

- Have students finish all of the interactive sections.
- If finished early, start the crystal growing process earlier

Kinesthetic Activity

- Salt crystal creation (instructions in kinesthetic activity doc)
- requires very warm water
- pipecleaners (however many students are in the class)
- # of students in class / 3 is how many cups of salt you need
- Paper or plastic cups: number of students in class