



Lesson 14: Food as the Foundation for Health Lesson Plan

Estimated lesson time: 90 minutes

Learning objectives:

- Develop a holistic concept of nutrition and health, recognizing that good nutrition starts with healthy soils, healthy food, and healthy environments
- Describe basic concepts of good nutrition
- Identify the basic food groups and common food sources for each
- Gain confidence in making healthy nutrition decisions and making choices that reflect a balanced, diversified diet
- Describe the role of micronutrients and name key micronutrients and how they function to support health

Key concepts:

- Absorption
- Carbohydrates
- Digestion
- Excretion
- Fat
- Food intake
- Inputs and outputs
- Macronutrients
- Micronutrients
- Minerals
- Nutrients
- Nutrition
- Proteins
- Resilience
- Utilization
- Vitamins

Materials:

- Poster illustrating functions of food
- Chart with illustration of the digestive process
- Poster/cards with essential nutrient groups
- Small portions of foods to conduct demonstrations

Lesson components:

- I. Background (for instructors) – 5 minutes
- II. Icebreaker activities – 15 minutes
- III. Introduction to Good Nutrition (lecture and activity) – 40 minutes
- IV. Systems Thinking: Healthy Gardens, Healthy Bodies (small group discussion) – 15 minutes
- V. Debriefing – 15 minutes