



Lesson 15: Eating for Health Over the Life-course Lesson Plan

Estimated lesson time: 60 minutes

Learning objectives:

- Understand how nutritional needs change with age and by sex, health status, and activity levels
- Describe special nutritional needs at different ages and in different stages of life
- Recognize and describe healthy diets that incorporate locally-grown and/or traditional foods that are nutrient-rich

Key concepts:

- Carbohydrates
- Dietary diversity
- Fats
- Life course
- Minerals
- Nutrient cycling
- Proteins
- Vitamins

Materials:

- Fact sheets
- Writing utensils (pens, markers)
- Flip chart paper

Lesson components:

- I. Background (for instructors) – 5 minutes
- II. Icebreaker activities – 10 minutes
- III. Introduction: Meeting nutritional needs throughout life (lecture) – 30 minutes
- IV. Systems Thinking: Healthy Gardens, Healthy Families (group activity) – 15 minutes
- V. Debriefing – 5 minutes