

### Student learning outcome (SLO):

<ul style="list-style-type: none"> <li>• Identify the constituents of a balanced diet for humans as including protein, carbohydrates, fats and oils, water, minerals and vitamins and describe the function of these nutrients.</li> <li>• Identify the essential nutrients, their chemical composition and food sources</li> </ul>	<ul style="list-style-type: none"> <li>• Identify and describe essential nutrients' deficiency disorders.</li> <li>• Recognize that a healthy diet contains a balance of food stuffs.</li> <li>• Correlate diet and fitness.</li> </ul>
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### Overview:

### Introduction:



Begin the lesson by engaging students with questions about diseases and their prevention, linking it to how proper nutrition plays a crucial role in maintaining health. Discuss the importance of a balanced diet and its relationship to fitness, disease prevention, and overall well-being.

Lead the students learn about:

**'Food Groups'**

**'Balanced Diet'**

Video of the lecture can be shown to the students as well.

<p><a href="https://www.youtube.com/watch?v=YimuldEZSNY">https://www.youtube.com/watch?v=YimuldEZSNY</a></p>	
<p><a href="https://www.youtube.com/watch?v=tsgyWlsYvxs">https://www.youtube.com/watch?v=tsgyWlsYvxs</a></p>	

### Keywords:

Nutrition, Macronutrients, Vitamins, Minerals, Protein, Carbohydrates, Fats, Fiber, Hydration, Amino acids, Glycerol, Glucose.

### Activity: "Create Your Balanced Plate"

### Objective:

Students will identify food groups and create a balanced meal with essential nutrients.

### Materials:

- Chart paper/poster boards
- Markers, crayons
- Food images (or magazines)
- Glue, scissors
- Reference handouts on food groups

### Procedure:

#### 1. Introduction (5 min):

Discuss the importance of a balanced diet and explain food groups: carbohydrates, proteins, fats, vitamins, and minerals.

#### 2. Group Work (5 min):

Divide students into groups of 3-4.

#### 3. Activity (20 min):

Students draw a large plate on a poster, select foods from magazines or draw them, and label the food groups on their plate.

#### 4. Presentation (10 min):

Groups present their balanced plates, explaining their food choices.

#### 5. Conclusion (5 min):

Reinforce the importance of balanced meals in daily life.

### Essential questions:

Before starting the lesson, ask some questions to explore the background knowledge of students:

1. What is a balanced diet?
2. Name two food groups in a balanced diet.
3. Why are proteins important for our body?
4. Give an example of a food rich in carbohydrates.
5. Which food group provides us with vitamins and minerals?
6. Why is it important to eat fruits and vegetables daily?
7. Name one healthy source of fats.
8. How does water help our body?
9. What happens if we eat too much junk food?
10. How can you make sure your meal is balanced?