Nutrition Education Lesson Third Grade (TL-3-1)			
Nutrition	This lesson is designed to increase students' knowledge of the health benefits of fruits and vegetables.		
constructs			
Iowa Core	21 <sup>st</sup> Century Skills (K-2 Financial Literacy) – Understand financial instruments – Distinguish different types of money and the values of each type of		
	money. This lesson also reinforces Iowa Core 2.MD.8 – Solve word problems involving dollar bills, quarters, dimes, nickels and pennies, using \$ and		
	cent symbols appropriately.		
Supplies	Physical Activity Card Set (provided)	Time	20-30 minutes
needed	Optional: grocery store circulars/ads	required	
Before the	Write vitamin C, vitamin A, potassium and fiber on the board or a word wall and review the health benefits of each.		
lesson			
Lesson	1. Begin this lesson by doing a few minutes of physical activity with your students. Choose an activity from the physical activity card set provided.		
	Take the opportunity to remind your students how important it is to be active throughout the day to keep our bodies and minds strong.		
	2. Write the 5 nutrients below on the board. Tell students that today they're going to learn about some things we can eat that are good for our		
	bodies.		
	a. <b>Vitamin C</b> helps our immune system. Does anyone know what the immune system does? It keeps us from getting sick and helps us		
	heal when we get a cut or scratch. It is important to keep your immune system strong. Think of it like a suit of armor! Oranges,		
	peppers, cantaloupe and kiwi have a lot of vitamin C.		
	b. <b>Vitamin A</b> helps our eyes. Like special, super power glasses, vitamin A protects our eyes and helps us see. Hold your hands up to		
	your eyes and show me your super power glasses. Sweet potatoes, spinach and carrots have a lot of vitamin A.  c. <b>Potassium</b> is important for our hearts. Our hearts pump blood all around our bodies so it is important to keep them strong.		
	Everyone put your hand on your heart and feel it pumping. Bananas and potatoes have a lot of potassium.		
	d. <b>Fiber</b> keeps us full and helps us digest our food well. Berries, kiwi, crunchy vegetables and beans have a lot of fiber.		
	3. Describe Anita. Anita is a very smart third grader. She knows that eating healthy will keep her body strong and help her grow. Anita likes to		
	play soccer and she eats fruits and vegetables because they are good for her body. Tell students their job is to help Anita choose some healthy		
	after-school snacks that contain vitamin C, vitamin A, potassium and fiber.		
	a. Let's start with vitamin C. Anita loves sweet bell peppers and they have a lot of vitamin C. The red pepper at the grocery store costs		
	75 cents. Anita has 5 nickels and 5 dimes; does she have enough money to buy the pepper?  b. Anita needs vitamin A to keep her eyes sharp, she would like to buy a bag of carrots that costs \$1.50. Anita has one dollar bill, six nickels and three dimes. Does she have enough money?  c. Potassium will keep Anita's heart strong while she runs around playing soccer. Bananas have a lot of potassium and a bunch costs 60 cents. Anita has 5 dimes and 4 nickels. Does she have enough money to buy the bananas?		
	d. Fiber will keep Anita full during practice. Kiwi has a lot of fiber and each one costs about \$0.50. Anita h	as one dollar	bill, 4 dimes and
	3 nickels. Does she have enough money for 4 kiwi fruits? How much more money does she need?		
	4. As an optional extension activity, bring in grocery store ads and encourage students to identify fruits and veggies	in those ads.	. Are any of those
	good sources of vitamin C, vitamin A, potassium or fiber?		