



GrowingGreat Nutrition Lesson #1

Fuel Your Engine: Proteins, Fats and Carbohydrates

(New 3rd Grade Students)

Warm Up (1-5 minutes)

Docent: Hello, my name is _____, I am your parent GrowingGreat Nutrition Docent. In today's nutrition lesson we are going to identify the three types of nutrients that FUEL our body's ENGINE in order to perform at our best.

Hook (1-5 minutes)

Docent: We are going to work together as a class to demonstrate what it means to FUEL your ENGINE! While sitting at your desk, we are all going to pretend that we are car and we are driving to Disneyland. First, we need to stop and FUEL UP our car with gas. The correct fuel will allow the car to run at its best.

Sitting at your seats you are going to:

- Buckle your seat belt
- Turn car on
- Pretend you are driving to a gas station.

Docent: Refer to the (3) gas can props (Unleaded, Regular, Diesel) Ask students: Which fuel is the right choice for the car? What would happen if you put the wrong fuel in your car (regular vs. diesel)? Does a car need one or two fuels to perform at its best?

Lesson Introduction (5 minutes)

Docent: Great job! Like cars our bodies need energy to get up and go everyday. We get our fuel from food. We need food to help us GROW, THINK and GO! Cars need one type of fuel to perform at its best but, we need a variety of fuels to perform at our best. Let's explore. . . looking at the board we see three nutrients that help us grow strong, help brain function, and gives us energy.

Proteins - GROW Foods

- Dairy (milk, cheese, yogurt)
- Meat (Chicken, beef, fish) ←Write foods on board
- Vegetable (tofu, beans)

Fats - BRAIN Foods

- Beneficial Fats (Avocado, butter, olive oil) ←Write foods on board

Carbohydrates - GO Foods

- Fruits (apple, orange)
- Vegetable (spinach, broccoli) ←Write foods on board
- Whole grains (bread, rice)

Docent: I am going to ask you to raise your hand or “pair share” at your desk. What other foods can we find these important nutrients in. For example, what kind of vegetable carbohydrate do you like? What kind of animal protein to you eat at dinner other than chicken, beef, or fish? What type of plant protein to you eat at lunch?

Activity (10-15 minutes)

Each student to blindly grab one plastic food from the mystery bag. (Place labeled bags or buckets in front of classroom).

Bag #1: Proteins = GROW

Bag #2: Fats = BRAIN

Bag #3: Carbohydrates = GO

Docent: Please quietly hold your plastic food in your hand. When I call on you I want you to stand up, introduce your food and place it in the bag you think it belongs in. HAVE FUN!

Wrap Up! (1-5 minutes)

Docent: Thank you for for being such a great class. Thank you to (teacher) for giving us the time to talk about about nutrition. Please share with your family about the combination of fuels (PFCs) needed to GROW, THINK, AND GO in order to perform at our best.