



Objective: Students learn that proteins, fats and carbohydrates are the nutrients that fuel our bodies.

Main Concepts: Proteins, Fats and Carbohydrates (PFCs) are the combination of nutrients that we need to perform at our best. Our bodies are like a car in that we need fuel to perform. Cars need one type of fuel to perform at its best and we need a variety of fuels to perform at our best.

- PROTEINS = GROW Foods
- FATS = BRAIN Foods
- CARBOHYDRATES = GO Foods

Class Activity: Students sort play food into nutrient categories (PFC)

Lesson Props:

- (3) Red gas Cans
- Plastic play food in a mystery bag (brown paper bag)
- (3) Bags or buckets labeled *Proteins = Grow, Fats = Brain, Carbohydrates = Go*

Lesson Prep: (ask teacher if you may write on board and stage props)

- Please write on the board prior to lesson. Each fuel (nutrient) has a column.

Proteins = Grow

Fats = Brain

Carbohydrates = Go

- Place the (3) Red gas cans on a table in the front of the classroom with Regular, Unleaded, and Diesel facing the class.
- Place the (3) labeled bags or buckets behind you until the activity begins.

Handout : *Grill Me About* Take Home

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