



**Dear Teacher:**

GrowingGreat Lesson #1

Today's lesson is "Feed Your Engine Proteins, Fats and Carbohydrates." Your GrowingGreat Docent will lead the students through an interactive lesson designed to teach them how to identify different types of proteins, fats and carbohydrates so they can incorporate a wide variety of fresh foods into their diets. Returning GrowingGreat students will receive a review lesson of last year's topics and play the GrowingGreat Review Challenge Game. All students will receive a "Grill Me About..." handout to take home to their parents or it will be sent home via email.

Your packet includes:

- An **outline** of the lesson for you to follow
- **"Time To Fuel Up"** an optional activity you may offer to the students as extra credit. This activity is designed to reinforce what the students learned today and to get the whole family involved in making higher-quality choices
- A **survey** for your feedback, which you can return to \_\_\_\_\_  
\_\_\_\_\_

*Optional reading for students:*

Dinosaurs Alive and Well, *Laurie Krasny Brown and Marc Brown*  
This Is The Way We Eat Our Lunch, *Edith Baer*

We hope you and your students enjoy the lessons this year.

Sincerely,

# LESSON OUTLINE

## Lesson #1: Feed Your Engine Proteins, Fats and Carbohydrates

**Lesson Objective:** Children learn that proteins, fats and carbohydrates are the foods that fuel their bodies.

### Classroom Lesson Outline:

#### 1. Introduction 5 minutes

- a. Similarities between cars and people
- b. Student Playacting: Driving to \_\_\_\_\_ (someplace fun – amusement park, beach, vacation)  
fill in the blank

#### 2. Proteins, fats and carbohydrates (P, F, C) 25 minutes

- a. It takes a combination of P, F, Cs to help us perform at our best
- b. Breaking down P, F, Cs into smaller categories
  - i. Proteins
    1. Dairy and animal proteins
    2. Vegetable proteins
  - ii. Carbohydrates
    1. Grains
    2. Fruits and vegetables
  - iii. Fats
    1. Beneficial
    2. Harmful
- c. Interactive worksheet
  - i. Star activity sheet

#### 3. Review 5 minutes

#### 4. Optional Food Sample – part of Star Activity



### Recommended Reading

- Lesson review (*For 4th and 5th grade docents*)
  - Meat, vegetable and dairy proteins
  - Vegetable and fruit, grain carbohydrates
  - Beneficial fats by *Linda Prout, MS*
- } (For all new docents)

### **Optional Reading for students**

- *Dinosaurs Alive and Well, Laurie Krasny Brown and Marc Brown*
- *This Is The Way We Eat Our Lunch, Edith Baer*

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### **California State Standards met by grade**

#### 3rd grade:

##### **Physical sciences**

1. Energy and matter have multiple forms and can be changed from one form to another. As a basis for understanding this concept:
  - a. Students know sources of stored energy take many forms, such as food, fuel, and batteries.

#### 4th grade:

##### **Life sciences**

2. All organisms need energy and matter to live and grow. As a basis for understanding this concept:
  - a. Students know plants are the primary source of matter and energy entering most food chains.

#### 5th grade

##### **Science investigation and experimentation**

3. Scientific progress is made by asking meaningful questions and conducting careful investigations.

As a basis for understanding this concept:

- a. Students will: Write a report of an investigation that includes conducting tests, collecting data or examining evidence, and drawing conclusions.

# Time to fuel up!

Your body needs a combination of proteins, fats and carbohydrates to perform at its best. Write down 3 examples of each fuel type that help you think, grow and go!

## Brain foods:

Beneficial fats like olive oil help us think clearly

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

## Grow foods:

Animal, vegetable and dairy proteins help us grow, build muscles and repair tissues

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

## Go foods:

Carbohydrates like whole grains, fruits or vegetables give us long lasting energy

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

