



Dear Teacher:

GrowingGreat Lesson #4

Today’s lesson is “Digestion – Helping Your Body Use Its Fuel”. Your GrowingGreat Docent will lead the students through an interactive lesson designed to teach them the process of digestion and the importance of choosing high-quality fruit and vegetables. 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
- “**Digestion Word Search**” an optional activity you may offer to the students as extra credit.
- A **survey** for your feedback, which you can return to _____

We hope you and your students enjoy this lesson.

Sincerely,

LESSON OUTLINE

Lesson #4: Digestion – Helping Your Body Use Its Fuel

Lesson Objective

Students will understand how digestion works, how we digest our food and why eating a wide range of colorful foods provides many nutrients.

Classroom Lesson Outline

1. **Introduction** 5 minutes
 - a. Review of serving sizes
 - b. Definition of digestion
2. **Key concepts learned** 20 minutes
 - a. Where does digestion start
 - b. Chewing food well is important
 - i. Chewing activity with food sample
 - ii. Three reasons chewing properly is important
 - c. The stomach
 - i. Its job is to liquefy food
 - ii. Sugar cube activity
 - d. Small intestines
 - i. Absorption
 - e. What do fruits and vegetables do for our body
 - i. Phytonutrients (fight - o - nutrients)
 - ii. Antioxidants
3. **Review** 3 minutes



Recommended Reading

- Fruits and Vegetables by Color
- Digestion – “Kids Health” article

California State Standards met by grade

3rd grade

LIFE SCIENCES

3. Adaptations in physical structure or behavior may improve an organism’s chance for survival. As a basis for understanding this concept:
 - c. Students know living things cause changes in the environment in which they live: some of these changes are detrimental to the organism or other organisms, and some are beneficial.

4th grade

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

LIFE SCIENCES

2. Plants and animals have structures for respiration, digestion, waste disposal, and transport of materials. As a basis for understanding this concept:
 - c. Students know the sequential steps of digestion and the roles of teeth and the mouth, esophagus, stomach, small intestine, large intestine, and colon in the function of the digestive system.