

6th Grade Health 10/07/19

EQ: What are the six main types of nutrients?

CW: Nutrient Puzzle Stations

HW: No HW

Agenda

1. Question of the day
2. Mindful Minute
3. Tip of the day
4. Nutrient Stations

Open Ended Question

Write silently for three minutes: How was your weekend, what did you do?



<https://www.youtube.com/embed/6z9Vmp9Jqm0>



Collaborate!

What are nutrients?

Looking Ahead...

We have finished sugar...now we will be learning about nutrients

Finally we will do a nutrition project

THERE ARE 6 ESSENTIAL NUTRIENTS:



PROTEIN builds muscles & a strong immune system



CARBS (including starches & sugars) give you energy



FAT gives you extra energy



VITAMINS & MINERALS regulate body processes



WATER gives cells shape & acts as a medium in which body processes occur

Nutrients

- ◆ **The food you eat is a source of nutrients. Nutrients are defined as the substances found in food that keep your body functioning.**
- ◆ **Your body needs nutrients to...**
 - Fuel your energy.
 - Help you grow.
 - Repair itself.
 - Maintain basic bodily functions.



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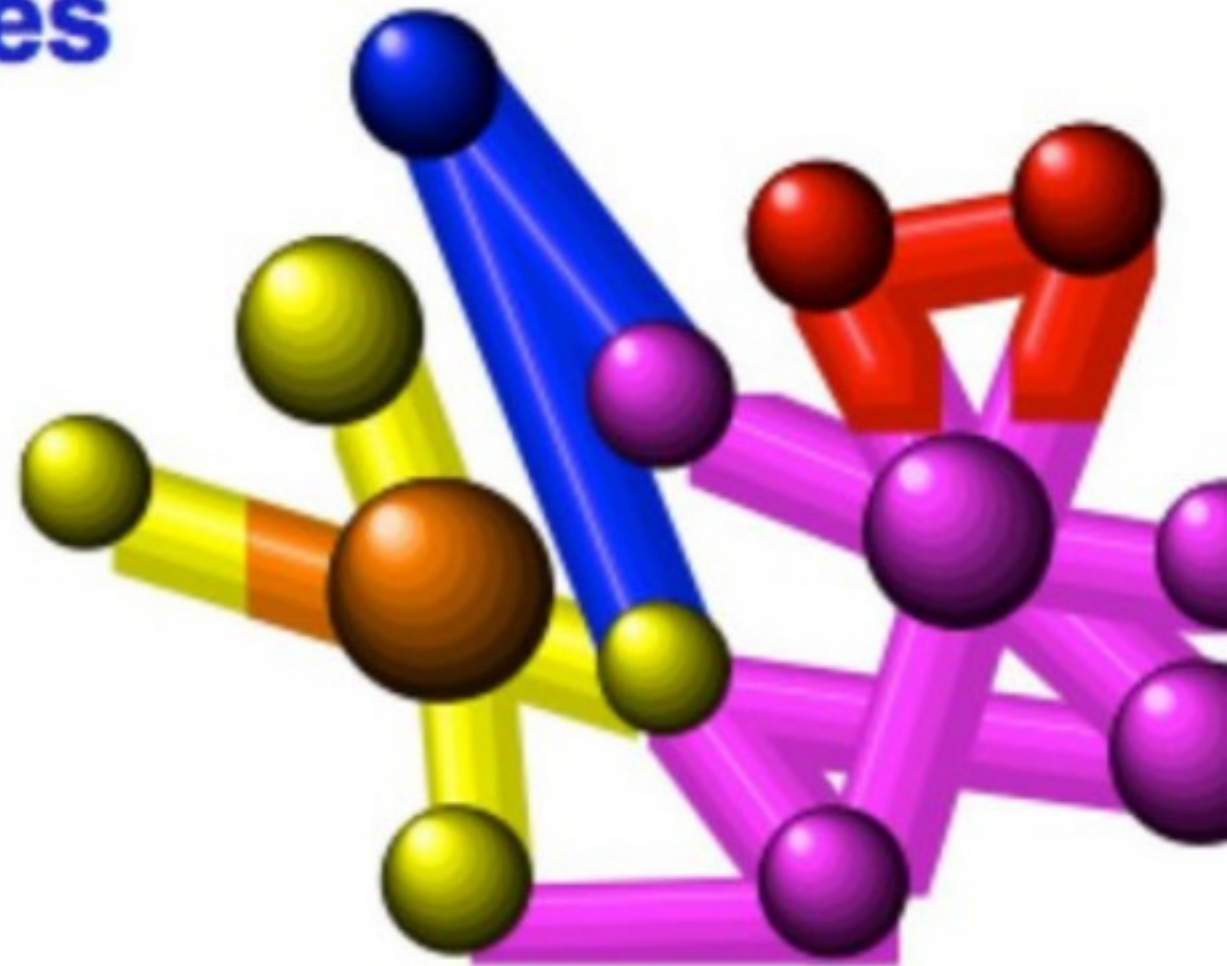
Balance is Key



For years, people held to the idea that there are “bad” nutrients and “good” nutrients when, in fact, all nutrients play a certain role in the body. Even those nutrients once considered “bad” such as fats and carbohydrates perform vital functions in the body and if one consumes too many “good” nutrients such as vitamins or minerals there can be harmful results, as well.

The 6 Essential Nutrients

- ◆ **Water**
- ◆ **Carbohydrates**
- ◆ **Protein**
- ◆ **Fat**
- ◆ **Vitamins**
- ◆ **Minerals**



NUTRIENT STATIONS!

Name _____
Date _____

Nutrient	Clue 1	Clue 2
Carbohydrates	Carbohydrates are the body's main source of... _____	Carbohydrates include... 1. _____ 2. _____ 3. _____
Proteins	One-fifth of your body weight is proteins, including most of your 1. _____ 2. _____ 3. _____ 4. _____ 5. _____	Proteins are made of... _____ acids
Fats	Fats are needed for _____ and _____	Fats are a source of _____
Vitamins	Vitamins help the _____ carry out various _____	Vitamins are needed in _____
Minerals	List of Minerals 1. _____ 2. _____ 3. _____ 4. _____ 5. _____	Minerals are nutrients that are NOT made of _____
Water	Percent of the human body weight that is water: _____	Water is the MOST important nutrient because most _____ occur in it!



Carbohydrates are the body's main source of...

REYNEG

Nutrient Activity Expectations

- 1) Be kind
- 2) If you get stuck on a puzzle move to a different one and then come back
- 3) Do your own thinking and allow others to do their own thinking
- 4) If you find yourself off-task, self manage and work at a table
- 5) Leave your iPad turned off
- 6) Finished? Word Search

Nutrient Activity Wrap Up:

What are the six main nutrients?

What is one fact about....



<https://www.youtube.com/embed/cKRf53I737E>