

HECT Lesson

Lesson Title: Nutrients: and How Our Bodies Use Them

Lesson Length: 4 days

Objective (s): To understand and explain one assigned nutrient or the process of digestion through a poster and presentation to the class.

Home Economics Careers and Technology Standards Addressed:

HTR: 2.4, 9.3

Pathway: A4.3

Materials Required: Text: Food For Today, Guide to Good Food, construction paper, colored pencils, markers.

Previous Knowledge (if any): As this is the introduction to nutrients and how our body uses them, no previous knowledge is required.

Lesson Activities:

Opener- how are you introducing the subject/topic for this lesson

Define "Nutrient"-A chemical substance in food that helps maintain the body.

"By the end of this lesson you will know each of the nutrients, the foods they are found in and how they are used by the body."

Step by step activity instructions

Day 1-Assign Nutrient six tables. Each group will read the section of Chapter 2 that deals with their assigned nutrient, taking notes on required information.

Day 2-Rough draft of poster will be started. Information on poster must include-

Name of nutrient; function of nutrient in the body; foods high in the nutrient; bodies reaction to excess or deficiency of nutrient; 2 additional facts about nutrient and appropriate pictures.

Day 3-Complete posters.

Day 4-Presentations.

Reinforcement

Observation and constructive criticism as students proceed, including positive verbal comments.

Comments and suggestions on rough draft turned in.

Summary/Closure

Students will present their poster as other groups take notes on information presented.

Evaluation of skills/knowledge gained

Evaluation/Rubrics:

	Excellent	Good	Fair	Poor
Completed Poster: Title; Parts of the digestive track and their role in digestion; how and when nutrients are absorbed-	30Pts.	26Pts.	23Pts.	20Pts.
Two additional Facts:	10Pts.	8Pts.	6Pts.	4Pts.
Pictures:	10Pts.	8Pts.	6Pts.	4Pts.
Neatness and Creativity:	10Pts.	8Pts.	6Pts.	4Pts.
Daily notes and participation:	30Pts.	26Pts.	23Pts.	20Pts.
Presentation:	10Pts.	8Pts.	6Pts.	4Pts.
Total:	100Pts.			