Invisible Gold
4th & 5th Grade

Students will identify different nutrients found in fruits and vegetables. They will discuss the importance of having different nutrients in their diets, and how color can be an indicator of different nutrients.

15-20 minutes

Lesson Objectives:
- Students describe the importance of eating a variety of fruits and vegetables
- Students discover minerals and nutrients in vegetables they will harvest
- Students express excitement and interest in healthy eating

What You Need | What To Do
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Manila Folders with Pictures | Explain to students how different foods give our bodies different nutrients. Ask them what the 6 different categories of food are. (Grains, Vegetables, Fruits, Dairy, and Protein). Then have a conversation about what these 6 types of food give our bodies.
Nutrient Labels | Grains provide energy for our bodies. Dairy has calcium, which helps to build our bones. Proteins help our bodies grow and repair themselves, it also helps our brains work. Fruits and Vegetables have lots of fiber and different nutrients. Today we are going to concentrate on nutrients. There are about 50 nutrients found in food.
Nutrient Chart | These nutrients are grouped into 6 categories: carbohydrates, fats, minerals, vitamins, and protein. No one food contains every nutrient. Because each nutrient has a special job, we must eat a variety of foods to provide our bodies with all the nutrients we need to be healthy.

Students will get into pairs or groups of three. Give each group a manila folder. Have each group guess at what is in their folder before looking. Then have each group look in the folders, then compare or take turns sharing with the group. (In the envelope there are individual labels of specific nutrients found in each groups food, which is shown on the outside of the folder).
Questions to ask

- Are there some nutrients that all the foods have?
- Are there any that only one food has?
- Do you think different colored vegetables and fruits have the same nutrients? (No that’s why eating the rainbow is the best way to tell if you’re getting all the different nutrients your body craves).

Use the manila folders to reinforce that nutrients are an invisible part of food, that a food may have more than one nutrient, and that different foods provide different nutrients and serve a variety of functions.

Take a tour of the farm, and investigate what’s growing. Ask the students what nutrients they think are on the farm. Harvest veggies for lunch and discuss which ones were on the envelopes, and see if students can remember some of the nutrients.