

Nutrient Dense Foods

Energizer - Nutrient Jump Up

Target Grades: K-5

Goal: To understand nutrient dense foods provide energy to perform strenuous activities for a long period of time.

Direct Teach:

- Nutrient dense foods give us the energy we need to do hard work.
You can break down the word for your learners:
 - *Nutrient – things that are good for our body*
 - *Like the word “nutritious” or “nutrition”*
 - *Dense – means that a lot of something packed in*
 - *Like those drink powders you mix with water are really dense. If you put it straight in your mouth it’s so much! You need to loosen it up with water. But they give it to you dense—all packed in.*
 - *Put it together—nutrient dense foods mean a lot of good stuff our bodies need!*
- If we plan on playing outside for a while, or listening for a long time during a math lesson, or even keeping healthy all day while we’re at home—we need nutrient dense food to do it. We need to pack in the good stuff like fruits, veggies, whole grains.
- Have participants sit while the instructor gives examples of nutrient and non-nutrient dense foods.
 - Nutrient dense foods: Fruits, veggies, whole grain products, lean meats, low fat dairy products
 - Non-nutrient dense foods: Desserts, soda, chips, candy, ice cream, donuts, etc.

Activity:

- If the instructor calls out a nutrient dense food, participants stand up and do 5 squats then sit back down after reps are completed.
- If the instructor calls out a non-nutrient dense food, participants stay seated and do 5 shoulder rolls.
- The instructor shares the correct answer before naming another food.

Additional modifications or extensions for virtual classrooms:

- Call on several students to share what they ate for breakfast or lunch that day or that week. Have students do the activity above depending on if the food was nutrient dense or not.
- Have students pick a food that starts with their first letter of their name. Have students do the activity above depending on if the food was nutrient dense or not.
- Scavenger hunt: give students 2 minutes to bring a food from their kitchen. See what they bring you and classify the food as nutrient dense or not. You can celebrate all the students bringing something to share and being open to the activity. The focus is building on the knowledge and you can avoid singling out a student who may not have a nutrient-dense food by saying something like, “Thank you for sharing and helping us learn today.”

Professional Standards:

- K-1 HE 115.4, b, 1, C; 115.4, b, 1, D; 115.5, b, 1, C; 115.5, b, 1, D
- K-1 PE 116.2, b, 7, A; 116.3, b, 1, A; 116.3, b, 4, D
- 2-3 PE 116.4, b, 3, C; 116.4, b, 4, D
- 4-5 PE 116.6, b, 1, E; 116.6, b, 3, E; 116.6, b, 7, A; 116.7, b, 7, A

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