



## Grade 4 Lesson Plan: Nutrition Superheroes and Villains

### Objectives/Goals

- Students will learn the basics of nutrition and then research nutrients to create one nutrient superhero and one nutrient villain.

### Materials

- Student Packet (provided)
- PowerPoint (provided)

### Procedure

#### *Step 1*

- Teach the foundations of nutrition with the PowerPoint
- Have students write down main points onto their student packet

#### *Step 2*

- Students will be assigned a nutrient and they will create a Nutrient Superhero. Criteria is listed below.
- Students will be assigned a nutrient and they will create a Nutrient Villain. Criteria is listed below.

#### *Step 3*

- Students will write a reflective paragraph on strategies that can be used to eat more or less of the nutrients assigned.

### Assessment Idea

Students will create a nutrient superhero and a nutrient villain to illustrate their particular nutrient that they researched.

### **References**

- Melanie Lynch, 2016 SHAPE America National Health Teacher of the Year
- Tanner Roos
- Jaryd Prince
- Kathy Szabo
- Aaron Hart
- Andy Horne

### **Handout**

The next page includes a handout for the lesson. The handout is designed for print use only.



## What is Energy?

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## What are the 5 Food Groups?

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## What types of food takes away our energy?

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**What is your nutritional goal?**

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**What Makes food healthy?**

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**What Makes food unhealthy?**

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**How much exercise is recommended?**

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**How does exercise + eating healthy = good health balance?**

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**Identify foods that are beneficial for before and after physical activity?**

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**Why are hydration and hydration choices important relative to physical activities?**

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Did you know how much sugar is in the following drinks?



**Why is it important to choose sugar free drinks when participating in sports?**

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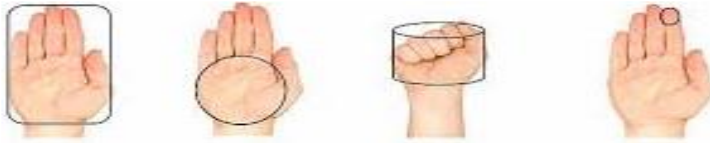
**How much water should you drink every day?**

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**What are portion sizes and why are they important when choosing foods?**

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# Superhero vs. Villain



**Task:** You have the exciting task of creating a **Nutrient Superhero**. This superhero helps people get the nutrients (**Carbohydrates, Protein, Fat, Vitamins, Minerals or Water**) that we need to be healthy. Secondly, you will create a **Nutrient Villain**. Certain Nutrient Superheroes can become a villain if they are consumed in excess. Some examples include **sugar, sodium and saturated fat**.

## Criteria:

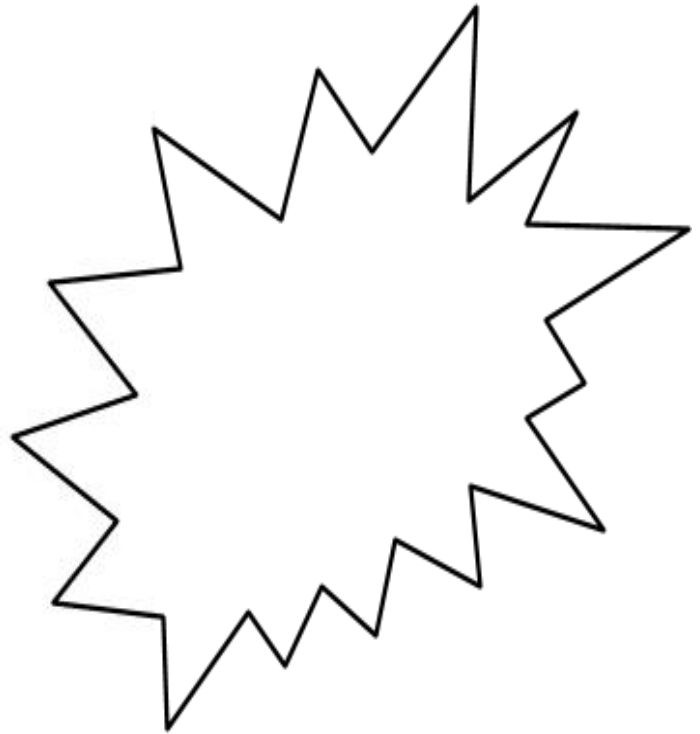
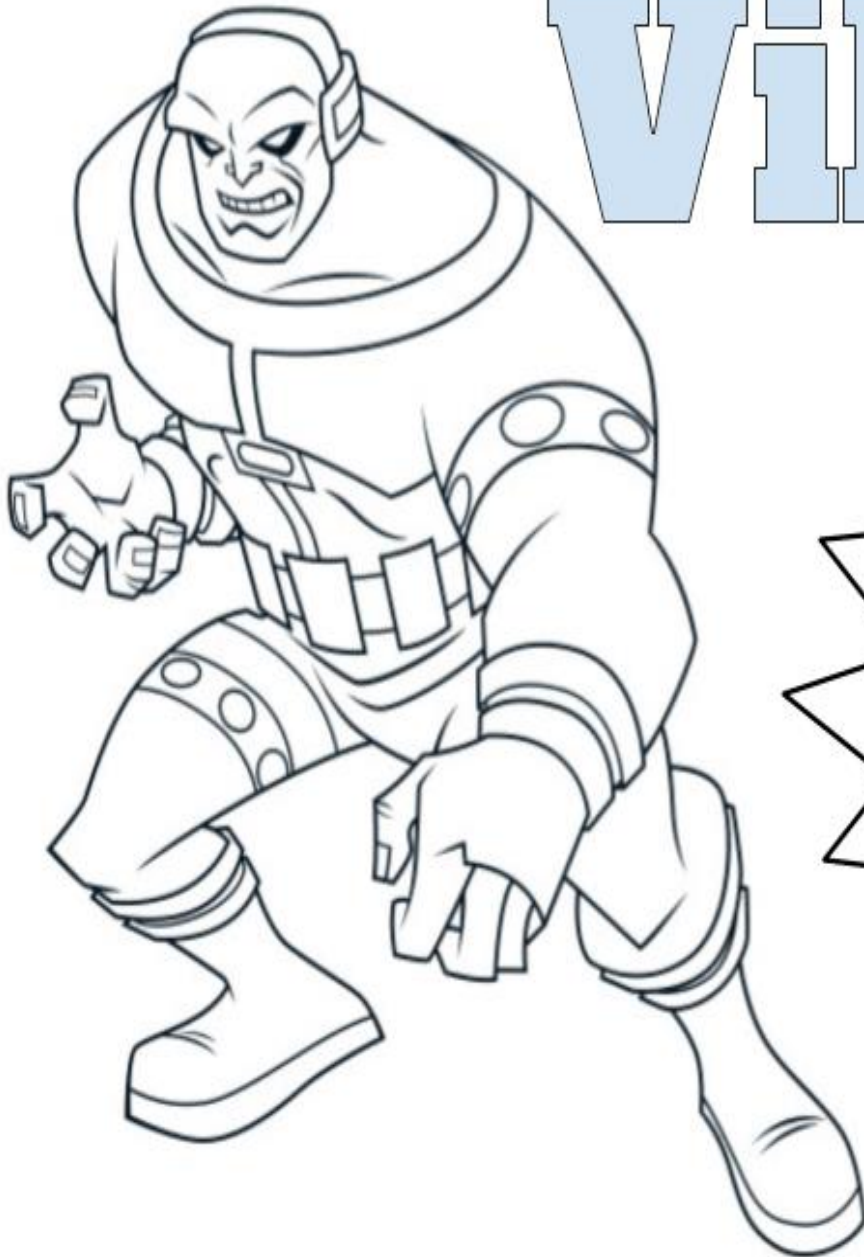
Superhero	Villain
<ul style="list-style-type: none"> <li>Name your Superhero</li> </ul>	<ul style="list-style-type: none"> <li>Name your Villain</li> </ul>
<ul style="list-style-type: none"> <li>List the superhero's special powers (what the nutrient does for the body).</li> </ul>	<ul style="list-style-type: none"> <li>List the superhero's special powers (why and how the nutrient in excess is unhealthy for the body).</li> </ul>
<ul style="list-style-type: none"> <li>Describe how the superhero gets their special powers (foods that provide that nutrient). You must list at least <b>3</b>.</li> </ul>	<ul style="list-style-type: none"> <li>Describe how the villain gets their special powers (foods that provide that nutrient). You must list at least <b>3</b>.</li> </ul>
<ul style="list-style-type: none"> <li>Decorate your superhero. You can even write some of the facts on the superhero.</li> </ul>	<ul style="list-style-type: none"> <li>Decorate your villain. You can even write some of the facts on the villain.</li> </ul>
<ul style="list-style-type: none"> <li>Write a paragraph explaining strategies someone could use to get <b>more</b> of this nutrient.</li> </ul>	<ul style="list-style-type: none"> <li>Write a paragraph explaining strategies someone could use to get <b>less</b> of this nutrient.</li> </ul>



# Nutrient Superhero



# Villain



# Rubric

<b>CATEGORY</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>1</b>
Explanation of the benefits of choosing foods from that section of the menu (What the nutrient does for your body?)	Explanation of benefits was clear, correct and had at least 4 benefits.	Explanation of benefits was clear, correct and had at least 3 benefits.	Explanation of benefits was clear, correct and had at least 2 benefits.	Explanation of benefits was clear, correct and had at least 1 benefit.
Provide at least three food selections that would provide your body with that nutrient.	Provide at least 3 food selections that would provide your body with that nutrient and a connection to the body (what it does).	Provide at least 3 food selections that would provide your body with that nutrient.	Provide at least 2 food selections that would provide your body with that nutrient.	Provide at least 1 food selections that would provide your body with that nutrient.
Attractiveness	The project is exceptionally attractive in terms of design, layout, and neatness and has some artwork.	The project is attractive in terms of design, layout and neatness and has some artwork.	The project is acceptably attractive though it may be a bit messy.	The project is distractingly messy or very poorly designed. It is not attractive.
Mechanics	Capitalization and punctuation are correct throughout the project.	There is 1 error in capitalization or punctuation.	There are 2 errors in capitalization or punctuation.	There are more than 2 errors in capitalization or punctuation.
Grammar	There are no grammatical mistakes on the project.	There is 1 grammatical mistake on the project.	There are 2 grammatical mistakes on the project.	There are more than 2 grammatical mistakes on the project.

