



4th Grade Nutrition

Learning Objectives

- I can identify foods that contain saturated and trans-fat. (SOL 4.1b)

4.1 The student will explain how nutrition and other health-enhancing behaviors affect personal health and academic achievement.

Nutrition

- b. Identify foods that contain saturated and trans-fat.

Teacher Notes

- Visual aids Posters
- Videos
- Vocabulary word wall (saturated fat, trans-fat, temperature)

Lesson Steps

Step 1 (Engage learners/access prior knowledge)

- What do you think fats are? Look at the picture! Do you think its good fat and why?



Step 2 (New information – direct instruction/teacher-facilitated learning)

- Explain trans-fat and saturated fat to students. Both saturated and trans-fats are solid at room temperature (picture them clogging up arteries!). Saturated fat usually comes from animal products like butter, cheese, whole milk, ice cream, and meats. Trans- fats are naturally found in these foods.
- Use Power Point presentation to guide class through lesson. [..\Documents\Nutrition 4th Grade.pptx](#)

Step 3 (Application – how student will apply/practice new learning)

- ❖ Place students into small groups and let them make a poster on trans-fat versus saturated fat.
- ❖ Give students a food magazine and let them cut out item that will represent trans-fat and saturated fat to go into their posters.



Assessments

- 1. Give two examples of trans-fat and saturated fat.



- 2. Which image is a trans-fat (a)

(B)



(c)



Extensions/Connections

- Healthy Kids Association- <https://healthy-kids.com.au/food-nutrition/nutrients-in-food/fats/>
Fat in children's food-
<https://www.aboutkidshealth.ca/article?contentid=1943&language=english>

Resources/References

Figuring Out Food Labels - Nemours Kids Health <https://kidshealth.org/en/kids/fat.html>

Nutrition and Healthy Eating- [Dietary fat: Know which to choose - Mayo Clinic](#)