

THE SCIENCE BEHIND HEALTHY EATING

VIRTUAL LESSON

AGE RANGE

10–13

OVERVIEW

Why do our bodies need certain nutrients? Students will understand the key nutrients they need to grow and which foods they should eat to obtain those nutrients. Students will explore the science behind nutritious food choices and discover what is really going on in their bodies when they eat. Students will also learn the difference between natural and processed food choices and how each can affect their risk for developing noncommunicable diseases. Finally, students will apply what they have learned as they complete an activity and share their answers with the class.

TIMING

40–50 minutes total (presented in two parts, 20–25 minutes)

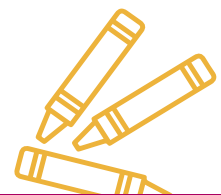
OBJECTIVES

Students will

- Understand the connection between nutritious food choices and noncommunicable diseases.
- Describe how our bodies use various nutrients.
- Identify the differences between natural and processed foods.
- Compare various food choices and describe how food choices influence nutrition.

MATERIALS NEEDED

- Pencils, one per student
- **MyPlate Student Handout**, one per student
- **MyPlate Poster**, one per class*



For more information about the Future Well Kids program, please email
ABBOTT.VOLUNTEER@ABBOTT.COM.