

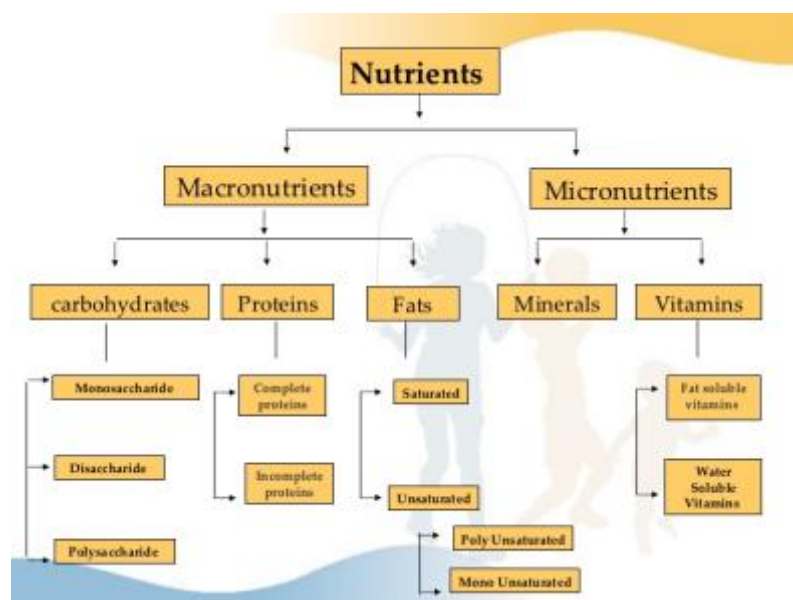
## Lesson Title: Nutrition 101

### Learning Objectives:

- Properly identify the correct macronutrients (protein, carbs and fat)
- Identify the function of each macronutrient
- Be able to combine macronutrients to create a balanced meal

### The Message/WHY:

- Macronutrients are the nutrients that provide us calories.
- Calorie Breakdown:
  - Fat= 9 calories per gram
  - Protein= 4 calories per gram
  - Carbohydrates= 4 calories per gram



### Macronutrient functions:

- Protein: regulates body function, component of enzyme, immune health, aids in hormone regulation
- Carbs: body's main source of fuel, spares protein from being used as energy
- Fat: component of our membrane, particularly in the brain and nervous system, aids in the absorption of fat-soluble vitamins and is used as a source of energy

### Sources:

- Protein: eggs, ham, chicken, yogurt, milk, cheese, red meat, fish, turkey, pork, bacon, beans
- Carbs: starches (rice, pasta, bread), sugar, juice, fruit, processed junk food, potato, peas, corn, squash, vegetables
- Fat: nuts, nut butters, avocado, oils, meats

**Activity:** Identify the proper macronutrient. Some of these foods are combination foods meaning they have two+ of the different macronutrients. Please have your students identify the **primary macronutrient** in the foods and also the secondary macronutrient. After they have time to complete the activity, use the key and go through the answers together.