

Home Living / Daily Living
Lesson Plan—Developing
Foods with Vitamins and Minerals

Instructional Area: Leisure Community Home Living / Daily Living
Ability Level: Emerging Developing Mastery

Topic / Skill Outcome:

- Nutrition
- Students will learn why it's important to eat foods rich in vitamins and minerals

Learning Area(s):

- Literacy
- Communication
- Personal Resource Management

Purpose of Lesson / Objective:

- Identify what vitamins and minerals are and what each does to help your body
- Identify foods rich in vitamins and minerals

Materials / Equipment / Environment:

- Worksheets listing information being presented
- Illustration of the food pyramid
- Worksheets where students need to fill in answers
- Food labels

Group Size: 3-8

Time Required: Will vary

Lesson Procedure:

1. Through discussion and informational worksheets, students will become familiar with the names of vitamins and minerals
2. Have students find the names of vitamins and minerals listed on food labels
3. Discuss, with the aid of the informational worksheet, the food sources that contain a particular vitamin or mineral
4. Relate this information to the food pyramid to see what food groups are rich in particular vitamins and minerals

Carry Over / Related Activities:

- Talk about the medical conditions caused by the lack of a particular vitamin or mineral in one's diet

Supporting Activities / Possible Adaptations:

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Strategies for Participation:

- Show pictures of people whose bodies are suffering from some form of malnutrition, and discuss what may possibly be lacking in their diet (example: show a picture of someone who has osteoporosis or has bad teeth, and suggest that they are conditions that could possibly be resultant of a lack of calcium in that person's diet).

Student Reaction / Evaluation:

- Pre and Post data