



# Nourishing with Nutrients

**Grade Levels & Subjects:** Grades 9 – 12 English Language Arts

**Learning + Food Objectives:**

Students will learn how food impacts health by writing an informational article for a newspaper explaining why people to eat more of a specific type of nutrient of their choosing.

**Common Core Standards:**

Common Core English Language Arts

Writing with professional and objective tone

CCSS.ELA-LITERACY.W.9 - 12.2.E

Establish and maintain a formal style and objective tone while attending to the norms and conventions of the discipline in which they are writing.

CCSS.ELA-LITERACY.W.9 - 12.4

Produce clear and coherent writing in which the development, organization, and style are appropriate to task, purpose, and audience.



### MATERIALS NEEDED

- Pilot Light Video: "The Six Essential Nutrients" <https://vimeo.com/511758352>
- Student Worksheet (Attached below)

### CLASSROOM PROCEDURE

#### INTRODUCTION (5 minutes)

1. Have teacher show an example of a food label. Ask students to brain dump anything they know about food labels in their student worksheet.
2. Have 3–5 students share out something they know about food labels.

## INSTRUCTION (60 minutes)

1. Explain to students that they will be learning about six different types of nutrients that can be found on food labels. They will be writing an informational article for a newspaper explaining why people to eat more of a specific type of nutrient of their choosing.
2. Tell students that while they are watching a quick introduction video to the six types of nutrients, and they will need to write down the name of the nutrient and a few notes about each type.
3. Show the nutrition introduction video: "The Six Essential Nutrients" (<https://vimeo.com/511758352>)
4. Ask students to share 1–2 new pieces of information they gained from the video.
5. Give students time to write down their thoughts and reflections on the student worksheet.
6. Have a class discussion (option to break into smaller groups) around these questions:
  - What type of nutrient is most prevalent in your diet? Why?
  - Based on your lifestyle, what type of nutrient do you need to consume more?
  - What are reasons people should eat more of a particular nutrient?
  - Thinking of someone in your life, what is a type of nutrient you wish they would consume more? Why? (Be sure to remind students to share their answer while also respecting the identity of who they are thinking of.)
7. Summarize the discussion with the class and explain to students that they will be writing a newspaper article about why people should eat more of a particular type of nutrient. Each student needs to choose just one type of nutrient to discuss in their article.
8. In a class discussion, create a list of ways to maintain a formal and objective tone when writing an article for a newspaper. This list should include ways such as:
  - Using complex sentences
  - Avoiding contractions
  - Using standard spelling
  - Organizing paragraphs that fit together
  - Keeping serious tone and avoiding figurative language
  - Writing in third person
  - Using sophisticated vocabulary that is fitting with the topic
9. Ask students to choose one particular nutrient to write about while thinking about how that nutrient supports health.
10. Give students time to write their articles and check in as students have questions.

## CLOSING (teacher discretion)

1. Have students share their work with a peer for feedback on their formal style and objective tone.
2. Give students time to make adjustments based on peer feedback.
3. Ask students to complete the final reflection on the bottom of their student worksheet.
4. Share out reflection from student worksheet.

## ADDITIONAL RESOURCES

- Introduction to Nutrient Groups:
  - "6 Essential Nutrients and Why Your Body Needs Them" by Healthline - <https://www.healthline.com/health/food-nutrition/six-essential-nutrients#fats>
  - "How the Six Basic Nutrients Affect Your Body" by Bestie - [https://www.youtube.com/watch?v=inEPIZZ\\_SfA](https://www.youtube.com/watch?v=inEPIZZ_SfA)
- How to eat balanced meals:
  - "The Nutrition Source" by Harvard School of Public Health - <https://www.hsph.harvard.edu/nutritionsource/healthy-eating-plate/>
  - "Changing Your Diet: Choosing Nutrient Rich Foods" by American Academy of Family Physicians - <https://familydoctor.org/changing-your-diet-choosing-nutrient-rich-foods/>

## RECIPE

Below is the recipe for a video that contains ingredients from every nutrient group. Teacher could ask students to identify each of the nutrient groups in this video/recipe.

**Easy Chicken Enchiladas by Chef Kristin Koury:** <https://vimeo.com/416129906>

*Serves 6-8*

### Ingredients:

- 2 cups chicken, cooked and shredded (from a roasted chicken from the store, roasted whole chicken leftovers, or cooked chicken breasts or legs and thighs)
- 2 ea 16oz jars of salsa (tomatillo salsa, red salsa, or canned enchilada sauce)
- 1½ cups shredded cheese (use whatever you have on hand: Chihuahua, mozzarella, cheddar, Monterey jack or a combination)
- ½ cup sour cream or yogurt
- 8 large tortillas
- (Optional toppings): cilantro, green onions, jalapeno slices, chopped tomatoes, avocado slices, shredded lettuce

### Materials:

- Oven
- Large mixing bowl
- Large spoon
- Sheet tray
- 9x13 baking pan and foil

### Directions:

1. Preheat the oven to 350F.
2. Combine shredded chicken, 1 jar salsa, 1 cup of cheese, and sour cream/yogurt in a large bowl and mix.
3. Pour ¼ of a jar of salsa in the bottom of the 9x13 pan.
4. Put a few spoons of salsa onto the sheet tray. Place one tortilla on top of the sauce and wet the tortilla (this makes it easier to roll – you may need to add more salsa as you go).
5. Place ¼ cup of chicken mix on the tortilla with your hands and spread down the middle. Roll and place in a pan. Repeat.
6. Top rolled tortillas with remaining salsa then sprinkle with ½ cup of cheese.
7. Cover with foil and bake for 15 minutes. Remove foil then bake for an additional 10 minutes.
8. If using, garnish enchiladas with cilantro, green onions, jalapeno slices, avocado slices, chopped tomatoes, and/or shredded lettuce. Serve and enjoy!

The student worksheet below can be printed or copied onto any online learning platform.



## Nourishing with Nutrients

You will be learning how food impacts health by writing an informational article for a newspaper explaining why people to eat more of a specific type of nutrient of their choosing.

### Brain Dump!

Below, jot down anything you know about nutrition labels. Use the example to help you brainstorm.

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### Video

Write down the name of each type of nutrient and a few notes about each.


### Reflection

Now that you've watched the video "The Six Essential Nutrients," reflect on the following questions and write down your thoughts. Be prepared to share out your responses.

What type of nutrient is most prevalent in your diet? Why?

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Based on your lifestyle, what type of nutrient do you need to consume more? What foods could you add to your diet to increase your consumption of that type of nutrient?

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What are reasons people should eat more of a particular nutrient?

Thinking of someone in your life, what is a type of nutrient you wish they would consume more? Why?

### Newspaper Article

You will be choosing one of the six types of nutrients to discuss in a newspaper article. The goal of this article is to inform people why they should consume more of that type of nutrient. Be sure to focus on how that nutrient supports peoples' health. The article should be written in a formal and objective tone as defined by your class.



## Peer Feedback

Share your article with a peer to get feedback on your objective tone and formal style. Make any changes necessary. Be ready to share out your final article.

## Final Reflection

What are two key takeaways you have about your diet/health? Explain.