

Name/Title: Nutrients - A Differentiated Instruction Lesson

Purpose of Event: Teach the function and food sources of the six nutrients

Suggested Grade Level: 6-8

Materials Needed: Construction Paper, Textbook or Material to teach the 6 Nutrients

Description of Idea

Actual directions for assignment

Nutrients

Choose one of the following options below. It does not have to be based on the results of your Triarchic Theory of Intelligences assessment. (Should use Robert Sternberg's Triarchic Theory of Intelligences Survey prior to lesson so the students know their dominant intelligence.

Creative: Your job is to create six cartoon characters, one for each of the six nutrients. The end product should have six drawings each with a description about the character and a creative name. The description should include the following information:

- 1.The character's special powers (what the nutrient does for the body).
- 2.How the character gets the special powers (foods that provide the nutrient, need at least three)?

Practical: Your job is to create a menu that represents the six nutrients. The menu should have six sections, one for each of the nutrients. Each section of your menu should include the following information:

- 1.Explanation of the benefits of choosing foods from that section of the menu (What the nutrient does for your body?)
- 2.Provide at least three food selections that would provide your body with that nutrient

Analytical: Your job is to compare the six nutrients to any technology or sport equipment of your choice. You will need to pick a piece of technology that has at least six parts in order to have a comparison for each nutrient. The following is the material that must be included in your explanation.

- 1.The function of the nutrient and the function of the piece of equipment included in the comparison.

Example:

- 1) Carbohydrates are like the wheels of the bike because the bike needs wheels in order to move. We need carbohydrates to get energy in order to carry out our daily activities.
- 2) Minerals are like the pedals of the bike. When we pedal our legs get stronger and minerals

help our bones and teeth get stronger.)

2. Each comparison should include 3 examples of the nutrient being discussed.

Example:

1) Pasta, bread, and fruits provide our bodies with carbohydrates.

Example for the end product for the nutrient, carbohydrates:

Carbohydrates are like the wheels of the bike because the bike needs wheels in order to move.

We need carbohydrates to get energy in order to carry out our daily activities. Pasta, bread, and fruits provide our bodies with carbohydrates.

Assessment Ideas:

This could be an assessment or could assess students with quiz about the 6 nutrients after completing project

Submitted by **Robin Gordon** who teaches at Medford Memorial Middle School in Medford, NJ. Thanks for contributing to PE Central! **Posted on PEC: 12/6/2011.**

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