

Supplemental Activity: Macronutrients

Nutrition Lesson Supported:

- Macronutrients

Supplies Needed:

- 4.7_SW_Macronutrient-Worksheet

Length of Time to Complete:

- 5 minutes to introduce activity
- 15 minutes to complete assignment

Common Core Standards Taught:

English

- Writing
 - 4.1 Write opinion pieces on topics or texts, supporting a point of view with reasons and information
- Writing
 - 4.2 Write informative/explanatory texts to examine a topic and convey information clearly

Lesson:

This month we learned about **macronutrients**. Who can tell me what macro means? (*Large*) So, macronutrients are nutrients that we need in large quantities and that give us the best energy. Who remembers the names of the three macronutrients? (*Fat, protein and carbohydrates*)

Fat gives us long lasting energy and help us feel full. What are the three types of fat? (*Unsaturated, saturated and trans fats*)

Who can tell me which one of these fats is a Go fat? (*Unsaturated*)

What are some examples of foods that contain healthy fat? (*Nuts, fish, cheese, and olive oil*)

Which is the Slow fats that we want a daily value of 10% or less of in our diet? (*Saturated*)

What are some examples of saturated fats? (*Skin of the chicken and fat on meat*)

What is the trouble fat that we want little to none of in our diet? (*Trans fat*)

What are some foods that may have trans fat in them? (*Processed foods, crackers and cookies*)

Protein gives us long lasting energy, helps us feel full and helps our bodies repair tissues and build strong muscles. What are some examples of protein? (*Chicken, fish, beans, and yogurt*)

Most carbohydrates give us quick energy so we can be active. What are some examples of carbohydrates? (*Bread, rice, bananas, and beans*)
Fiber is found in carbohydrates and is very important to keep our digestive tracts healthy and helps us feel full.

Using MyPlate when building meals and snacks with Go Foods will give you a balance of nutrients and energy to feel great everyday!

Macronutrient Worksheet – Answer Key

1. Joe just woke up 30 minutes ago and is getting ready for school. He is starving and needs energy for the day. What macronutrients would provide the energy Joe needs? Does Joe need quick energy or long lasting energy?

Joe should use MyPlate as a guide to prepare a breakfast that has protein and healthy fats for long lasting energy and keep him feeling full until snack time. He should also have some carbohydrate to give him some quick energy right away so he can get to school. Example is a veggie omelet with whole grain toast and a glass of lowfat milk.

2. Joe just arrived home from school. It is 3pm and he is hungry since he hasn't eaten since lunch at 12pm. Dinner is not for another 3 hours. Which macronutrients would provide the energy Joe needs? What snack would you recommend and why?

Joe should have some carbohydrates to give him some quick energy and a small amount of protein and/or healthy fats to help Joe stay full until dinner. Examples: apple with peanut butter, cheese and whole wheat crackers.

3. Joe wants some quick energy so he is going to have a carbohydrate food for a snack. He is trying to decide if he should have an apple or some pretzels. Which snack would you recommend for Joe? Will the apple or pretzels give Joe more long lasting energy? Why?

While both of these foods are carbohydrates that provide quick energy, the apple is a better choice because it contains fiber. Fiber will help Joe feel full longer and give him longer lasting energy. An apple is also a better source of vitamins and minerals. If Joe only has pretzels for a snack, he will probably feel hungry again before dinner and want another snack. Joe could also add a small amount of protein and/or healthy fat to his snack to help him feel full.

4. Joe is planning what he should have for dinner. He wants a meal that provides him with all 3 macronutrients and is made up of mostly go foods. What is one example of a dinner that Joe could have?

Joe's dinner should contain carbohydrates, protein and healthy fat. He can use MyPlate as a guide to plan his meal to ensure he gets all three macronutrients.