

Agenda

1. Do Now (3 min.)
2. Objectives (2 min.)
3. Preview of Material (5 min.)
4. *Food: Our Body's Source of Energy and Structural Materials* (30 min.)
5. Notes Review (15 min.)
6. Closing (5 min.)

Do Now (3 min.)

Write down anything you know about the following terms

Macronutrient
Micronutrient
Carbohydrate
Lipid
Protein

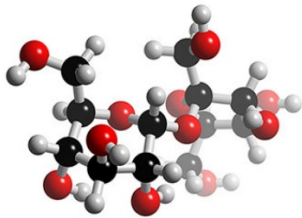
Objectives (2 min.)

SWBAT

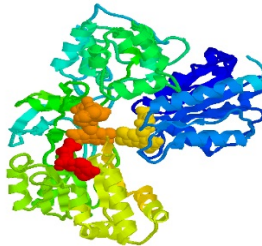
Content: (1) Explain the concept of food, and tell what food consist of, (2) explain the basic components of carbohydrates, proteins, and fats

Language: (1) by reading the article, and writing their response below, (2) by reading the article and writing their information in the graphic organizer

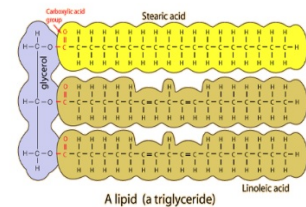
Preview of Material (5 min.)



Carbohydrate:
Sucrose



Protein



Lipid

Food: Our Body's Source of Energy and Structural Materials
(30 min.)

Please take the next 30 minutes, and as a group:

- read p. 328-332
- fill in your graphic organizer

Notes Review (15 min.)

homeostasis

Macronutrients: need lots of	These are broken into	A source for this nutrient is	This nutrient is made from	This nutrient is used for
1. Carbohydrates	Simple Sugars	Carrots, cabbage, bread, rice, cereal	Simple Sugars	- fast energy
2. Proteins	- amino acids (- need 20 to be healthy)	- meats, milk... - beans + grains	amino acids	- build/repair tissue
3. Fats (lipids)	- fatty acids	- meats - oils - cheese	fatty acids	- making hormones - making cell membranes - storing energy
Micronutrients: need little of				
4. Vitamins		Various		Regulate cell activity
5. Essential elements		Various		maintains homeostasis

Closing (5 min.)

What does food do
for our bodies beyond
make us feel full?
