

## **Unit 4 Nutrition**

### **Lesson 2 – Well-Balanced Diet**

#### **Goals**

- Understand the components of a well balanced diet
- Understand the terminology associated with food and nutrition
- Apply information about nutrients to food groups and a well-balanced diet.

#### **Activities**

##### **1. Review**

Use one or more of the following activities (see instructor notes for complete instructions) to review previous lesson's vocabulary and/or verb list.

- |                                   |                                 |
|-----------------------------------|---------------------------------|
| 1. Word Bingo (listening)         | 2. Oral cloze exercise          |
| 3. Word Bingo (definitions)       | 4. I can/ I can't Verb Practice |
| 5. Blackboard Bingo (definitions) | 6. Verb tense practice          |

##### **2. Introduction to CNA topic – Well-Balanced Diet**

##### **3. Vocabulary lists**

Discuss vocabulary for the lesson (No verb list for this lesson)

- **Unit 4 Lesson 2 Vocabulary**
- **Unit 4 Lesson 2 My Vocabulary list**

##### **4. Food Pyramid**

The food pyramid promotes wise food choices. Use the pyramid to identify the groups of foods that are healthy choices. The pyramid is for everyone over the age of two years and better health is the goal. Teaching students about nutrition for themselves will give them the tools to understand the nutritional needs of the elderly. Use the English and Spanish miniposter handout to introduce the concept of food groups. If your classroom has Internet access, you can explore the USDA Web site at [www.mypyramid.gov](http://www.mypyramid.gov). There are activities on the Web site where you can enter your age and find the number of calories that are appropriate for that age. Have students compare their age with different ages and discuss different needs for different ages.

- **Unit 4 Lesson 2 My Pyramid (English)**
- **Unit 4 Lesson 2 Mi Piramide (Spanish)**

## 5. What are Nutrients?

Understanding the importance of nutrients will assist the students when they must assist with or monitor the dietary needs of the resident. The handout provides a summary of the six types of nutrients. Understanding the relationship of food and nutrients is essential to understanding healthy nutrition.

- **Unit 4 Lesson 2 What are Nutrients?**
- **Unit 4 Lesson 2 Creating a Well-Balanced Diet**

Using the pyramid and the information about nutrients, divide the class into teams and have each team create a menu of meals that represent a well-balanced diet. Have the teams report back (written or orally) on their findings.

## 6. What are you going to eat?

Students can practice a conversation about cooking and then create their own in the space provided.

- **Unit 4 Lesson 2 What Are You Going To Eat?**