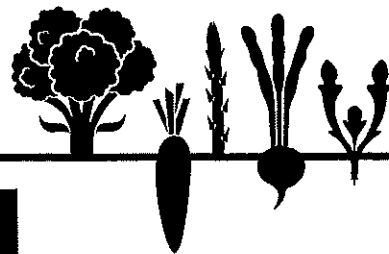


Eating From the Garden

A nutrition and gardening program for fourth/fifth grade



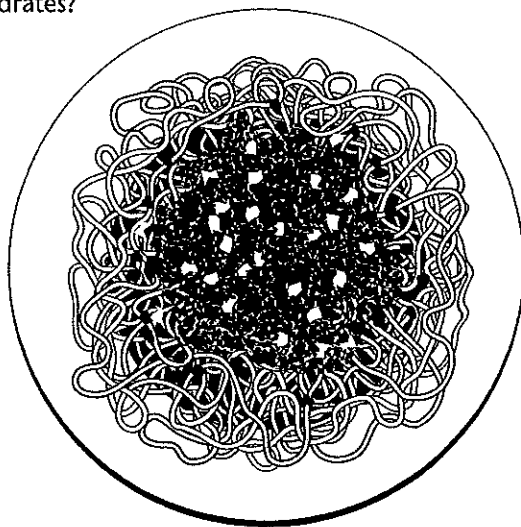
Nutrients We Need

Nutrients are substances that our bodies need to help us grow, play and stay healthy. There are six different types of nutrients our bodies need every day. Let's find these nutrients in a plate of spaghetti.

Where would you find carbohydrates?

Where would you find water?

Where would you find fat?



Where would you find protein?

Where would you find vitamins?

Where would you find minerals?

1. Carbohydrates

- Gives us energy to run, play and think. The two types are:
 - o **Simple** (sugar): energy is used quickly.
 - o **Complex**: energy is used more slowly.

2. Fat

- Protects the organs in our bodies and helps us stay warm when we are cold.
- Another source of energy (measured in calories) for our bodies.

3. Protein

- Helps build and repair muscles, bones, skin and other parts of our bodies.
- A third source of calories for our bodies.

4. Vitamins

- We need vitamins to help our bodies grow and stay healthy. Two vitamins are:
 - o **Vitamin A**: helps us see in the dark and builds our immune system to protect us from getting sick.
 - o **Vitamin C**: helps heal cuts, prevents bruising and fights colds.

5. Minerals

- We need minerals to help our bodies grow and stay healthy. Two minerals are:
 - o **Calcium**: helps keep our bones and teeth strong.
 - o **Iron**: helps keep our blood healthy so it can carry oxygen throughout the body.

6. Water

- Cools our body each time we sweat.
- Helps with digestion and carries nutrients through the body.

Adapted from *Nutrition to Grow On*, California Department of Education

University of Missouri Extension, Eating From the Garden