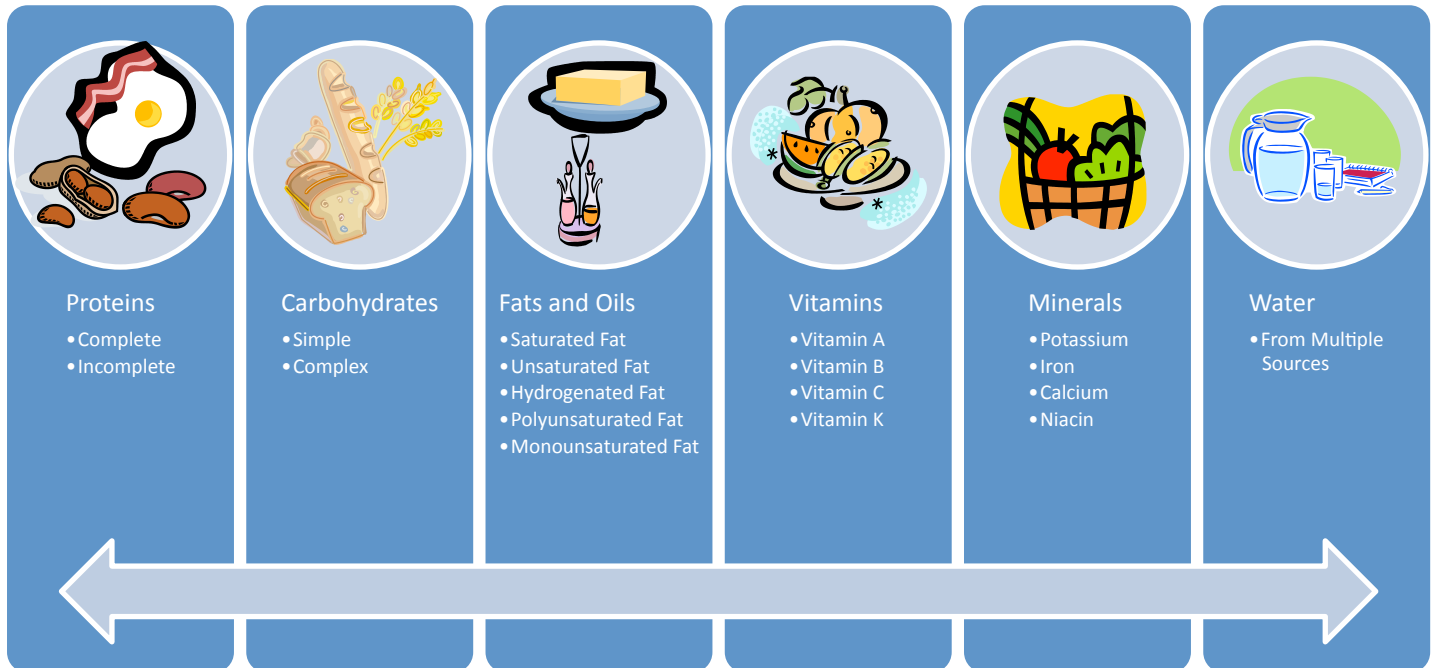


Activity 4

Resources

Graphic Organizer Showing Family of Nutrients



Sources can be added to the organizer to help students understand the types of foods rich in each nutrient family.

Example Tri-Fold

CARBOHYDRATES	PROTEINS	FATS
FOODS	FOODS	FOODS
Why did you group them this way?	Why did you group them this way?	Why did you group them this way?

Example Commonalities amongst Foods

CARBOHYDRATES	PROTEINS	FATS
The foods that contain this nutrient are...	the foods that contain this nutrient are...	The foods that contain this nutrient are...
What these foods have in common is...	What these foods have in common is...	What these foods have in common is...