

Splash Lesson Plan: Basics of Nutrition- How to Create a Balanced Diet

Time: 1 hour

of Students: 24

Overview: This class covers macronutrients & micronutrients and the role they play in our body. This class will teach you how to customize your meals according to your fitness goals, and we will get a chance to try different foods.

Goals: Students will be able to understand the role different foods play in our body and how to customize their diet according to their fitness goals.

Class Outline:

- 9-9:35 Intro & Overview of Macronutrients & Micronutrients
 - Macronutrients: proteins, fats, carbs
 - Showing food examples of each
 - Micronutrients
 - Group game: sorting different foods into macronutrients & going over answers
- 9:35-9:45 Building a balanced meal activity within groups
- 9:45-10 Sharing meal activity with class while eating examples of food shown in first part