

## In the Beginning 18 – Activities

### **LESSON ACTIVITIES**

✓ **Further Understanding:** Investigation/Reasoning Skills

#### **Nutrients Found in Plants**

Read and think about the nutrients the body needs to stay healthy and what plants they are found in.

- Vitamins – Keep the body functioning properly and maintain its health. (Found abundantly in fruits and vegetables. Eat foods with vibrant colors.)
- Minerals – Help regulate body processes and form part of body structures. (Different types are found in different foods. Eat a variety of foods.)
- Fiber – Aids in good digestion and helps satisfy hunger. (Comes from the cellulose of plants. Eat raw fruits and vegetables and whole grains.)
- Proteins – Help build, maintain and repair body tissue. (Found mostly in nuts, grains and legumes. Eat a variety of whole grains and beans.) Meat is protein that comes from animals.
- Carbohydrates (starches/sugars) – Supply energy for all the functions of the body. (Found abundantly in sweet fruits, grains and legumes.)
- Fats – Supply a large amount of energy in a small amount of food, sustain energy output. (Found abundantly in nuts, avocados and olives and extracted from some types of seeds: corn, soy, coconut, etc.)

Questions: What are nutrients you may be lacking in your diet? Why are you lacking these? What will be the result if you continue to eat the way you are currently? What can you do to improve your diet? Why is that a good idea?

✓ **Activity:** The Edible Parts of a Plant

Review the parts of a plant and their function and think of specific foods and spices that come from that part.

- Roots – Anchors the plant in the ground and takes up water and minerals from the soil. (peanuts, potatoes, carrots, onion, garlic, yams, ginger, etc.)
- Stem – Transports water, food and minerals to the other parts of the plant. Gives structure to the plant. (celery, bean sprouts, cinnamon (bark), green onion, sugar cane, etc.)
- Leaves – Makes food for the plant through the process of photosynthesis. Leaves take in carbon dioxide from the air and put oxygen out into the air. (lettuce, spinach, cabbage, parsley, cilantro, herbs, etc.)
- Fruit – Contains the seeds of the plant. Some fruits have sweet pulp and others are considered vegetables. (Sweet – apples, oranges, bananas, strawberries, grapes, etc. Vegetable types – tomatoes, squash, avocado, eggplant, peppers, green beans etc.)

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- Flower – Produces the fruit and seeds. (broccoli, cauliflower, etc.)
- Seeds – Develops into a new plant. There are a variety of seeds that can be eaten: nuts, grains and legumes. Nuts grow on trees – almonds, walnuts, cashews, etc. Grains are the seeds from cereal grasses – rice, oats, corn, barley, wheat, etc. Legumes consist of beans and peas – pinto beans, kidney beans, lentils, split peas, etc. Many spices come from seeds – mustard, nutmeg, cumin, allspice, etc.

✓ **Craft:** Rainbow Plate

As a reminder that God supplies all the food that people and animals need, draw in the rainbow plate at least one example of each type of food.

Materials: paper, crayons or colored pencils

Preparation: Print off the rainbow plate.

Instructions: On a copy of the rainbow plate, draw in foods from each food group.

✓ **Game:** What food am I?

As a reminder of the variety of foods God gave people to eat++, play “What food am I?”.

Instructions: Have each child think of their favorite food that comes from a plant. Take turns having the children guess which food each one is by asking questions that can only be answered by a yes or no.

✓ **Song:** The Rainbow Foods Song (To 99 Bottles of Beer on the Wall)

The rainbow can remind us of the food to eat each day

So we stay strong and healthy with energy to play.

Greens are the colored vegetables that do our bodies good.

And when we eat a lot of them we grow the way we should.

Reds are the fruit we need to eat, a variety each day.

They fuel us on the go and healthy help us stay.

Carbohydrates are the yellow: tortillas, bread and rice

They give us energy to play which makes life really nice.

Purples are the eggs and fish, beans and also meat.

Not too much of them, just a little we should eat.

Blue is the milk which we should drink, and yogurt, butter, cheese

Making strong our teeth and bones, our bodies sure need these.

Junk foods are those that aren't so good for us to eat a lot.

They weaken us and sap our strength and cause our teeth to rot.

We thank you God for giving us so much that's good to eat.

The rainbow foods at every meal are really quite a treat.

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