Family and Consumer Management

Grade: 7

Topic: Nutrients

Objectives:

At the end of this lesson students should be able to:

* Define the term nutrients
* Identify Six (6) major nutrients
* State at least there (3) rich sources of each nutrients
* Discuss one function of each nutrient
* Explain the term deficiency disease

Nutrients: These are chemical substances found in food that when eaten sustains the body



Our body depend on the food we consume to get nutrients to carry out its daily functions. Consuming the right amount of nutrients from rich food sources will ensure that the we do not suffer from any deficiency disease. Consuming an excess of some nutrients may lead to complications which will result in poor health.

**NB: A deficiency disease is caused by a lack of one or more nutrient in the diet**

**Activity 0ne (1)**

With the assistance of your Caribbean Home Economics in Action Book 1, page 50 complete the following table.

|  |  |
| --- | --- |
| **Nutrients**  | **Rich food sources**  |
| FATS |  |
| CARBOHYDRATE |  |
| PROTEIN |  |
| VITAMINS |  |
| WATER |  |
| MINERALS |  |

**ACTIVITY 2**

INSTRUCTIONS: Use your textbook and other resources available to complete the following activities.

1. Keep a record of all that you eat for breakfast, lunch and dinner over the next four days.
2. List the food groups that are represented in each meal
3. List the nutrients that each food item contains

c) At the end of the four-day evaluate your records with the criteria below:

* **consumed foods from 4-6 food groups at least 2 times daily**
* **meals were balanced based on the portion size given on the Caribbean Food Group chart**
* **If your plate or food consumption needs to be improved. Explain what can be**
* **done to make your plate better**
* **Evaluation should be done in summary format**

**FOOD CONSUMPTION RECORD**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Meals**  | **Day 1** | **Day 2** | **Day 3** | **Day 4** |
| **breakfast** |  |  |  |  |
| **lunch** |  |  |  |  |
| **Dinner**  |  |  |  |  |
| **Represented food groups and nutrients**  |  |  |  |  |
| **Recommended Improvement to diet (if necessary)**  |  |  |  |  |

1. Jamaica is now under attack by the novel COVID-19, which has symptoms similar to that of the influenza. Some pharmacies are faced with shortage of medication and supplements used to boast the immune system. List ten (10) food sources that can be consumed to act as protectors and regulars thereby boasting the immune system.
2. The Corona virus may also result in a shortage of imported foods such as rice. Write three quad-mix menus using foods we do not need to import to make Nutritionally balanced meal.