



## Nutrients Sample Lesson: Music



Learning Outcome: Identify that we need to eat a variety of foods to get all the nutrients to help us grow and stay healthy

Supplies: **MyPlate** poster or graphic and song lyrics

1. Pass out the lyrics to the song ***Do and Be***
2. Play the song for the class <https://fns-prod.azureedge.net/sites/default/files/tn/doandbe.mp3>
3. Play the song again and ask students to listen to it carefully. The lyrics of the song introduce the idea that different foods do different things for our bodies. Remind students that in the last lesson, they learned that we need to eat foods from each of the five food groups on **MyPlate**. That's because each food group gives us different nutrients we need to grow, play, learn, and be healthy. When we don't fuel up with enough of the right kinds of foods, we can't be our best, just like a rocket ship can't blast off and soar through space if it doesn't have enough of the right kind of fuel.
4. Ask the class what the song says about eating a variety of foods. For example, some foods give us energy or "fuel," while some foods may help us keep from getting a cold. (Nutrients help our bodies **DO** the things we want and need, and they help us **BE** healthy.)
5. Use the MyPlate poster as a reference. Ask students to name five or more different foods in each food group to help understand how important it is to eat lots of different foods to get all the nutrients we need to be healthy.

