



# Creation Lens

*Exploring the World, Discovering God*

*Grade Level: Grade 3*

*Title:*

## **Nutrients for Human Body & Nutrients for the Soul**

*Denomination: Catholic*

*Lesson ID: LS-G3-03-CA*

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***Note: Web sites referenced in this lesson were valid at time of publication.***

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## LIFE SCIENCE –GRADE THREE– CATHOLIC LESSON 3: Your Body and Your Soul Need Food

**GENERAL CONCEPT:** How our body and soul receive nourishment

### SCIENCE LESSON CONCEPT

The human body needs the nutrients in food for energy to build and repair body parts.

### GOAL OF SCIENCE LESSON

.Student will learn the new food pyramid and recognize the need for good nutrition and dietary needs.

### OUTCOME EXPECTED

Student will understand the need for healthy food and will begin to regularly achieve a balanced diet.

### MATERIALS NEEDED

- Food Pyramid Chart (the newly revised one)
- Cafeteria menus or restaurant menus

### RELIGION LESSON CONCEPT

The seven sacraments are special gifts from God that make Jesus present in our lives and “feed” us as Christians. The Sacraments give us energy to live the Christian Catholic life and help us repair our lives which are damaged by sin.

### GOAL OF RELIGION LESSON

Student will be able to name the seven sacraments and describe them as nourishment for the soul.

### OUTCOME EXPECTED

Student will understand the need for the Sacraments and will regularly receive them.

### MATERIALS NEEDED

- A flip chart or published Sacrament chart
- Marker

- Cafeteria menus or restaurant menus
- Empty food cartons and boxes
- Science Journal Page: THE FOODS WE EAT
- Pencil or pen

### SCIENCE METHODOLOGY

- **SHOW** the student the Food Pyramid Chart.
- **EXPLAIN** each section.
- **DISCUSS** what foods make up each section.
- **USE** the empty food cartons and boxes to illustrate the food pyramid.
- **GIVE** each student the Science Journal Page: THE FOODS WE EAT.
- **HAVE** the student record what they ate for breakfast, snack, lunch, snack, supper, snack in one day.
- **HAVE** the student mark what part of the food pyramid each item came from.
- **TALLY** the results.
- **ASK:** How do you need to change your diet to conform to the Food Pyramid requirements?
- **POSIT:** We need dietary habits.

- Handout on what each sacrament gives us either from textbook materials or teacher made chart.
- Pencil or pen
- Crayons or markers

### RELIGION METHODOLOGY

- **DISCUSS** and describe each sacrament briefly: noting who can receive it, age, responsibilities, how it feeds, repairs, or heals us.
- **GIVE** the student the sacrament chart hand-out to fill in.
- **HAVE** the student decorate or color each sacrament which they have received.
- **POSIT:** The Sacraments help us live a Catholic life.

## **RESOURCES, LINKS, AND COMPUTER LESSONS**

### **Science Links**

(Student) Site for kids, parents, and teens.

<http://www.kidshealth.org/index.html>

(Student) Games, recipes, kids talk and much more.

<http://www.kidshealth.org/kid/talk?>

(Teacher) Links to food pyramid worksheets, graphs, and general information.

[http://www.kidskonnnect.com/component/option,com\\_alphacotent/section,4/cat,31/task,view/id,336/Itemid,31/](http://www.kidskonnnect.com/component/option,com_alphacotent/section,4/cat,31/task,view/id,336/Itemid,31/)

(Student) On-line game, an interactive computer game where kids can reach Planet Power by fueling their rocket with food and physical activity Students can play My Pyramid Blast Off Game. NOTE: Long Load time.

<http://mypyramid.gov/kids/>

(Teacher and student\_ Games about the food pyramid.

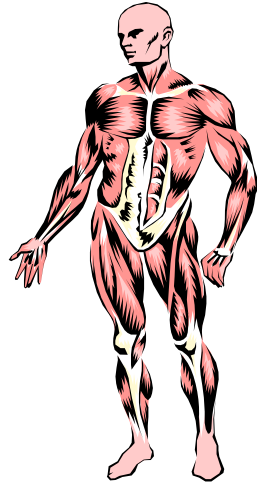
[http://web.utk.edu/~fnh/new\\_page\\_6.htm](http://web.utk.edu/~fnh/new_page_6.htm)

### **Religious Links**

(Teacher) Tells about the Sacraments and what they should mean when you receive them.

<http://jesuschristsavior.net/Sacraments.html>

**KEY WORDS**  
**LIFE SCIENCE – GRADE THREE- LESSON 3 - CA**

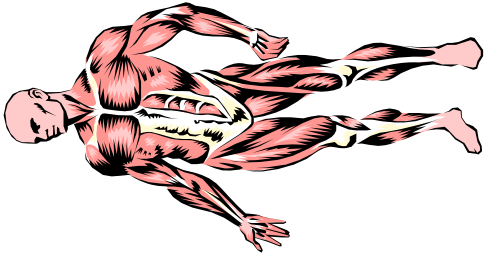


**BODY**  
**NUTRIENTS**  
**FOOD PYRAMID**  
**HEALTHY**  
**DIET**  
**MENU**  
**NUTRITION**  
**ENERGY**



**SOUL**  
**SACRAMENTS**  
**NOURISHMENT**  
**BAPTISM**  
**HOLY EUCHARIST**  
**CONFIRMATION**  
**PENANCE**  
**ANOINTING OF SICK**  
**HOLY ORDERS**  
**MATRIMONY**

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