

## 2. Oral Reading/Discussion

- Read/discuss vocab words.
- Read/discuss “Minerals” and “Trace Elements,” pp. 27–30.

## 3. Quick Checkup

Have child read and answer each question aloud on p. 30.

## 4. Further Review

If time allows, have a Quick Contest using flashcards prepared for this lesson. (See *Games*, p. 17.)

Lesson

# 144

## Ch. 2 Food for Vitality, pp. 30–34

### Preparation

- Study: *EGH* pp. 30–34/Procedure
- Have **Nutrition Worksheet 3** ready.
- Display **HTC 1**—Food Guide Pyramid.
- **malnutrition**      **Calories**  
*fiber*                      *metabolism*

### Procedure

#### 1. Review

- Ask several questions to review vitamins and minerals from previous lessons.
- Have child complete/check **Nutrition Worksheet 3**.

#### 2. Oral Reading/Discussion

- Read/discuss vocab words.
- Read/discuss “Daily Food Guide,” pp. 30–31. Use **HTC 1** in your discussion.

#### 3. Check Yourself

Read/complete “Check Yourself,” p. 32.

#### 4. Oral Reading/Discussion

- Read/discuss “Energy for Activity,” pp. 32–34.

#### 5. Quick Checkup

Have child read and answer each question aloud on p. 34.

## 6. Further Review

Play *Capture the Card* to thoroughly review vitamins, minerals, and material covered in today’s lesson. Ask questions rather than using flashcards. (See *Games*, p. 16.)

Lesson

# 145

## Ch. 2 Food for Vitality, pp. 34–37

### Preparation

- Study: *EGH* pp. 34–37/Procedure
- Have **Quiz 2** ready.
- Display **HTC 1**—Food Guide Pyramid.
- **Never skip breakfast!**

### Procedure

#### 1. Quiz 2

Administer **Quiz 2**. After child finishes, grade and record on progress report.

#### 2. Oral Reading/Discussion

- Read/discuss sentence.
- Read/discuss “Eating Balanced Meals,” pp. 34–35.

#### 3. Check Yourself

Read/complete “Check Yourself,” p. 36.

#### 4. Oral Reading/Discussion

- Read/discuss “A good dinner” and “Preparing good snacks,” pp. 36–37.

#### 5. Check Yourself

Read/complete “Check Yourself,” p. 37.

#### 6. Further Review

Have a Quick Contest to review today’s lesson as well as other material from Ch. 2. (See *Games*, p. 17.)

- What is the ability to do work?  
*energy*
- What are substances found in food that help your body grow and develop? *nutrients*
- Name the two nutrients that supply your body with fuel for energy.  
*carbohydrates and fats*
- Over half of the food you eat should be in what form? *carbohydrates*