IDENTIFICATION
INSTRUCTOR: Kristal Zimmers
UNIT TOPIC: Identify environmental concerns and benefits of fruit, nut and vegetable production
LESSON TITLE: Identify benefits of fruit, nut and vegetable production
CLASS: AGSC 364   DATE BEST TAUGHT Fall or Spring
TEKS: 119.54.c2A

OBJECTIVES (TSWBAT---The student will be able to...)
- Explain the importance of eating five servings of fruits and vegetables a day as a class with no errors.
- Differentiate among the main vitamins and minerals in fruits and vegetables that are important for body function as a class with no errors.
- Define the term phytochemicals and how they work as a class with no errors
- Explain the importance of including nuts in a diet as a class with no errors.
- Design adequate meals for a day in small groups with 80% accuracy.

TEACHING MATERIALS AND RESOURCES (What do you need to bring?)
- Foods That Contain Necessary Vitamins and Minerals Worksheets
- Benefits of Fruits, Nuts and Vegetables Worksheets
- Quizzes

TEACHING PROCEDURES---Preparation, Presentation, Application, Evaluation

Preparation (Interest Approach/Motivator)

Key Points	Methods
Link • We have learned the identified and evaluated the types of fruits, nuts and vegetables. • We will now learn the importance of these foods.	Teacher Led Discussion
Motivation • Some of the world's most widespread and debilitating nutritional disorders, including birth defects, mental and physical retardation, weakened immune systems, blindness, and even death, are caused by diets lacking in vitamins and minerals. • Low fruit and vegetable intake is a major contributing factor to such micronutrient deficiencies. • Most populations are not consuming nearly enough. • It is important that we identify the benefits of fruits and vegetables in our diets.	Teacher Led Discussion
Overview • Explain the importance of eating five servings of fruits and vegetables a day. • Differentiate among the main vitamins and minerals in fruits and vegetables that are important for body function as a class. • Define the term phytochemicals and how they work.	