

## Grade K-2 or 3-5 Nutrition Lesson 4:

# FIBER

### Overview

In this lesson students will learn that our bodies need fiber in order to stay healthy and clean on the inside. Fiber is the plant part of food that our bodies do not digest. Fiber helps our digestive system work properly. Our digestive system is made up of our mouth, stomach and intestines. Our bodies take a lot of great nutrients from the foods we eat like vitamins but can't use everything and so what's not used is left behind. Fiber acts like soap to keep our digestive systems clean and healthy. Just how soap needs water to work, fiber needs lots of water to work too. So it's super important to drink lots of water in addition to eating fiber-rich foods. Fiber-rich foods include raspberries, pears, apples, beans, peas, oatmeal, broccoli and whole wheat bread. Finally, fiber also keeps our hearts healthy and strong now and as we get older.

### Behavior Change Objective:

As a result of this lesson, students will consume more fiber by choosing foods with greater fiber content from food groups.

### Learning Objectives:

Students will be able to:

- Learn that our bodies need fiber to stay healthy and clean on the inside.
- Learn some common foods that are high in fiber.

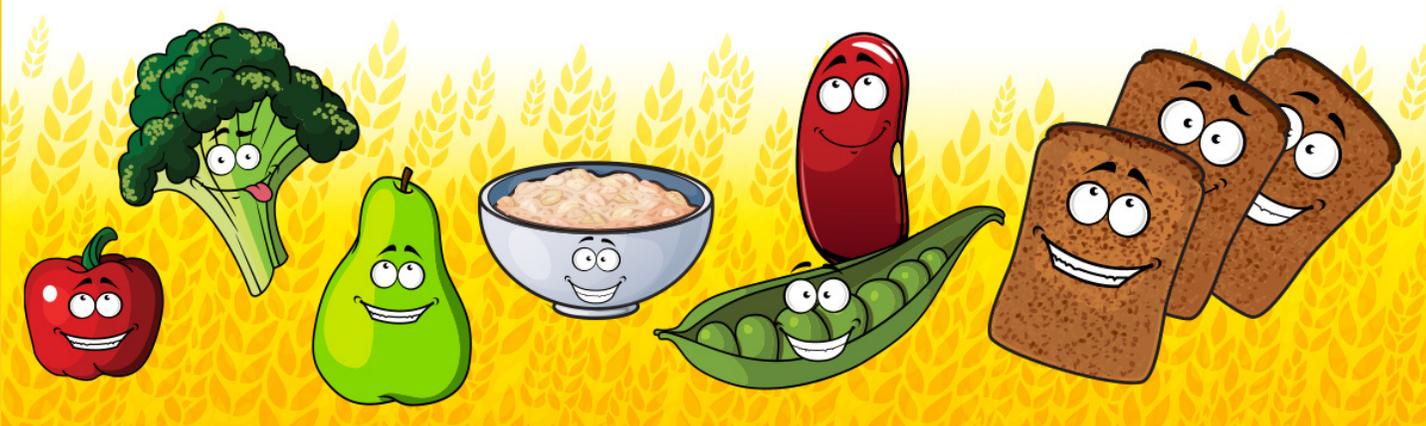
### Keywords:

Fiber, Digestion, Vitamins

### Educational Standards:

US NJ: 2.1.2.A.1, 2.1.2.A.2, 2.1.4.A.1, 2.1.4.A.2, 2.1.P.B.1, 2.1.P.B.2

NHES: 1.2.1, 1.2.2



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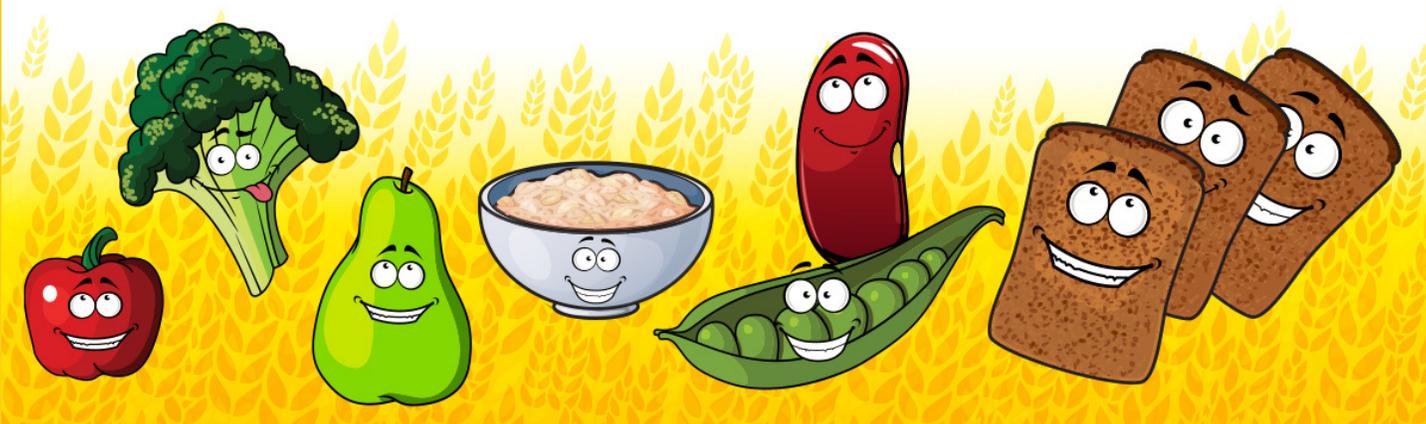
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### Materials

- Video
  - Video Four: Fiber
- Image of the digestive system – printable image attached
- Coloring pages of high fiber foods – printable images attached
- Recipe for Fiber-Full Trail Mix – attached
- Kitchen equipment and Ingredients for Fiber-Full Trail Mix:
  - Equipment: small baggies, measuring cups, large mixing bowl, serving spoon.
  - Ingredients:
    - 1 cup whole wheat Chex cereal
    - ½ cup raisins
    - ½ cup dried cranberries (or other favorite dried fruit)
    - ½ cup sunflower seeds (unsalted)
    - ¼ cup chocolate chips
    - 1 cup miniature pretzel twists or pretzel sticks

### Before You Begin

- Review the entire lesson.
- Print/display an image of the digestive system in the classroom.
- Set up AV equipment and provide space for film viewing.
  - Show video 4: Fiber
- Fiber Snack –Fiber-Full Trail Mix:
  - If you plan on having students prepare the recipe in class set out cooking equipment and ingredients necessary. See materials list for all items needed.
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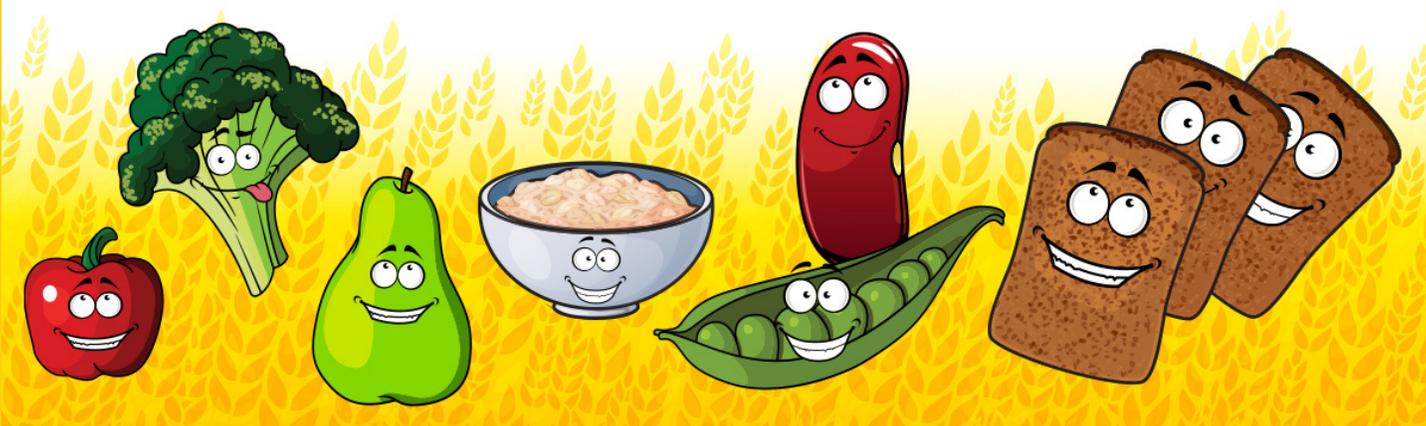
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### Procedure

- **Introduce Fiber:** Begin the lesson by displaying the digestive system and high-fiber foods. Explain that fiber is found in plant foods and that it is important to eat fiber in order to keep our digestive system healthy. Ask students if they've heard of the digestive system and if they know what it is or what it does. Point out the picture of the digestive system and explain that it's made up of our mouths, tummies and intestines. Explain that fiber is super important for keeping our digestive system clean and healthy and that it can be found in lots of different fruits, vegetables, legumes and whole grains.
- **Show video titled: Video Four: Fiber:** This video will teach the students what fiber is, how it helps our digestive system and the kinds of foods they can eat to get enough fiber into their diets.
- **Create a tasty snack that has lots of healthy fiber:** See recipe for "Fiber-full Trail Mix."

### Activities and Resources to Extend this Lesson:

1. **At home activity Idea #1:** Coloring pages of various high-fiber foods
2. **At home activity Idea #2:** Make breakfast for two days (with a grown-up) that includes two different fiber foods such as DIY oatmeal where students can choose their favorite toppings, or banana oat breakfast cookies.



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### Fiber-Full Trail Mix Recipe

- **Ingredients:**

- 1 cup whole wheat Chex cereal
- 1/2 cup raisins
- 1/2 cup dried cranberries (or other favorite dried fruit)
- 1/2 cup sunflower seeds (unsalted)
- 1/4 cup chocolate chips
- 1 cup miniature pretzel twists or pretzel sticks

- **Directions:**

- Measure out all ingredients and add to large bowl
- Gently mix all ingredients together
- Spoon out individual portions of trail mix into baggies for each student. Enjoy!

*\*Makes about 4 servings*