



Class: _____

Type Instruction: Whole Class

Learning Objective(s): Students know the importance of a personal dietary plan.

Length of Time: 10 Minutes

Ignite! Movies:

- Bodies and Nutrition
- Digestion: Step by Step

Teacher Instructions: Play Ignite! movies with students and complete the following activity.

Part One: Students complete a list.

Part Two: Your Personal Dietary Plan is an individual writing exercise.

Target Vocabulary/Key Terms:

- *cholesterol*
- *enzyme*
- *malnutrition*
- *nutrient*
- *digestion*
- *essential nutrient*
- *nonessential nutrient*
- *nutrition*

Notes:



Name: _____



The Steps of Digestion

Directions: List and describe, in order, the three main steps of digestion.

1.

2.

3.

Your Personal Dietary Plan

Directions: Write a paragraph on your personal dietary plan. What do you typically eat? How do you ensure you get your proper nutrients?