

# Micronutrients

## Learning Objectives

- I can explain how the body uses micronutrients and find the RDA on food labels [5.1c and 5.2c]

## Teacher Notes

- This activity goes best before the Macronutrient lesson
- The link to the virtual vitamin collector grid is found under step 2. Teacher should display it for the class by sharing his/her screen or send students a link to the grid.
- Video run time is 3 minutes and 23 seconds. Allow 10-15 minutes for activity as needed. Students will work at their own pace but you do not need to leave enough time for everyone to complete all tasks.

## Lesson Steps: Video Outline [Video Link](#)

### *Step 1 Introduction*

- Before playing the video, ask students to chat you 2 examples of a healthy food that is a good source of vitamins and minerals

### *Step 2 Activity*

- Students will complete as many tasks as they can from the [Vitamin Collector Grid](#) (also see replicable spreadsheet screenshot attached). The goal is to earn as many vitamins and minerals as possible. Every time they complete a task, they earn that micronutrient.

### *Step 3 Closure*

- [Exit Slip](#) (see attached)

## Assessments

- For the exit slip, open the link provided above under Step 3. Change the last 4 letters of the URL in the link from 'edit' to "copy". Use the new URL and paste it in the chat to your students. That will force them to make a copy of the exit slip so they can each create their own individual response.

## Extensions/Connections/Applications

- Feel Free to make a copy of the grid and change any tasks that you want.

## Resources/References

- [Healthykids](#)



## Micronutrient Exit Slip

- 1) Which food groups did most of the top micronutrient sources come from?

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Look at the micronutrient list for 1 cup of raw spinach, found below. Answer the following questions based off this information.

### ***Nutrition Facts***

1 cup cooked spinach: Micronutrient list

Vitamin A: 377% DV  
Vitamin C: 29%  
Vitamin K: 1111%  
Vitamin E: 19%  
Riboflavin: 25%  
Vitamin B6: 22%  
Folate: 66%  
Calcium: 24%  
Iron: 36%  
Magnesium: 39%  
Phosphorus: 10%  
Potassium: 24%  
Copper: 16%  
Manganese: 84%

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- 1) Cooked spinach has more than 100% RDA of which 2 micronutrients?

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- 2) Is this food a good source of micronutrients? Use facts from above to support your answer.

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Screenshot of Vitamin Collector Grid

Virtual Vitamin Collector: Complete the task matched with each vitamin or mineral source to earn the square! Try to earn as many squares as you can. Each task should take 30-60 seconds.

<p><b>Calcium Kale</b> Task: 10 Jumping Jacks, 10 Knee Push-Ups, 10 Boat Rows, 10 Squats</p>	<p><b>Potassium Sweet Potatoes</b> Task: Find at least 4 shoes and make a shoe tower</p>	<p><b>Vitamin B1- Thiamin</b> Black Beans Task: Spell the word FRUIT by turning your body into the letters</p>	<p><b>Magnesium Broccoli</b> Task: Find 1 red, 1 green, and 1 blue object and show them to teacher</p>
<p><b>Fiber Raspberries</b> Task: Go get a drink of water</p>	<p><b>Vitamin A Carrots</b> Task: Act out a chicken being chased by a snake being chased by an elephant</p>	<p><b>Vitamin B2- Riboflavin</b> <b>Asparagus</b> Task: Flip a shoe and get it to land right side up 3 times</p>	<p><b>Manganese Pineapple</b> Task: 10 Cherry Pickers, 10 ABC Push-Ups, 10 Sit-Ups, 10 Lunges</p>
<p><b>Vitamin B9- Folate</b> <b>Spinach</b> Task: 10 side-to-side jumps, 10 Push-Ups, 10 Second Plank, 10 Star Jumps</p>	<p><b>Vitamin C Oranges</b> Task: Chat your teacher 3 ways to prevent germs from spreading</p>	<p><b>Vitamin B3- Niacin</b> <b>Avacado</b> Task: Get a ball (or sock ball) and make 3 shots into a target</p>	<p><b>Phosphorous Peas</b> Task: Draw a picture of your favorite vegetable and show it</p>
<p><b>Iron Spinach</b> Task: Dance to the music for 1 minute</p>	<p><b>Vitamin D</b> <b>Mushrooms</b> Task: Find 2 square or rectangular objects and show them</p>	<p><b>Vitamin E Broccoli</b> Task: Chat your teacher a compliment for someone in this class</p>	<p><b>Vitamin K Spinach</b> Task: 10 squat jumps, 20 wall push- ups, 10 seesaws, 10 calf raises</p>