**6th Grade Science Lesson**

**1. Lesson Topic/Title and Pacing**

* **Living Environment**
* **Standard: 4**
* **Key Idea: 5 – Organisms maintain a dynamic equilibrium that sustain life.**
* **Performance Indicator: 5.2 – Describe the importance of major nutrients, vitamins and minerals in maintaining health and promoting growth, and explain the need for a constant input of energy for living organisms.**
* **Major Understanding: 5.2b – Foods contain a variety of substances, which include carbohydrates, fats, vitamins, proteins, minerals, and water. Each substance is vital to the survival of the organism.**

**2. Performance Objectives**

* **Identify the composition of food as carbohydrates, fats, vitamins, proteins, minerals, and water.**

**3. Vocabulary**

* **Carbohydrates, minerals, water, vitamins, proteins, fats, enzymes, glucose, sugar, starch, amino acids**

**4. Activity**

* **Analyze food labels for vitamins and minerals**

**5. Assessment/Student Outcome**

* **Recognize carbohydrates, fats, vitamins, proteins, minerals and water as components of food and necessary for survival.**