

Nutrients and the Immune System Lesson Plan Guide

Subject	Appropriate age group
Nutrients and the Immune System	7yrs – 10ys KS2 Primary Education
Learning Objectives	Resources
<ol style="list-style-type: none"> 1. To be able to briefly describe how the immune system works 2. To name the nutrients that are important for the immune system 3. To name some of the sources for the nutrients 	<ul style="list-style-type: none"> • PowerPoint presentation • Infographic containing the information in a condensed easy-to-read overview • Vitamin and mineral sorting activity sheet • A related recipe to take home or try in class in equipment available
Teaching Input	
<ul style="list-style-type: none"> • Current UK government curriculum states in KS1 children should be taught how to use the basic principles of a healthy and varied diet to prepare dishes, as well as understand where food comes from. • The immune system is a complex and efficient defense system against diseases. • Nutrition is an important factor that influences the immune system and has key roles at every stage of the immune response. • It is important to eat a balanced diet especially rich in immune boosting components such as protein, vitamins, and minerals to enhance the resistance against infections. • The ideal diet to help this system would be a balanced diverse one, and not a specific food group or source. • It is important to acknowledge that food cannot replace medication. If feeling poorly please seek medical advice when needed. <p>Key messages</p> <ul style="list-style-type: none"> • Nutrition is an important factor that influences the immune system. • When the immune system is activated there is an increased demand for energy and these nutrients. • The immune system is complex, with each part responding differently to the same nutrient, so a balanced and diverse diet is recommended. • It remain healthy keep nourished <p>LESSON ACTIVITY</p> <ul style="list-style-type: none"> • The children should sort the food sources into the vitamins and minerals they contain. Scissors and glue will be required. This activity aims to highlight the variety of vitamins and minerals covered in the lesson, and show the children how they can come multiple sources to enable a healthy balanced diet. 	