Directions for Wellness 2 column notes….

I like to have the students do some research on nutrients. You can run off copies of the 2 column notes, or have students do them. You could also have the nutrients split up in groups for students to present, or one nutrient per student.

They should look for one interesting fact for each nutrient. For instance, did you know that pioneer women had trouble getting enough iron while they were crossing the country in covered wagons? They put an iron nail in an apple and the iron transferred to the apple, putting it in a form the women’s bodies could use. The women couldn’t eat the nail, but they could eat the apple. I wouldn’t try this with a nail from today, there’s more than iron in those nails, I bet!