

KOOL KUMARA LESSON PLANS

HEALTHY LIVING



OBJECTIVES

To describe, analyse, and compare nutrition facts and benefits.

MATERIALS PROVIDED

Lesson plan activity

Kumara RDI (Recommended Daily Intake) /math problems sheet

Kumara nutrients graph paper

MATERIALS NEEDED

None

ACTIVITY

From the figures given on the RDI sheet, determine the percentage of the Recommended Daily Intake that is met by consuming one kumara. Once these figures are determined, have students graph the numbers on the kumara nutrients worksheet.



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KUMARA RDI NUTRIENTS

Examples of the nutritional Recommended Daily Intake (RDI) (approximate) for children (average age 9 years boys/girls):

Energy	Protein	Vitamin A	Vitamin C	Vitamin E	Thiamin	Riboflavin	Niacin	Calcium	Phosphorus	Iron
8000kJ	38g	600µg	40mg	9mg	0.9mg	0.9mg	12mg	1000mg	1250mg	8mg

Source: Ministry of Health NZ <http://www.mv.gov.au/nutrients/index.htm>

A 100g whole baked kumara (skin on) has the following nutrition (approximate):

Energy	Protein	Vitamin A	Vitamin C	Vitamin E	Thiamin	Riboflavin	Niacin	Calcium	Phosphorus	Iron
413kJ	1.2g	19µg	31mg	8mg	0.1mg	0.1mg	0.61mg	30mg	47mg	0.6mg

Source: <http://www.foodstandards.gov.au/npc/index.cfm>
<http://en.wikipedia.org>
<http://www.nutritionfoundation.org.nz/>

Using the above information, complete the following exercises:

1. Determine the percentage of RDI that is met by one kumara and fill in the chart below:

Energy	Protein	Vitamin A	Vitamin C	Vitamin E	Thiamin	Riboflavin	Niacin	Calcium	Phosphorus	Iron
%	%	%	%	%	%	%	%	%	%	%

2. Graph your results on the Kumara Nutrients sheet.

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KUMARA RDI NUTRIENTS - ANSWERS

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Using the above information, complete the following exercises:

1. Determine the percentage of RDI that is met by one kumara and fill in the chart below:

Energy	Protein	Vitamin A	Vitamin C	Vitamin E	Thiamin	Riboflavin	Niacin	Calcium	Phosphorus	Iron
14.2 %	3.1 %	3.1 %	77.5 %	88.8 %	11.1 %	11.1 %	5 %	3 %	3.7 %	7.5 %

2. Graph your results on the Kumara Nutrients sheet.

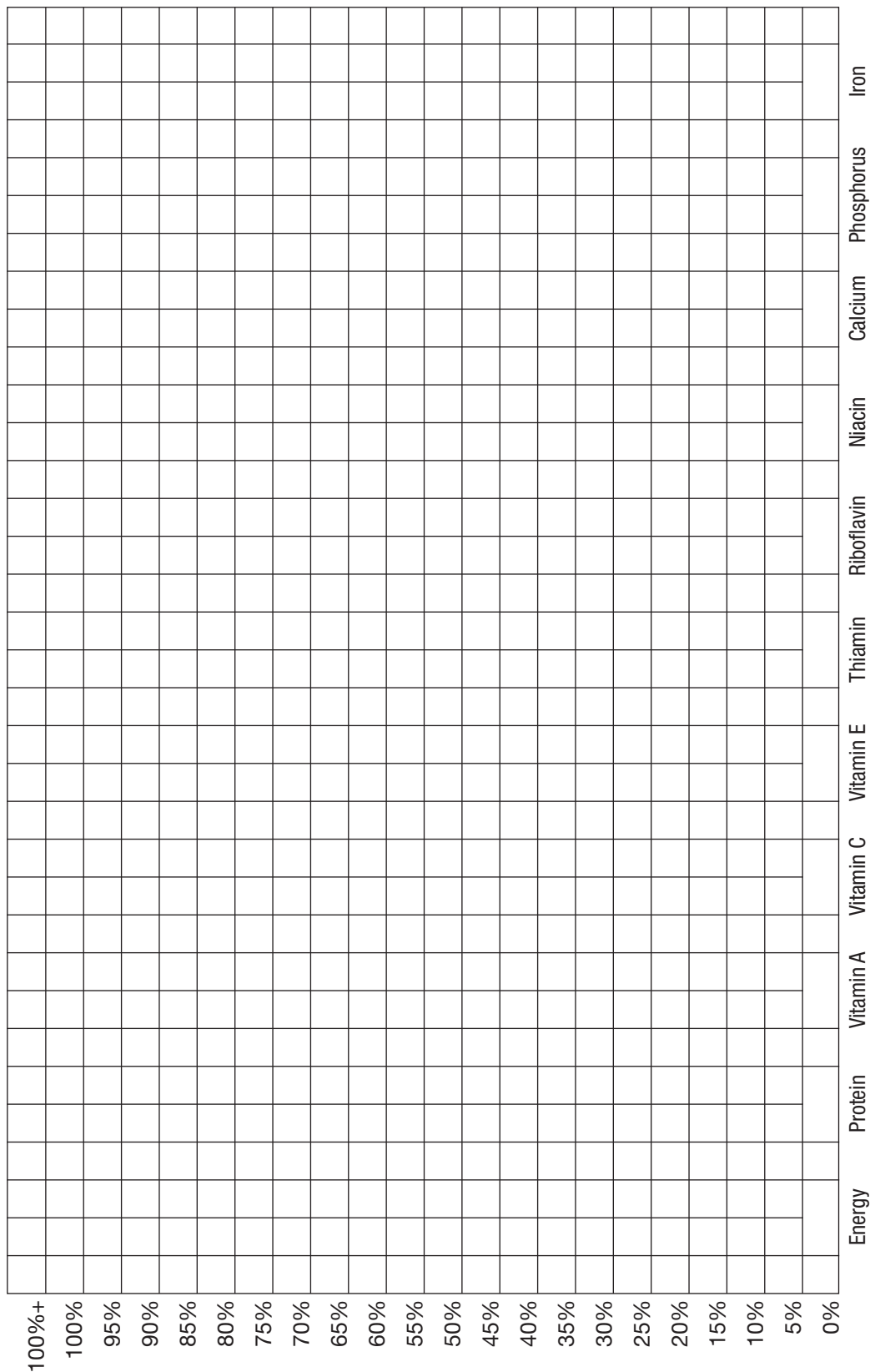
HEALTHY LIVING



Name _____

This graph shows _____

KUMARA RDI NUTRIENTS



HEALTHY LIVING



KUMARA RDI NUTRIENTS - ANSWERS

Name _____

This graph shows _____

