

Nutrients Found in Plants

Nutrients	Function	Found in
	Keep the body functioning properly and maintain its health.	
	Help regulate body processes and form part of body structures.	
	Aids in good digestion and helps satisfy hunger.	
	Help build, maintain and repair body tissue.	
	Supply energy for the all the functions of the body.	
	Supply a large amount of energy in a small amount of food.	

Nutrients

Carbohydrates
(starches/sugars)
Fats
Fiber
Minerals
Proteins
Vitamins

What are nutrients you may be lacking in your diet? Why?



UPPER ELEMENTARY & ABOVE

LEVEL 4

CLASS NOTES

LESSON 18



THIS WEEK'S BIG QUESTION

What does God provide for all living things?

MEMORY VERSE

Psalm 145:15-16

15The eyes of all look to you, and you give them their food at the proper time. 16You open your hand and satisfy the desires of every living thing.

Lesson Notes

Theme:

Point 1:

Point 2:

Point 3:

I can apply what I learned by ...

Memory Verse: Psalm 145:15-16

Fill in the missing words in the memory verse. Look up the verse in the Bible if you can't remember the missing words.

The _____ of _____ look to _____, and
 _____ give _____ their _____ at the proper
 _____. You _____ your _____ and
 _____ the _____ of every _____ thing.

The Edible Parts of a Plant

Part	Function	Edible Examples
	Anchors plant to the ground and takes up water and minerals from the soil.	
	Transports water, food and minerals to the other parts of the plant. Gives structure to the plant.	
	Makes food for the plant through the process of photosynthesis.	
	Contains the seed of the plant.	
	Produces the fruit and seeds.	
	Develops into a new plant.	

Parts of a Plant

Flower

Fruit

Leaf

Root

Seed

Stem

