

# 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

<sup>15</sup> The eyes of all look expectantly to You,  
 And You give them their food in due season.  
<sup>16</sup> You open Your hand And satisfy the desire 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.

<sup>15</sup> The \_\_\_\_\_ of all \_\_\_\_\_ expectantly to \_\_\_\_\_ ,  
 And You \_\_\_\_\_ them their \_\_\_\_\_ in due \_\_\_\_\_ .  
<sup>16</sup> 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

