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

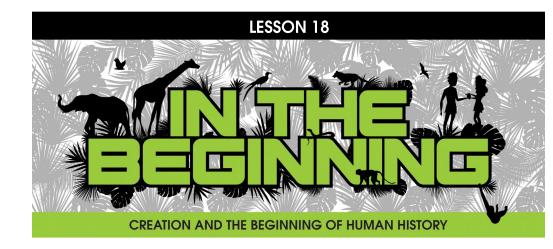
Proteins

Vitamins

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



UPPER ELEMENTARY & ABOVE LEVEL 4
CLASS NOTES



THIS WEEK'S BIG QUESTION

What does God provide for all living things?

MEMORY VERSE

Psalm 145:15-16

15 The eyes of all look expectantly to You,
And You give them their food in due season.
16 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. | |
| ¹⁵ The of all expectantly to, | |
| And You them their in due | <u>.</u> F |

¹⁶You _____ 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. | |

