

The Power of Plants



Guess the plant!

Can you work out what these plants are? Write the answer down.



Challenge: What else do you know about these plants?
Any nutrition facts? Where does it grow? Any dishes its used in?

What are we going to learn?

Learning objectives

1. **Identify** key nutrients found in plant-based ingredients and **explain** how they support a healthy diet.
2. **Evaluate** the nutritional value of a range of plant-based ingredients.

Key terms

Absorption - the process by which one substance soaks into or is taken in by another substance (like a sponge soaking up water).

What's in our food?

Fill in the columns as we go through each plant nutrient



THE POWER OF PLANTS

What's in Our Food? Worksheet

Nutrient	What is it?	What does it do?	Plant-based sources	Meal
Protein	Helps build and repair muscles, bones, skin and other body tissues.		1	
			2	
			3	
Iron	A mineral that helps carry oxygen around the body in red blood cells.		1	
			2	
			3	
Calcium	A mineral that helps build and maintain strong bones and teeth.		1	
			2	
			3	
Vitamin B12	A vitamin needed for healthy nerve function and for making red blood cells.		1	
			2	
			3	
Omega 3	An essential fat that supports brain and eye health. The body cannot make it itself, so it must come		1	
			2	
			3	
Vitamin C	A vitamin that supports the immune system, helps maintain healthy skin and helps the body absorb iron.		1	
			2	
			3	

 The Vegan Society

Registered Charity No. 279228 (England and Wales) and SC049495 (Scotland)

Protein

Helps build and repair muscles, bones, skin and tissues



Iron

A mineral that helps carry oxygen around the body in red blood cells



Calcium

A mineral that helps build and maintain strong bones and teeth



Vitamin B12

A vitamin needed for healthy nerve function and for making red blood cells



**B12 doesn't occur naturally in plant foods.
It's important to read food labels.**

Omega 3

An essential fat that supports brain and eye health. The body cannot make itself, so it must come from food.



Vitamin C

A vitamin that supports the immune system and helps maintain healthy skin and helps the body absorb iron





THINK - PAIR... Does this meal stack up?

Read through the ingredients and use your worksheet to tick off each nutrient that is in the meal

1. Write the meal name in the top box.
2. Tick off the nutrients found in the ingredient list on your meal card.
3. Discuss why this meal is nutritious with your partner.
4. Challenge: Is there anything missing? If so, what?

Peanut butter and banana on toast



- Wholegrain bread
- Peanut butter
- Banana
- (Optional) Glass of unsweetened oat milk, fortified with calcium, B12, iodine, and riboflavin and Vitamin D

Coconut dahl



- Dry red lentils
- Tinned tomatoes
- Coconut milk
- Spinach
- Onion
- Garlic
- Ginger
- Spices: turmeric, curry powder
- Coriander
- Basmati rice

Mac 'n' cheeze



- Macaroni pasta
- Cauliflower
- Unsweetened soy milk, fortified with calcium, B12, iodine, and riboflavin and Vitamin D
- Soy margarine
- Nutritional yeast
- Mustard
- Onion

...SHARE!

Share your dish with one other pair. Use the questions below to frame your discussion

Which dish did you have?

Is this dish a balanced meal?

What nutrients were in the dish?

Which of these meals is the more nutritionally balanced?

Is there anything missing? If so, what could you add?

Build a better plant-based plate

Your meal must include at least one of each:

Protein

Iron

Vitamin C

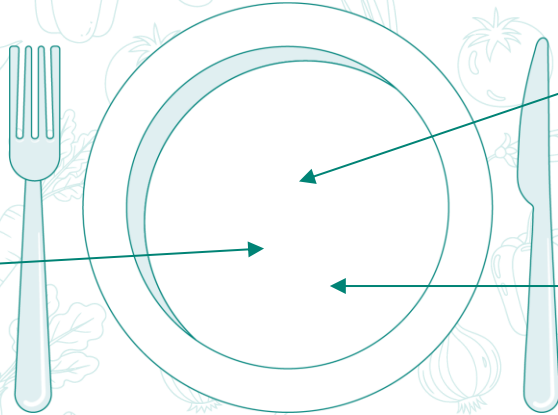
Bonus: can you include calcium, vitamin B12 and omega 3, too? What ingredients could you include that are currently in season in the UK?

The name of my dish is...

The protein source is...

The iron source is...

The vitamin C source is...



Plenary - quick-fire

Thumbs up or thumbs down... does this meal provide key nutrients?



Protein?

Iron?

Vitamin C?

Vitamin B12?

Omega 3?

Calcium?

