

**Approximate Instructional Time:** 60 minutes

**Lesson Overview:** Students will learn about fibre and its benefits while making granola bars.

**Learning Outcomes:**

- Students can define fibre.
- Students can provide examples of the benefits of fibre.
- Students can prepare granola bars with teacher assistance.

**Materials:**

- Granola Bars recipe
- Nutrition facts tables of granola bar ingredients
- 'Fibre and Your Body' worksheet

**Preparation & Set-Up:**

- Set up tables with ingredients, utensils, and equipment
- Print copies of recipe and worksheet for students
- Print or display copies of the granola bar ingredients nutrition facts tables for students

## LESSON

**Activating Discussion:**

- What is fibre?
- Why is it important to eat fibre-rich foods?

**Learning Plan:**

1. Acquire:
  - a. Tell students that plant foods (such as fruit and vegetables) and food that contain plant products (such as granola bars) have fibre. Fibre is found in plants to give it structure and cannot be digested like other parts of food.
  - b. Fibre helps keep you fuller for longer because it takes longer for high fibre foods to be broken down in our stomachs. Fibre is also good for digestion, makes you poop, keeps your heart healthy, and helps your brain function. Packaged food will have fibre listed on the nutrition facts table along with a percentage of your daily recommended amount of fibre.
2. Apply:
  - a. Share the nutrition facts tables of each granola bar ingredient with students. Have students look at the ingredients on the tables and separate them into foods high in fibre and foods low in fibre.

b. Hand out 'Fibre and Your Body' worksheet and ask students to put an X over the body parts that are positively affected by fibre. Ask students to circle some fibre-rich foods they enjoy.

3. Sensory Engagement and Reflection:

a. Mindful eating is an important practice involving all of the senses, have students explore their senses with this food.

**Sensory Reflection Questions**

**LOOK:** How does the food look? What colours and shapes do you see?  
Does it make you want to eat the food?

**SMELL:** What does the food smell like? Does it make you want to eat the food?

**TOUCH:** How does the food feel? Is it smooth, rough, soft, hard?

**TASTE:** Ask students to put some food in their mouth, on their tongue, but not to chew it. How does it feel? How does it taste? Start to chew – does the flavour change? Are there different flavours?

**LISTEN:** How does the food sound? Does it make a sound before you eat it? Does it make a sound while you are eating it?

**Activity Options:**

Option 1: Granola bars recipe

Students can make granola bars in groups or help the teacher make the recipe

**Appendices:**

- Granola Bars recipe
- 'Fibre and Your Body' worksheet