



Healthy eating





Healthy eating

Classroom Notes

Age Range: KS1

Suggested timing:

This resource has been designed to give you flexibility. You can choose to deliver all suggested activities in these classroom notes or select those that best suit the needs of your pupils and your time-frame.

The corresponding PowerPoint can be used in its entirety, or it can be edited, saved, and delivered across several shorter sessions.

Curriculum references:

Citizenship:

- To learn how to make simple choices that improve their health and well being (3.a);
- To make real choices (for example, between healthy options in school meals, what to watch on television, what games to play, how to spend and save money sensibly) (5.d).

PSHE:

- To learn what constitutes, and how to maintain, a healthy lifestyle including the benefits of healthy eating (H1).

Science (Year 2):

- To describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene.

Related Lesson Plans:

- Let's get active!
- Why do we wash our hands?

Lesson overview:

In this lesson pupils will learn about the importance of eating the right amounts of different food groups as part of a healthy lifestyle. Pupils will have the opportunity to design their own healthy meal and will identify foods they should eat plenty of, some of and small amounts of in their day to day lives.

Lesson objectives:

- To understand the importance of healthy eating;
- To learn how to make healthy eating choices.

Resources:

- PowerPoint
- Activity sheets 1: Food group match
- Activity sheet 2a to d: Picnic choices
- Activity sheet 3: Eatwell plate
- Activity sheet 4: Plenty, some, a small amount

Please note: Teachers should be aware of pupils' dietary requirements and offer healthy eating guidance in accordance with the needs of their pupils.



Introduction:

Start the lesson by asking the class to think, pair and share their responses to the question on **slide 2**:

Q: Why do we need food?

After listening to pupil feedback, talk through **slides 3-5** which clarify why the human body requires food.

Slide 3 explains that, like fuel for an engine or charge for an electrical device, humans require energy.

Slide 4 identifies that the human body needs energy to:

- Grow;
- Move;
- Repair (heal from wounds, recover from illness)';
- Keep warm.

Slide 5 states that the human body needs to eat different foods to obtain different nutrients.

Nutrients- substances that a living thing needs in order to function healthily.

Activity 1: Food groups

In this section of the lesson the pupils are introduced to the main food groups that form a balanced diet.

This information is based on guidance from the NHS eatwell guide which can be found at:

<https://www.nhs.uk/Livewell/Goodfood/Documents/The-Eatwell-Guide-2016.pdf>

Slide 6 explains that the 'Eatwell plate' helps us to understand that we need more of some types of foods and less of others in order to create a healthy balanced meal.

The PowerPoint continues by briefly introducing each of the food groups.

- Fruits and vegetables (**slides 7-8**)
- Carbohydrates (**slide 9**)
- Proteins (**slide 10**)
- Dairy (**slide 11**)
- Fats (oils and spreads) (**slide 12**)
- Water and healthy (sugar free) drinks (**slide 13**)
- Foods high in sugars, fats and salts (**slide 14**)

Split the class into pairs or groups and ask pupils to match each food group title to its simple description on **activity sheet 1**.

Go through the answers as a class, clarifying any misconceptions.



Activity 2: Healthy picnic

Please note: It is essential to check pupils' dietary requirements before this activity and make adaptations where necessary.

Explain to pupils that they will be creating their own healthy lunch by selecting pictures of foods from different food groups that are laid out around the classroom.

Display or cut the food images from **activity sheets 2a-d** ahead of this task. It may be necessary to add additional images that reflect the dietary requirements of the class. Provide pupils with a copy of **activity sheet 3** that shows a simplified model of the 'Eatwell plate'. Model selecting items from each food group so that the plate reflects the recommended portions. Foods can be drawn or images stuck onto the sheet depending on the pupils' ability. An example is provided on **slide 15**. Pupils may also wish to draw their own ideas.

Portion guidelines can be found at: <https://www.nhs.uk/live-well/eat-well/5-a-day-portion-sizes/>

Foods included on **activity sheets 2a-d** are shown below.

- **Fruits and vegetables**- apple, tangerines, grapes, strawberries, carrot sticks, cucumber slices, lettuce, cherry tomatoes.
- **Carbohydrate**- brown bread, baked potato, pasta, rice
- **Protein**- tuna, boiled egg, slices of cooked meat (avoid processed meats), hummus (chickpea based), baked beans
- **Dairy**- cows' milk, soya milk, cheese, yoghurt
- **Fats**- butter, vegetable spread
- **Drinks**- water, sugar free juice

Extension:

This activity could inspire a real class picnic in which pupils prepare a well-balanced plate of food by selecting items to cover an eatwell plate template from a selection of foods arranged by groups. A simple picnic option is to provide a range of ingredients to create a sandwich served alongside a few portions of fruit and vegetables, another healthy snack (protein or dairy based) and a milk, water or sugar free drink.

Plenary:

Cut out the voting cards on **activity sheet 4**. Ask the pupils to raise their cards to show if the food they see on **slides 17-27** are from food groups that they should:

- Eat a plenty of;
- Eat some of;
- Eat a small amount of;

Answers are provided on the slides for teachers.



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Activity Sheet 1

Food group match

Fruits and vegetables

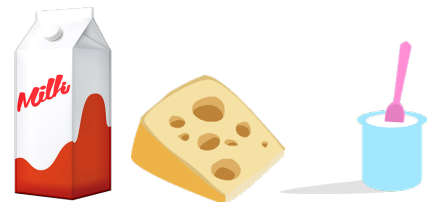
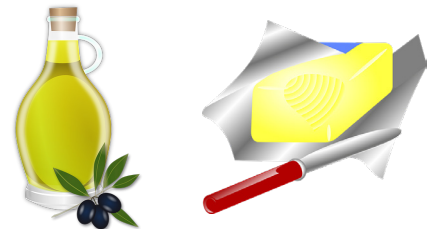
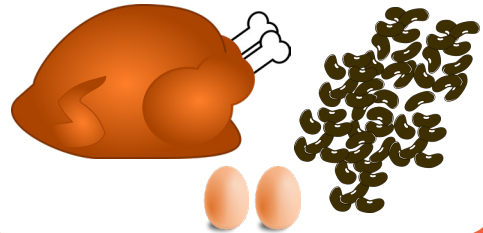
Carbohydrates

Proteins

Dairy

Healthy fats

Foods high in salt,
fat or salt





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Activity Sheet 2a

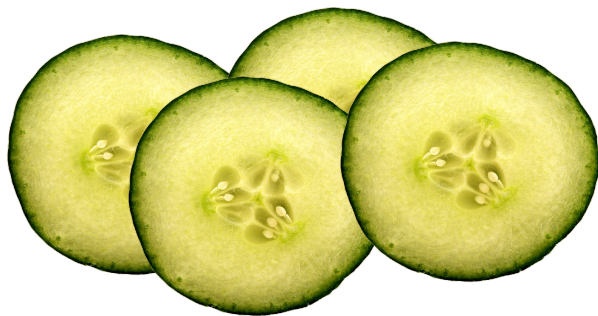
Fruit and Vegetables



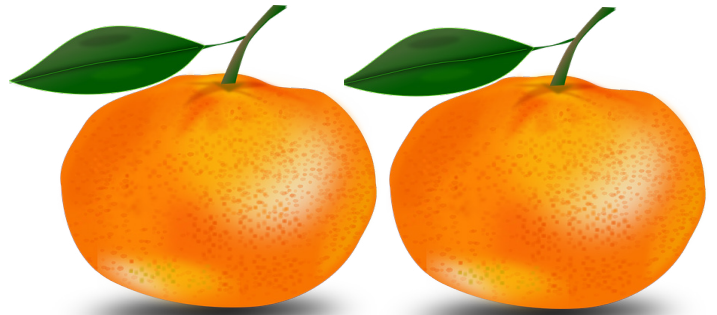
Apple



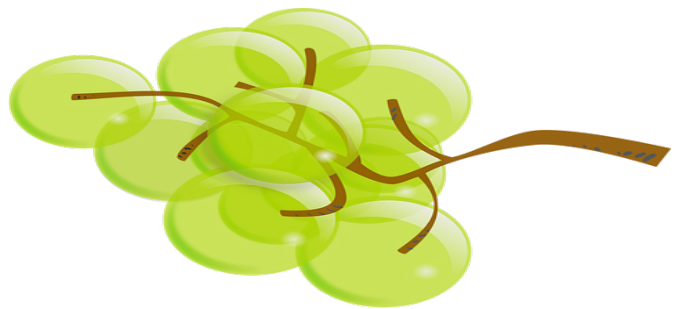
Strawberries



Cucumber



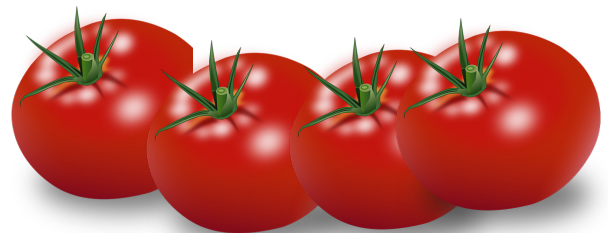
Tangerines



Grapes



Carrot sticks



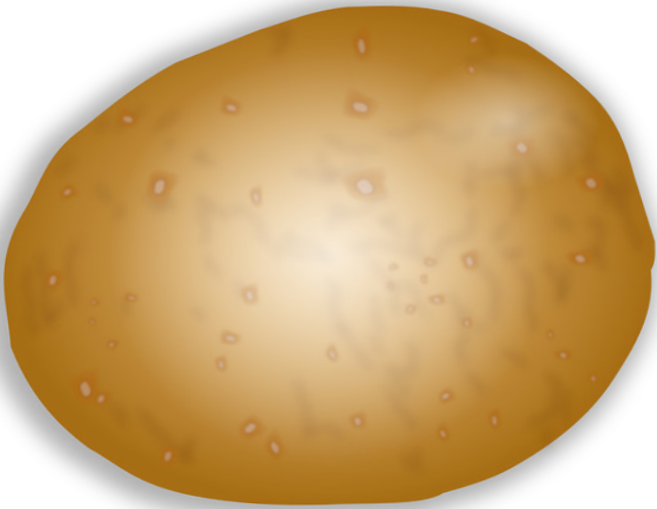
Cherry tomatoes



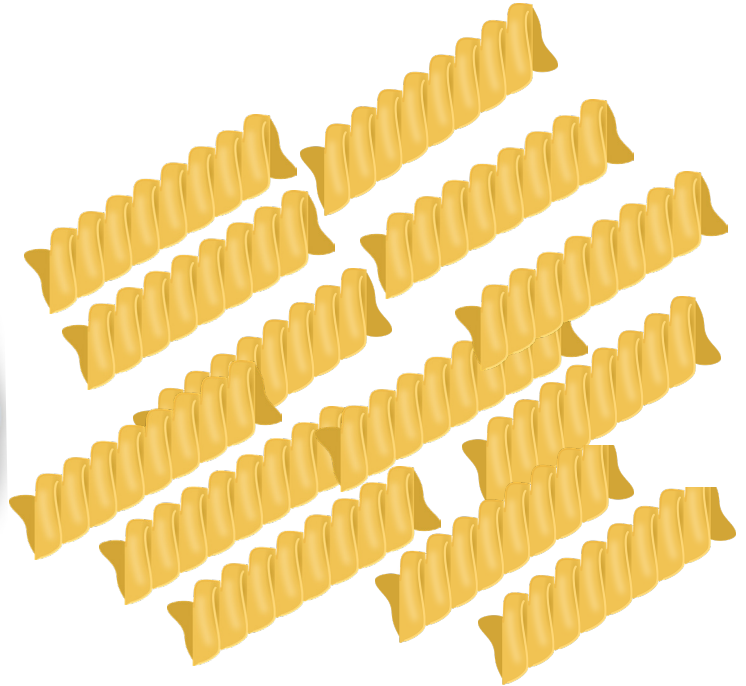
Lettuce



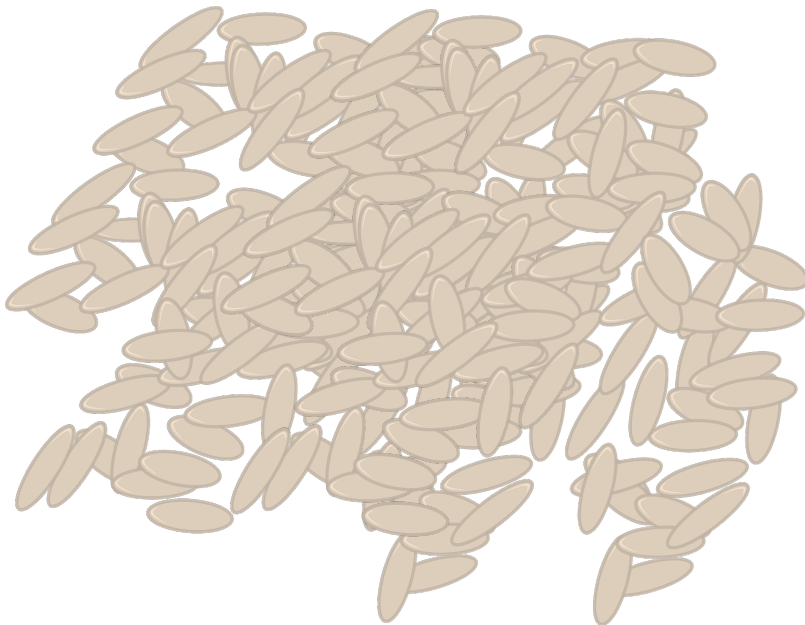
Carbohydrates



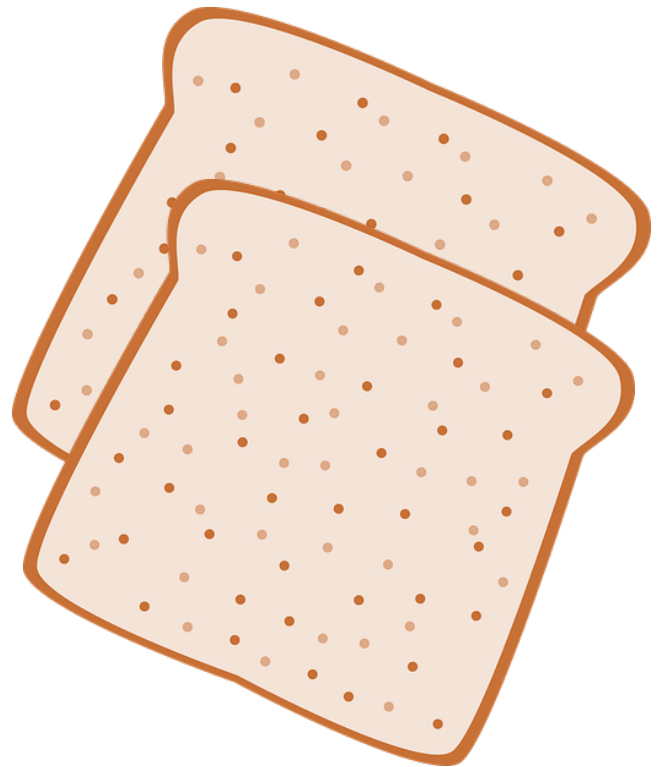
Baked potato



Pasta



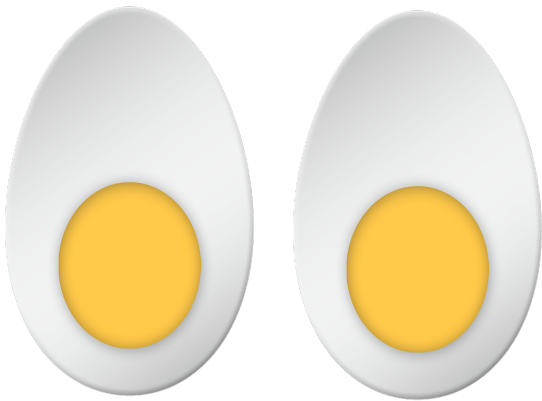
Rice



Bread



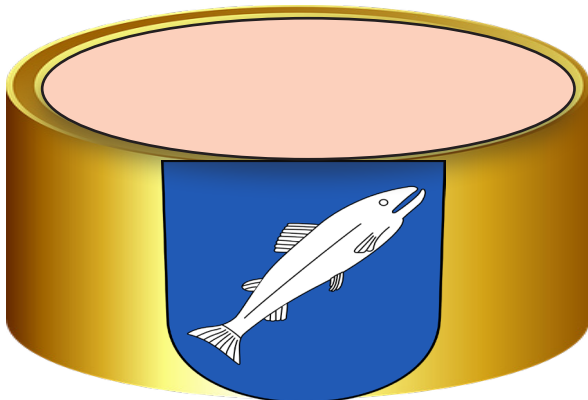
Proteins



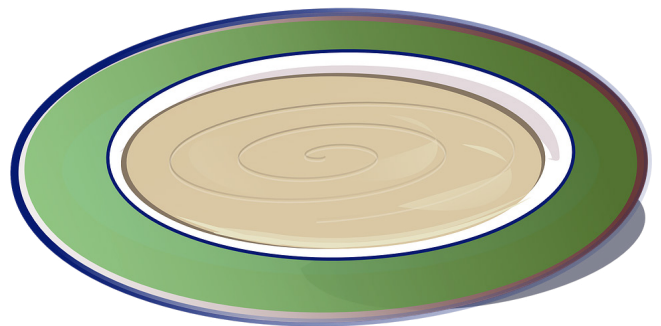
Boiled egg



Sliced cooked meat
(ham, turkey,
chicken or beef)



Tuna



Hummus (chickpeas)



Beans



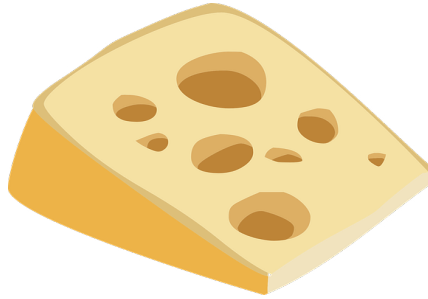
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Activity Sheet 2d

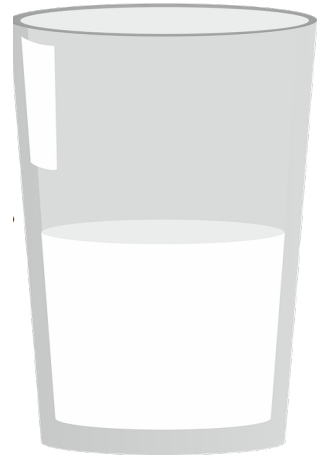
Dairy



Yoghurt



Cheese

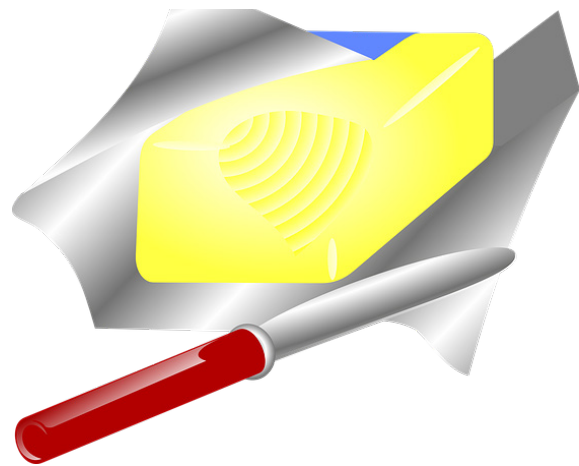


Cows', soya, oat
or almond milk

Healthy fats



Oils

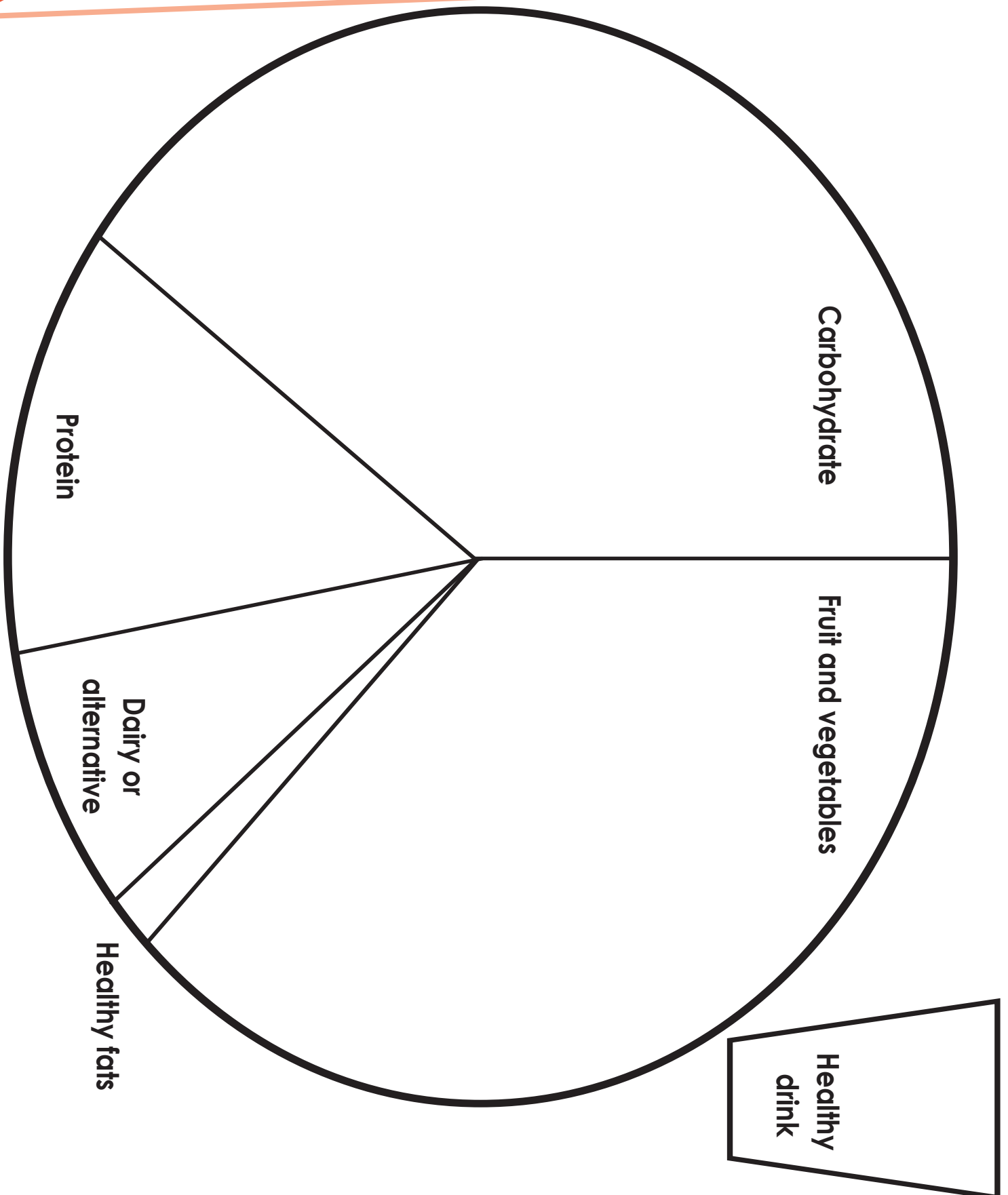


Vegetable spreads



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Activity Sheet 3





Plenty

Some

A small amount of