

Taste Buds Healthy Choices Lesson Plan

Lesson objective

For children to:

- Understand that food provides the energy they need to grow, be active and be strong
- Think about the different types of food they eat and how they can make healthier choices

Learning outcomes

The children should be able to:

- Understand that meals can have foods from different parts of the Food Pyramid
- Understand that dairy foods such as milk, cheese and yogurt are good sources of calcium which is needed for strong teeth and bones

Teacher's notes

The Food Pyramid is designed to make healthy eating easier. Healthy eating is about getting the correct amount of nutrients – the protein, fat, carbohydrates, vitamins and minerals you need to maintain good health.

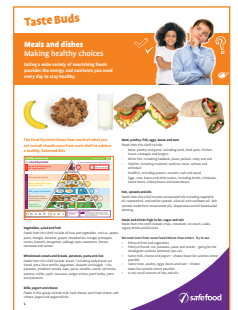
The six shelves on the Food Pyramid are:

- Vegetables, salad and fruit
- Wholemeal cereals and breads, potatoes, pasta and rice
- Milk, yogurt and cheese
- Meat, poultry, fish, eggs, beans and nuts
- Fats, spreads and oils
- Foods and drinks high in fat, sugar and salt

A variety of foods are required to achieve a balanced diet. Sandwiches and meals can combine many different types of foods.

Foods and drinks that are high in fat, sugar and salt are not needed for good health.

Additional information about the different foods in meals and dishes is provided in the *Healthy Choices - Meals and Dishes* fact sheet.



Fact sheet

Resources

- *Healthy Lunchbox* drag and drop interactive game
- *Healthy Lunches* video
- Food Pyramid poster

Methodology

- Skills through content - *Healthy Lunchbox* drag and drop interactive game
- Talk and discussion - *Healthy Lunches* video
- Active learning - Design a poster

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Step 1

Explain to the children that it is important to eat a variety of different foods and that some foods are healthier than others. Invite the children to take part in a drag and drop interactive game.

The *Healthy Lunchbox* drag and drop interactive game asks the children to look at the foods and the drink in the lunchbox. The children replace the foods and drink in the lunchbox with healthier alternatives by dragging them to the food or drink they should replace. The less healthy option will disappear and be replaced by the healthier alternative. When the children have completed the game and the new healthy lunchbox is on screen, ask the children why the foods are healthier.

The items match up as follows:

- 1. The juice is replaced by water**
Fruit juice can contain sugar. Water is the healthier, sugar-free alternative.
- 2. The chocolate spread sandwich is replaced by a wholegrain bread, cheese, tomato and lettuce sandwich**
Wholegrain bread contains more fibre which is good for digestion.
Cheese, a dairy food, is a good source of protein, vitamins and calcium. The calcium in dairy foods helps to keep our bones strong.
The tomato and lettuce belong on the vegetables, salad and fruit shelf on the Food Pyramid. A varied and balanced diet includes eating five to seven servings of vegetables, salad and fruit every day.
- 3. The cereal bar is replaced by a yogurt**
Yogurt, a dairy food, is a good source of protein, vitamins and calcium. The calcium in dairy foods helps to keep our bones strong
- 4. The crisps are replaced by an apple**
Foods that are high in fat, sugar and salt, like crisps, should be avoided.
The apple belongs on the vegetables, salad and fruit shelf on the Food Pyramid. A varied and balanced diet includes eating five to seven servings of vegetables, salad and fruit every day.



Healthy Lunchbox Game

Step 2

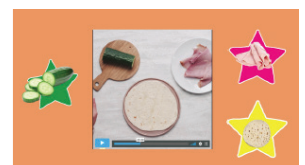
Remind the children that the healthy food lunchbox included a sandwich. Tell the children that they are going to watch a short animation about different foods and to watch out for some tasty sandwiches and wraps in the video. Play the *Healthy Lunches* video.

After the video, ask the children if they can remember the sandwich and wrap they saw being made. Ask the children if they remember:

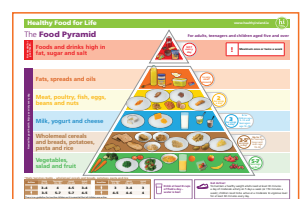
- The fillings that were used in the sandwich and the wrap
- The types of bread used

Next ask what their favourite sandwich or wrap is. Remind the children that we all need a variety of different foods to get the wide range of nutrients our bodies need to stay healthy.

Using the foods the children remembered from the video and their own favourite sandwiches as a starting point, discuss the many different foods that are part of every meal. The Food Pyramid poster can be used to show the children that each food belongs to a different shelf



Video



Food Pyramid Poster

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Step 3

Ask the children if they noticed that the sandwich in the video had cheese in it. Explain to the children that cheese is a food that can be eaten on its own or as part of a meal.

Ask the children to think of three ways cheese can be eaten. Examples may include:

- In a sandwich
- On pasta
- In a sauce
- On a pizza

Explain that cheese is a dairy food and that dairy foods are a great source of calcium which help build strong bones and teeth. Ask the children what other dairy foods they know. Ask them what their favourite dairy food is.

Next ask the children to design a poster to explain to people that dairy foods help build strong bones and teeth. Ask them to include their favourite dairy food in the poster. Once they have finished, the posters can be displayed on the classroom wall or brought home to stick on their kitchen wall.
