

Healthy Eating

Aim

To help children develop a healthy life-style, by making choices which include sensible eating habits.

Learning outcomes

Children should be taught to:

- recognise what they like and dislike;
- share their opinions on things that matter to them and explain their views;
- take part in discussions with one other person and the whole class;
- make simple choices that improve their health and well-being.

Resources

- Prompt Sheet, *Healthy Eating*.
- Any available poster on healthy eating.
- A selection of food suitable for lunch-boxes, such as crisps or chocolate.
- Fruit juice, 'pop', and sandwiches.
- Two lunch-boxes, preferably each of a different colour.
- Copies of the 2 Activity Sheets, *Food Cards*.

Duration

25-30 minutes.

Activity

- Explain that we all need to eat well to help us grow, give us energy, stay healthy and fight germs. You will find the necessary information in the Prompt Sheet, *Healthy Eating*.
- Show the class a selection of foods that are often included in children's lunch-boxes. Divide the foods into the healthy and unhealthy selection, placing each group in a separate box. Ask the children for their help in making the allocation, and give them guidance as to why we should eat more of some foods than others foods. Point out the different types of food groups e.g. 'meat and fish', 'fruit and vegetables', 'food containing fat and sugar', 'bread, cereal and pasta' and 'dairy and milk'.
- Divide the children into groups of five or six. Give each group a set of *Food Cards*. Ask the children to place the *Food Cards* into various piles, one for foods we should eat a lot of, foods we should some of, and foods we should eat a little of.
- At a plenary session, ask some of the children to explain why they placed particular items in the piles they chose. Ask them about the foods they really like.

Teaching and learning suggestions

- Ask the children to plan what they think would be a healthy breakfast, lunch and tea.
- Discuss with your headteacher the possibility of having a health week at your school in which the focus is on healthy eating.
- Ask the children to bring in a piece of fruit each and use the fruits to make a fruit salad or smoothie.
- Assemble a collection of vegetables. Ask the children to name them. Put them in a box out of sight and choose one to put in a feely bag. Ask a child to feel and describe

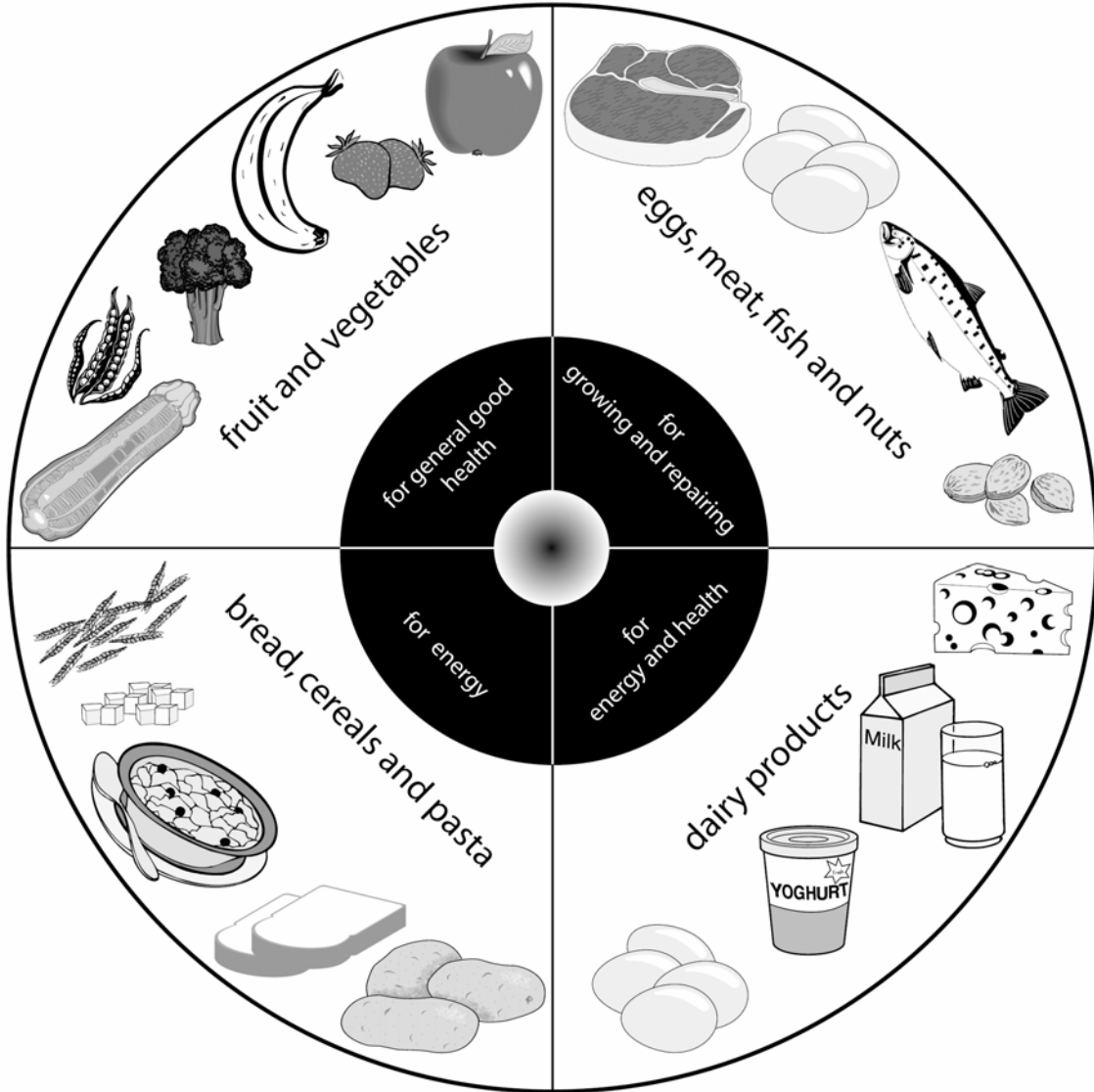
the shape and texture for the others to guess the vegetable. Talk about healthy eating and the aim to eat five pieces of fruit or vegetables a day.

- Children can be helped to prepare mashed potato/swede/butternut squash and make a circle face shape on foil. Steam some vegetables to make the features on a funny face, e.g. carrot circles for eyes, broccoli for hair, etc. This can be repeated using a yoghurt or custard base with fruit.

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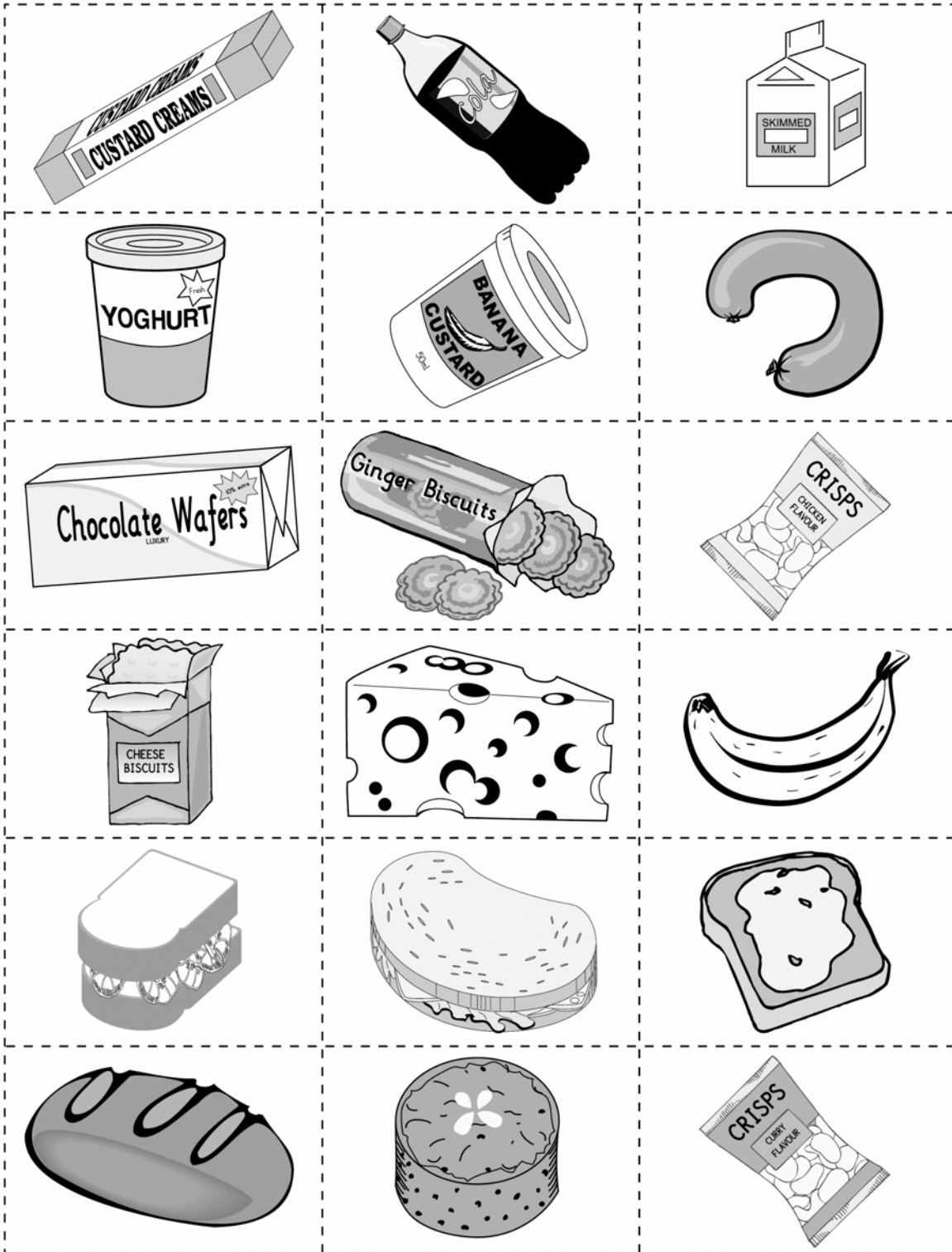
Prompt Sheet



Healthy Eating

Food Cards

Activity Sheet



Healthy Eating Food Cards

Activity Sheet

