

Taste Buds Food for Life Lesson Plan

Lesson objective

For children to:

- Become more familiar with the Food Pyramid and the six shelves
- Think about food and understand how to make healthy choices

Learning outcomes

The children should be able to:

- Recognise the Food Pyramid and identify the types of food and drink on each shelf
- Understand it is important to eat at least five servings of vegetables, salad and / or fruit every day

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

We need more from some food shelves than others. Healthy eating involves:

- Plenty of fruit and vegetables
- Plenty of bread, rice, potatoes, pasta and cereals – going for the wholegrain varieties whenever you can
- Some milk, cheese and yogurt – choose lower fat varieties where possible
- Some meat, poultry, eggs, beans and nuts – choose lower fat varieties where possible
- A very small amount of fats and oils

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

Additional information about the Food Pyramid and recommended daily servings are provided in the *Understanding the Food Pyramid* fact sheet.



Fact sheet

Resources

- Food Pyramid animation
- *Where does the food belong?* worksheet
- *Odd one out* worksheet
- *What am I?* quiz sheet
- *The Food Pyramid Challenge* interactive game
- Food pyramid poster

Methodology

- Talk and discussion - Food Pyramid animation
- Skills through content - *The Food Pyramid Challenge* interactive game, *Where does the food belong?* and *Odd one out* worksheets
- Collaborative learning - *What am I?* quiz
- Active learning - Design a poster

Taste Buds

Food for Life Lesson Plan

Step 1 Tell the children that they are going to watch a short animation about food and why we need to eat a variety of foods to be healthy.

Play the *Food Pyramid* animation

After the animation, ask the children if they can remember any of the food or drink they saw in the video. Make a list of the foods they remembered. Remind the children that their bodies need lots of different types of food to help them grow, be healthy and strong.

Ask the children what their favourite foods are. Make a list of the foods they provide.

Using the foods the children remembered and provided encourage a discussion about the many different foods we eat every day.



Animation

Step 2 Ask the children if they noticed the Food Pyramid in the animation. Display the Food Pyramid poster on screen. Explain to the children that there are six shelves in the Food Pyramid. They are:

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

Explain to the class that food and drinks belong to different shelves in the Food Pyramid. Give each child a copy of the *Where does the food belong?* worksheet. Ask the children to draw a line, connecting each food to the shelf it belongs to on the Food Pyramid.

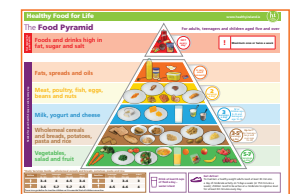
Next give each child a copy of the *Odd one out* worksheet. Explain to the children that some of the food has ended up on the wrong shelf. Ask them to circle the foods that are on the wrong shelf. Once they have completed the *Odd one out* worksheet ask the class what shelf each of the foods should have been on instead.

Optional extra activity

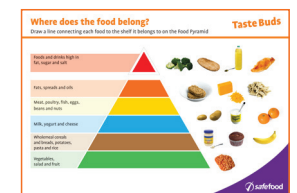
Invite the children to take part in a drag and drop interactive game. The children have to decide what shelf each food belongs on.

When the children have completed the game remind the children that one of the foods, the apple, belongs on the Vegetables, Salad and Fruit shelf.

Explain to the children that fruit and vegetables are a good source of vitamins, minerals and fibre which our bodies need to be healthy. Tell them that is why we should all try to eat at least five portions of vegetables, salad and fruit each day.



Food Pyramid



Worksheet



Worksheet



Interactive Game

Taste Buds

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Step 3

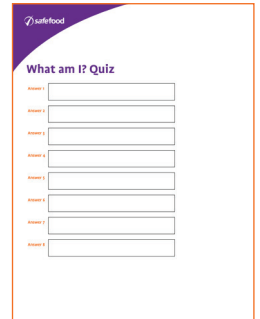
Explain to the class that foods have different colours, tastes and textures. Ask the class if they can name foods that are:

- Green
- Orange
- Yellow
- Brown
- White

Ask the class to work in pairs and give each pair a *What am I?* quiz sheet.

Next ask them to identify each of the following foods:

- I am yellow, I have a smooth skin, I am bendy (Banana)
- I am yellow, I have a dimpled skin, I have segments, I taste bitter (Lemon)
- I come in lots of different shapes, you need to cook me and there are lots of different sauces you can eat with me like bolognaise or tomato sauce (Pasta)
- I swim in the sea, rivers or lakes (Fish)
- I grow in the ground, you can boil, bake or fry me, some people call me 'spuds' (Potato)
- You can use me to make sandwiches or toast (Bread)
- I am made from milk, I can be plain and also come in lots of different fruit flavours (Yogurt)
- I grow in the ground and am orange. I can be eaten raw or cooked. (Carrot)



Quiz sheet

Step 4

Explain to the class that we need different amounts of food from each shelf to be healthy. Tell the children that we all should try to have at least five servings of vegetables, salad and / or fruit every day as they contain many important vitamins and minerals their body needs.

Ask the children to draw poster to remind people to eat at least five servings of vegetables, salad and / or fruit every day. Ask them to include their favourite fruit or vegetable 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.
