




Lesson 2: How can we make healthy food choices? (Science and PSHE).

Learning Objectives	Skills Objectives
<ul style="list-style-type: none"> • Understand that many factors influence our food choices, including family, friends, media and the environment. • Explore how these influences affect their own food choices • Investigate how advertisements and other media can influence our food choices 	<ul style="list-style-type: none"> • I can present ideas with great impact and clarity. • I can use problem-solving skills to back my ideas with evidence.

			Curriculum Link: PSHE, Science
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Timings	Teachers Guide	Resources
10 mins	Ask young people why everyone should know about making healthy choices. How can they share this knowledge with the people and communities around them? Why is it important to share this knowledge? <u>A Healthy Plate</u> is a video from a catering supervisor on what makes a healthy diet.	Reflect on the importance of healthy eating knowledge
45 mins	Ask young people to brainstorm how they can help people in their families and community make healthy choices about the food they eat. Example actions: 1. Create a colour code for foods in the school cafeteria. The colours could correspond to a traffic light; green means healthy, yellow means eat in moderation, and red means ' to be consumed only sometimes.	Contribute towards discussion


	<p>2. Create a series of advertisements to raise awareness about the importance of eating healthy foods every day and how they provide bodies with energy to function, grow and develop.</p> <p>3. Invite a local chef to the school to show how they prepare healthy food items using a recipe. Have young people create their own recipes with various healthy and delicious food items. For this activity, the lesson will need to be extended by 90mins.</p>	
5 mins	Share your ideas with the group - emphasising the use of key words.	

Supporting Slides for Lesson 2

These slides support the teaching of lesson 2 and should guide the young young people through the tasks that need to be completed.

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Healthy Habits

2

Learning Objective:


- Understand the content of a healthy human diet: carbohydrates, lipids (fats and oils), proteins, vitamins, minerals, dietary fibre and water, and why each is needed
- Explore how they can make healthy food choices every day and encourage others to do the same.
- Raise awareness about healthy food choices for themselves, their family and their community
- calculations of energy requirements in a healthy daily diet

 Curriculum Link: PSHE, Science

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What makes a healthy plate?



Healthy diet
How does diet affect the body? Find out in with BBC Bitesize Biology. For students between the ages of 11 and 16.
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How can you help people in their families and community make healthy choices about the food they eat?

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1. Create a colour code for foods in the school cafeteria. The colours could correspond to a traffic light;

- green means healthy,
- yellow means eat in moderation,
- and red means 'to be consumed only sometimes'.

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2. Create a series of advertisements to raise awareness about the importance of eating healthy foods every day and how they provide bodies with energy to function, grow and develop.

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3. Invite a local chef to the school to show how they prepare healthy food items using a recipe. Have students create their own recipes that have a variety of healthy and delicious food items.

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Create a cookbook.

Healthy eating posters to display around the school and at home.