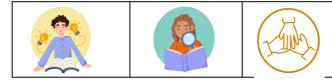
Lesson 2: How can we make healthy food choices? (Science and PSHE).

Learning Objectives	Skills Objectives
 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 	 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

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

	 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. 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. 	
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.

