

Section Four: Teaching Healthy Habits

This section focuses on delivering healthy habits. Please ensure that as part of every lesson, the young people know who in school they should speak to if they are worried about their own or someone else's mental well-being or ability to control their emotions, including issues arising online.

Lesson	Objective	Skills
Who influences our food choices?		
Lesson 1	<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 our own food choices • Investigate how advertisements and other media can influence our food choices 	<ul style="list-style-type: none"> • Communication - I can present ideas with great impact and clarity • I can use problem-solving skills to back my ideas with evidence
How can we make healthy food choices?		
Lesson 2	<ul style="list-style-type: none"> • I 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 we can make healthy food choices every day and encourage others to do the same • Raise awareness about healthy food choices for ourselves, our family and their community • calculations of energy requirements in a healthy daily diet 	<ul style="list-style-type: none"> • I can listen to others and take their ideas on board as a team • When communicating, I can apply the PEEL method using different mediums

Understand the consequences of imbalances in the diet, including obesity, starvation and deficiency diseases.

Lesson 3

- Young people to understand the meaning of malnutrition.

- I can think creatively about solutions and identify multiple options, assess and learn from potential options, create better solutions and decide on a final answer.

How can we tackle malnutrition?

Lesson 4 KS3

Key Stage 3

- Young people to explore strategies used to tackle malnutrition
- Demonstrate an understanding of food waste and its link to malnutrition.

Key Stage 4: (Science)

Food security and farming

- Examine the biological factors that can affect levels of food security.
- Analyse some of the ways farming methods can increase levels of efficiency of food production.
- Evaluate and demonstrate an understanding of methods to improve the efficiency of food production.

- When solving problems, I can carry out the research needed to back my viewpoints.

Debate: Our Food Systems and the Complexity of their Problems

Lesson 4 KS4

To learn the complexity of issues causing malnutrition

Using problem-solving skills I can solve a problem as part of a team and independently when required.

Additional resources to teach some aspects of the importance of healthy habits.