

Nutrition Education

Lesson Plan 1

For primary school aged children:(aged 5-11)

LEARNING OBJECTIVES:

BY THE END OF THE SESSION CHILDREN SHOULD: HAVE A BASIC UNDERSTANDING OF THE EATWELL GUIDE RECOMMENDATIONS.

MATERIALS NEEDED:

EATWELL GUIDE POSTER* (TO SHARE ON THE SCREEN IF ONLINE)

- MATERIALS PROVIDED BY FOOD A FACT OF LIFE

ACTIVITIES: EXAMINING THE EATWELL GUIDE

INTRODUCE WHY WE HAVE THE GUIDE:

THE GUIDE WAS CREATED BY THE GOVERNMENT TO HELP US TO KNOW WHICH FOODS WE SHOULD EAT MORE OR LESS OF AND WHY.

ASK THE CHILDREN TO LOOK AT THE IMAGE OF THE EATWELL GUIDE AND TELL YOU WHAT THEY CAN SEE:

ENCOURAGE THEM TO NOTICE THAT:

- THERE ARE FIVE FOOD GROUPS.
- THEY ARE DIFFERENT COLOURS AND CONTAIN DIFFERENT FOODS.
- THE GROUPS ARE DIFFERENT SIZES.
- THERE IS A GLASS SHOWING HOW MANY DRINKS ARE NEEDED

ENCOURAGE THE CHILDREN TO IDENTIFY FOODS THAT THEY HAVE TRIED.

EXPLAIN TO THE CHILDREN THAT THE FOOD WE EAT CAN BE SORTED INTO FIVE GROUPS. ASK IF THEY CAN SUGGEST WHAT THE GROUPS MIGHT BE CALLED BY LOOKING AT THE TYPES OF FOOD THEY CONTAIN.

QUESTION THE CHILDREN ABOUT THE SIZE OF THE FOOD GROUPS:

- WHICH ARE THE LARGEST GROUPS? FRUIT AND VEGETABLES (GREEN SECTION) AND STARCHY CARBOHYDRATES SECTION (YELLOW SECTION).
- WHICH IS THE SMALLEST GROUP? OILS AND SPREADS, DAIRY AND PROTEIN
- WHAT DOES THIS MEAN?

EXPLAIN TO THE CHILDREN THAT TO STAY HEALTHY WE NEED TO EAT A VARIETY OF FOOD FROM WITHIN THE FOUR MAIN FOOD GROUPS SHOWN ON THE EATWELL GUIDE.

EXPLAIN TO THE CHILDREN THAT SOME FOOD IS NOT NEEDED FOR HEALTH AND ASK IF THEY CAN GIVE ANY EXAMPLES. EXPLAIN THAT FOOD SUCH AS CHOCOLATE, CRISPS, CAKES, ICE CREAM AND SWEETS ARE NOT NEEDED. THESE TYPES OF FOOD ARE OFTEN HIGH IN FAT, SALT AND SUGAR SO IF THEY ARE EATEN IT SHOULD ONLY BE OCCASIONALLY AND IN SMALL AMOUNTS.

Lesson Plan 2

For primary school aged children:(aged 5-11)

LEARNING OBJECTIVES:

BY THE END OF THE SESSION CHILDREN SHOULD: HAVE THE ABILITY TO NAME THE FIVE MAIN FOOD GROUPS AND HAVE A BASIC UNDERSTANDING OF WHAT FOOD GROUPS PROVIDE OUR BODIES.

MATERIALS NEEDED:

FIVE FOOD GROUP CARDS* (TO SHARE ON THE SCREEN IF ONLINE)

*MATERIALS PROVIDED BY FOOD A FACT OF LIFE

ACTIVITIES: FOCUSING ON FOOD GROUPS

RECAP ON THE NAMES OF THE FIVE MAIN FOOD GROUPS. YOU CAN USE THE FIVE FOOD GROUP CARDS TO HELP WITH THIS. GIVE THE CHILDREN PLENTY OF OPPORTUNITY TO GUESS.

DISCUSS THE HEALTH BENEFITS OF EACH FOOD GROUP.

FOOD GROUP KEY POINTS:

(GREEN SECTION) FRUIT & VEGETABLES-(THEY ARE GOOD FOR OUR BODIES) IT IS IMPORTANT TO AIM FOR AT LEAST 5 PORTIONS OF FRUIT AND VEGETABLES A DAY AS THEY ARE A GREAT SOURCE OF VITAMINS, MINERALS, AND FIBRE. FRUIT JUICE DOES COUNT TOWARDS OUR 5 A DAY, BUT ONLY 1 SMALL GLASS (150ML).

(YELLOW SECTION) STARCHY CARBOHYDRATES- WE NEED STARCHY CARBOHYDRATES FOR OUR ENERGY AND SHOULD MADE UP JUST OVER ONE THIRD OF WHAT WE EAT. TRY TO CHOOSE OPTIONS HIGH IN FIBRE. LOOK OUT FOR PRODUCTS THAT SAY WHOLEGRAIN, BROWN OR WHOLEWHEAT.

(PINK SECTION) PROTEIN- IT IS IMPORTANT TO INCLUDE SOME OF THESE FOODS INTO OUR DIET BECAUSE THEY ARE NEEDED FOR GROWTH AND HELPS US TO BE STRONG.

(BLUE SECTION) DAIRY- SHOULD BE INCLUDED SOME OF THESE FOODS IN YOUR DIET BECAUSE THEY ARE IMPORTANT SOURCES OF VITAMINS AND CALCIUM. CALCIUM IS IMPORTANT FOR KEEPING OUR TEETH AND BONES STRONG.

(PURPLE SECTION) OIL' S FATS AND SPREADS- SHOULD BE USED SPARINGLY. WE NEED THIS IN OUR DIET AS THERE ARE FATS THAT ARE BENEFICIAL TO OUR HEALTH IN SMALL AMOUNTS. THESE ARE CALLED UNSATURATED FATS AND ARE FOUND IN PLANTS FOR E.G., OLIVE OIL AND SUNFLOWER OIL.



Lesson Plan 3

For primary school aged children:(aged 5-11)

LEARNING OBJECTIVES:

BY THE END OF THE SESSION CHILDREN SHOULD: UNDERSTAND WHAT FOOD GROUPS MOST BALANCED MEALS SHOULD CONTAIN.

MATERIALS NEEDED:

FOOD PHOTO CARDS* (TO SHARE ON THE SCREEN IF ONLINE)
CHANGE4LIFE HEALTHY LUNCH BOX BUILDER (ONLINE)

*MATERIALS PROVIDED BY FOOD A FACT OF LIFE/CHANGE4LIFE

ACTIVITIES: EXAMINING THE EATWELL GUIDE

HEALTHY LUNCH PLANNING

TALK ABOUT WHAT A HEALTHY LUNCH SHOULD INCLUDE:

A HEALTHY LUNCH WILL HAVE A PORTION (OR SOME OF) OF STARCHY CARB FOOD, A PORTION OF PROTEIN AND 2 PORTIONS OF VEGETABLES.

DESSERT IS NOT NEEDED AFTER A MEAL. HOWEVER, IF WE HAVE DESSERT/AFTERS/PUDDING, THIS SHOULD BE LOW IN SUGAR. SUGAR IS WHAT MAKES FOODS TASTE SWEET BUT TOO MUCH IS NOT GOOD FOR HEALTH FOR E.G., TOO MUCH SUGAR CAN DAMAGE OUR TEETH. FRUIT IS A GREAT TASTY CHOICE TO HAVE WITH YOUR LUNCH. ALSO, YOGHURT THAT IS LOW IN SUGAR IS ANOTHER YUMMY OPTION.

EXPLAIN THAT WATER IS A GOOD DRINK TO HAVE WITH THEIR MEAL. IT WILL QUENCH THEIR THIRST BUT NOT FILL THEM UP.

CHALLENGE THE CHILDREN TO COME UP WITH FOOD IDEAS FOR A HEALTHY LUNCH. YOU COULD USE FOOD PHOTO CARDS TO ASSIST. ALTERNATIVELY, YOU CAN USE THE CHANGE4LIFE HEALTHY LUNCHBOX BUILDER



change
4 life

Eat well Move more Live longer

Lesson Plan 4

For primary school aged children:(aged 5-11)

LEARNING OBJECTIVES:

BY THE END OF THE SESSION CHILDREN SHOULD: UNDERSTAND THE CONCEPT OF ENERGY, ITS LINK TO BODY WEIGHT AND THAT DIFFERENT TYPES OF ACTIVITY REQUIRE DIFFERENT AMOUNTS OF ENERGY.

MATERIALS NEEDED:

PLAY THE ENERGY AND ACTIVITY MATCH UP GAME*

*MATERIALS PROVIDED BY FOOD A FACT OF LIFE/CHANGE4LIFE

ACTIVITIES: THE CONCEPT OF ENERGY, CALORIES AND BODY WEIGHT

EXPLAIN TO THE CHILDREN THAT FOOD AND DRINKS (EXCEPT WATER) PROVIDE ENERGY FOR THE BODY SO THAT WE CAN GROW, BE ACTIVE AND STAY HEALTHY. FOOD AND DRINK ARE THE 'FUEL' FOR THE BODY. EXPLAIN THAT EVERY DAY MOST OF OUR ENERGY IS USED KEEPING OUR BODY WORKING, E.G. BREATHING, HEART BEATING, BLINKING, EATING.

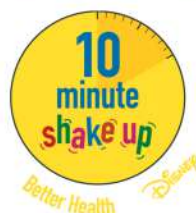
PLAY THE ENERGY AND ACTIVITY MATCH UP GAME

EXPLAIN THAT OVER TIME:

- IF WE CONSUME MORE ENERGY THAN WE USE, WE WILL GAIN WEIGHT; SOME OF THE ENERGY THAT WE DON'T USE TURNS INTO FAT IN OUR BODIES. SOME FAT IN OUR BODIES IS GOOD BECAUSE WE NEED IT TO STAY WARM AND HELPS US TO ABSORB IMPORTANT NUTRIENTS.
- IF WE CONSUME LESS ENERGY THAN WE USE, WE WILL LOSE WEIGHT; THIS HAPPENS BECAUSE THE BODY TRIES TO MAKE ENERGY BY BREAKING DOWN FAT IN OUR BODIES.
- IF WE HAVE ENERGY BALANCE (CONSUMING AND USING THE SAME AMOUNT OF ENERGY), OUR WEIGHT WILL STAY THE SAME.

DISCUSS WITH THE CLASS PROBLEMS WITH BEING OVER- AND UNDER- WEIGHT. WE STRUGGLE TO BE ACTIVE AND PLAY WITHOUT BEING OUT OF BREATH OR FEELING TIRED. WE STRUGGLE TO FIT INTO OUR CLOTHES. IT CAN MAKES US FEEL UNWELL AND IT TAKES US LONGER TO GET BETTER.

EXPLAIN THAT ACTIVITIES WHICH HELP US TO ACHIEVE A HEALTHY WEIGHT ARE DRINKING PLENTY OF WATER, FRUIT AND VEGETABLES, AVOIDING SUGARY AND FATTY FOODS AND DRINKS SUCH AS CHOCOLATES, FIZZY DRINKS AND CRISPS AND STAYING ACTIVE. FOR IDEAS TO STAY ACTIVE,CHECK OUT THE CHANGE FOR LIFE WEBSITE: WWW.NHS.UK/CHANGE4LIFE/ACTIVITIES



Lesson Plan 5

For primary school aged children:(aged 5-11)

LEARNING OBJECTIVES:

BY THE END OF THE SESSION CHILDREN SHOULD: TO UNDERSTAND THAT WATER AND MILKS ARE THE BEST DRINKS TO DRINK REGULARLY AND TO AVOID SUGARY DRINKS.

MATERIALS NEEDED:

MY FAVOURITE DRINK WORKSHEET* (TO EMAIL BEFOREHAND &/OR GIVE INSTRUCTIONS)
[FOOD FACTS-SUGAR SWAPS FOR KIDS WEBPAGE \(INTERACTIVE\)](#)

* MATERIALS PROVIDED BY FOOD A FACT OF LIFE/CHANGE4LIFE

ACTIVITIES: PROMOTE WATER AND MILK AND DISCOURAGE SUGARY & FIZZY DRINKS

EXPLAIN THAT WE NEED TO HAVE 6-8 GLASSES OF FLUID A DAY.

ASK WHY DO THEY THINK IT IS IMPORTANT TO STAY HYDRATED.

STAY HYDRATED

IT HELPS OUR BODY TO FUNCTION PROPERLY

HELPS US TO CONCENTRATE

QUENCH THIRST

ASK THE CHILDREN WHAT THEY DRINK TO STAY HYDRATED.

IF POSSIBLE, USE THE 'MY FAVOURITE DRINK WORKSHEET'.

WATER AND MILK ARE THE BEST DRINKS TO CONSUME REGULARLY. WATER IS A GREAT CHOICE FOR HYDRATION. PLAIN/UNSWEETENED MILK IS A NUTRITIOUS DRINK (VITS, MINERALS, PROTEIN). THIS CAN BE MILK FROM ANIMALS SUCH AS COWS OR GOATS, OR MILK MADE FROM PLANTS SUCH AS OAT, ALMOND, SOYA MILK. MILK ALSO PROVIDES THE NUTRIENT CALCIUM THAT WE NEED FOR HEALTHY AND STRONG BONES AND TEETH.

EXPLAIN THAT WE SHOULD AVOID DRINKS THAT ARE HIGH IN SUGAR.

THEY ARE BAD FOR OUR TEETH. SUGAR CAN STICK TO OUR TEETH AND CAN CAUSE TOOTH DECAY.

GO THROUGH THE [SUGAR SWAPS FOR KIDS WEBPAGE](#) ON CHANGE4LIFE.

