



## Importance of Food

**Lesson:** Importance of food for growth and development

**Date:** As Used

**Time:** As Used

**Class:** Junior/ Senior Infants

**Strand:** Myself

**Strand Unit:** Taking care of my body

**Materials Needed:** The Lunch Bag 'Can I eat this' game to introduce the lesson, the Lunch Bag video on 'The importance of food' will act as the lesson, the Lunch Bag 'What Am I' game provides the assessment and the Lunch Bag 'Colour me in' exercise sheet will conclude the lesson.

### Learning Objectives

1. To make the students aware of the importance of food for the energy to work and play.
2. Educate students on the role that food has to play in protecting people against illness.
3. Improve their understanding on how food helps us to grow.

### Introduction/Stimulus

Introduce the lesson by playing the Lunch Bag 'Can I eat this' game which is available on their website ([www.thelunchbag.ie](http://www.thelunchbag.ie)). Instructions on how to play are available from their downloadable PDF.

### Development

As the lesson, the students will watch the video 'Importance of Food' from the Lunch Bag Website, in which;

The first important area discussed is the role food plays in ensuring the body has sufficient energy to work and play. This is to give students an understanding of how

food is used in our bodies, how this prevents us from being cranky and tired, and how food allows us get the most from each day.

The role of food in illness prevention is covered next. The importance of fruit and vegetables is discussed regarding how vitamins help keep our immune system healthy to prevent colds and other illnesses.

The importance of food in ensuring correct growth and development of our bodies is the final area of discussion in the lesson. This is explained by using the analogy of the importance of water for a plant to grow.

### Conclusion

The lesson concludes with a brief synopsis on the areas covered. The importance of food for energy, illness prevention and to allow our bodies to grow.

<b>Assessment</b>	Having an open discussion with their teacher and play the Lunch Bag 'What Am I' game.
<b>Linkage:</b>	Myself and My Family, and Myself and the Wider World (school community and local community) as through having adequate energy, and remaining healthy this ensure their own health is at its maximum and this links to them being conscious of the health of the people around them.
<b>Integration</b>	<p><b>Art</b> – Colouring exercise used to conclude the lesson.  <b>Oral Language Skills</b> – Both receptive and expressive language improved using the video and also due to the interaction involved with the video.</p> <p><b>Possible Integration:</b></p> <ul style="list-style-type: none"> <li>- <b>Irish</b> – Use Bia when working on vocabulary during the week.</li> <li>- <b>Maths</b> – Discuss buying and selling food items.</li> <li>- <b>Art</b> – Use foods, cut them in half, dip them in paint and use them for printing.</li> <li>- <b>Science</b> – Taste the different foods and describe the taste sensation.</li> </ul>