



## **Diet needs of 3<sup>rd</sup> and 4<sup>th</sup> class lesson plan**

**Lesson:** Specific dietary needs of 3<sup>rd</sup> and 4<sup>th</sup> class students

**Date:** As used

**Time:** As used

**Class:** 3<sup>rd</sup> and 4<sup>th</sup> class

**Strand:** Myself

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

**Materials Needed:** Use the 'Food Pyramid' resource as the introduction, use the 'Diet needs of 3<sup>rd</sup> and 4<sup>th</sup> class' video as the lesson, the 'Food Diary' resource as the assessment and the 'Shopping List' resource as the activity sheet for this lesson.

### **Learning Objectives**

1. Differentiate between a healthy and an unhealthy diet and to appreciate the role of balance and moderation in the diet.
2. Explore the dietary needs of 3<sup>rd</sup> and 4<sup>th</sup> class students compared to other members of society.
3. Identifying the nutrients that are necessary in a balanced diet.

### **Introduction/Stimulus**

The use of the food pyramid in the introduction to this lesson allows for early incorporation of the main learning resource. The food pyramid is then used throughout this lesson as a guide for the learnings. The introduction therefore allows for a nice transition into the learnings of the lesson.

### **Development**

- The lesson begins by highlighting to students that from the ages of 8-12, our body begins to grow at a faster rate than previously. It is explained to students

that we should give our body what it needs to ensure it grows healthily. From a food point of view, the food pyramid is used as a guide to inform us of what foods we should be eating and how much of the different food types we should be eating also.

- The importance of fruit and vegetables is first highlighted to students. The importance of having 5-7 portions in your diet daily, the importance of variety, and how fruit juice only contributes to 1 portion in a day.
- Carbohydrates are the next food group looked at. The importance of between 3-5 portions depending on physical activity levels, why we need to ensure we use mainly wholegrain versions from a gut health point of view and then examples of different wholegrain carbohydrates are the carbohydrate topics explained to students.
- The dairy section of the food pyramid is the section that is elaborated on most for 3<sup>rd</sup> and 4<sup>th</sup> class students. It is explained to students that they need 5 portions of dairy daily rather than the usual 3 portions recommended to the rest of society. Students are educated on the importance of dairy products, and ideally low-fat dairy products, for healthy bone and tooth development.
- The final area of the food pyramid covered is the meats section. Having 2 portions of meat, fish, eggs or poultry is highlighted to students for healthy muscle development. Students are educated on the importance of avoiding high fat meats such as sausages and rashers, and the importance of adding fish to their diet on 2 days of the week from a heart health point of view.

### **Conclusion**

The use of the 'Food Diary' assessment resource and the 'Shopping List' activity sheet allows for the consolidation of the learnings from this lesson. These resources allow students to apply their learnings from the guidance of the food pyramid, in more practical and applicable forms such as a shopping list and food diary.

<b>Assessment</b>	The 'Food Diary' and 'Shopping List' resources are used to assess if students have grasped the guide of the food pyramid for students aged between 8-12 years of age.
<b>Linkage/Integration</b>	<p><b><u>Linkage:</u></b></p> <p><b>Self-Identity:</b> Recognise their own personal preferences and being able to express their opinions with confidence around the foods they like and dislike.</p> <p><b>Decision Making:</b> Become aware of and think about choices and decisions that he/she makes every day.</p> <p><b><u>Integration:</u></b></p> <p><b>Making Inference:</b> Children understanding that if they eat according to the guidance of the food pyramid, that they will in turn give themselves every opportunity to grow and develop maximally and be as healthy as possible.</p> <p><b>Teamwork:</b> Working and inputting together as a group to come up with a Food Diary suitable for a student of 3<sup>rd</sup> or 4<sup>th</sup> class.</p>