



Importance of variety

Lesson: The importance of including variety in the diet.

Date: As used

Time: As used

Class: 3rd and 4th class

Strand: Myself

Strand Unit: Taking care of my body

Materials Needed: Use the 'Word tennis' resource as an introduction to the lesson, use the 'Importance of variety' video as the lesson, use the 'Create a poem' resource as the assessment and the 'Wordsearch' resource as the activity sheet to finish the lesson.

Learning Objectives

1. Recognise the wide choice of food available and categorise the food into their four main food groups on the food pyramid.
2. Differentiate between a healthy and an unhealthy diet and appreciate how diet affects health and performance.
3. Understand and appreciate what it means to be healthy and to have a balanced lifestyle and diet.

Introduction/Stimulus

The lesson begins with the use of the 'Word tennis' resource as an introduction. The idea behind the use of this resource is to acquire the prior knowledge of students on the topic and to assess the vocabulary they currently possess on this topic also.

Development

- The lesson begins with a quick re-cap on the areas covered in the first 2 videos. The areas covered include the different types of foods we should be eating, how often we should be eating these in a day and what a portion size of each food group looks like.

- The importance of our gut bacteria is first highlighted to students. The role it plays in food breakdown and as part of our immune system is explained along with highlighting the fact that not all bacteria are harmful.
- The importance of variety in our plant-based food intake is next explained to students. Students are given a guide of aiming for between 20-30 different plant-based foods in a week to encourage the growth of different bacteria in the large intestine. It's explained to students that the greater variety of bacteria in their gut, the more benefits their body will receive in return.
- The health benefits of variety in your animal-based food products is the last area covered in this lesson. The benefits of varying your meat intake from red meat, to fish, and poultry is explained regarding the different micronutrients you get in your diet as a result of this.

Conclusion

The lesson is concluded with the use of the 'Create a poe-ster' assessment resource to consolidate the students' learnings from the lesson. The 'Wordsearch' resource is included as an enjoyable activity to finish the lesson while also providing an opportunity to integrate English into this SPHE lesson.

Assessment	The use of the 'Create a poe-ster' assessment ensures that students have a good knowledge of the different levels of the food pyramid. This method of assessment also provides an opportunity for peer lead learning whereby students get to learn from each other regarding the wide variety in the different levels of the pyramid.
Linkage/Integration	<p><u>Linkage:</u></p> <p>Making decisions: Become aware of and think about the choices and decisions that are made every day from an eating point of view regarding the variety of foods eaten.</p> <p>As I grow, I change: Recognise that independence and responsibilities are continuously increasing with age.</p> <p><u>Integration:</u></p> <p>Making Inference: Realising that if you eat a variety of foods from the different levels of the food pyramid, that it will in turn lead to improved health markers.</p> <p>English: Through the use of the wordsearch, students must understand the spelling of words which allows for the integration of English into this SPHE lesson.</p> <p>Presenting: The 'Create a poe-ster' resource allows for students to stand up in front of their class and present on their given food group.</p> <p>Art: Creating a Poe-ster allows for the integration of art into this SPHE lesson.</p>