Importance of Food in Promoting Growth and Health

Lesson: The importance of food in promoting growth, providing energy and ensuring maximal health.

Date: As used.

Time: As used.

Class: 1st and 2nd class

Strand: Myself

Strand Unit: Taking care of my body

Materials Needed: Using the resources from the Lunch Bag website, the lesson is introduced using the 'Fruit bowl' game, the lesson is then delivered using the 'Importance of food for promoting growth and being healthy' video, the lesson is assessed using the 'Discuss the importance of food for growth' resource and then the lesson is concluded with the 'Lunch Bag words in Irish' activity sheet.

Learning Objectives

1. Explore the different things that the body can do such as make energy.
2. Understand the importance of food for promoting growth, keeping healthy and providing energy.
3. Recognise and examine some of the substances taken into the body and the purpose and function of each of these.

Introduction/Stimulus

The 'Fruit bowl' game is used to introduce the lesson. This game is for the students to enjoy but also to get them thinking about the different types of fruits as this is a topic that is discussed during the course of the lesson.

Development

- The analogy of the importance of water for plants is used as an example to introduce the lesson and for students to understand the importance of food for humans.
- The importance of food for growth is then explored by firstly looking at fruits and vegetables. Their importance in different bodily functions and allowing your body to fight off infections is explained to students along with an explanation as to why variety in your fruits and vegetables is so important.
- The importance of carbohydrate in delivering energy for brain function and physical activity is explained to students along with how to balance carbohydrate intake to physical activity levels.
- Lastly, the importance of protein containing foods in muscle and bone development is explained to students in order to facilitate healthy growth.

Conclusion

The 'Discuss the importance of food for growth' resource is used to assess the learnings of the lesson through the use of a classroom discussion. The lesson is then concluded with the 'Lunch Bag words in Irish' activity sheet.

Assessment	The learnings of the lesson are assessed using a classroom discussion prompted by the 'Discuss the importance of food for growth' resource and then further assessed using the 'Lunch Bag words in Irish' activity sheet.
Linkage/Integration	**Linkage;** **Feelings and emotions;** Students will begin to understand the food types they need, and when they need them which will help avoiding blood sugar fluctuations which can affect mood. **Growing and changing;** understand the importance of different food groups in healthy growth and development. **Integration:**

	Irish; is integrated in the 'Lunch Bag words in Irish' activity sheet. **Physical Education;** is integrated in the 'Fruit bowl' game with the movement which is included in the introduction.