Foods that come from Plants & Animals

Lesson: Understanding which foods come from plants and which come from animals

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, use the 'Fruit bowl' resource as the introduction to this lesson, use the 'Foods that come from plants or animals' video as the lesson, use the 'Plant or animal from food pyramid' resource as the assessment and the 'Fill out the food pyramid' resource as an activity sheet to finish the lesson.

Learning Objectives

1. Identify some of the foods that are derived from plants and animal sources.
2. Appreciate that balance, regularity and moderation are necessary in the diet using the food pyramid as a guide.

Introduction/Stimulus

The 'fruit bowl' game is used as the introduction to this lesson. This game is used as it allows the idea of food to be introduced in an enjoyable and fun manner.

Development

- The food pyramid is introduced to students as a guide to knowing whether foods come from plants or animals.
- The first area covered is the foods that come from plants. This is explained to students using the food pyramid, whereby the bottom two levels of the food pyramid come from plant-based foods. Different examples are explained to students including tomatoes, lettuce, rice, pasta and breads.
- The next food group covered are the foods that come from animals. This is explained as the next 3 levels of the food pyramid to children. However, there are examples of foods to be careful of in these levels including beans, peas and lentils along with oils in the fats section of the food pyramid as these foods are outliers in the fact that they are plant-based. All other foods in these top 3 sections of the food pyramid are animal-based foods.

Conclusion

The learnings of the lesson are assessed using the 'Plant or animal from food pyramid' resource from the Lunch Bag, whereby students are quizzed as to which food type the different levels of the food pyramid fall under. The lesson is then concluded with the 'Fill out the food pyramid' resource as an activity sheet.

Assessment	Using both the 'Plant or animal from food pyramid' resource and the 'Fill out the food pyramid' resource, students are tested on the learnings of the lesson and on their understanding of which food group the different foods fall under.
Linkage/Integration	**Linkage:** **Growing and changing;** Recognise the importance of a diet with both plant and animal-based foods for healthy growth. **Integration:** **Science:** Understanding as to where the origins of food come from. **Art and Design:** The 'Fill out the food pyramid' resource allows for the integration of colouring and design to the SPHE lesson. **Suggested integration:** **English;** Encourage children to come up with a poem or Limerick that is based on the topic of words from both plant and animal sources.

	Irish; Learn new vocabulary from words that are either plant or animal based foods.