Importance of a Balanced Diet

Lesson: Importance of a balanced diet

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 the lesson, use the 'Importance of a balanced diet' video as the lesson, use the 'Role of the different food groups' resource as the assessment for this video, use the 'Pictionary' resource as the activity sheet for this lesson.

Learning Objectives

1. Understand the importance of food for promoting growth, keeping healthy and providing energy.
2. Appreciate the need for both balance and moderation in the diet.
3. Appreciate the need for and understand how to care for the body in order to keep it strong and healthy from a balanced diet point of view.

Introduction/Stimulus

The 'Fruit bowl' resource is used as the introduction to this lesson to introduce the concept of learning about foods. It also provides time for students to be active prior to being seated for the learnings of the lesson and it gives the teacher an opportunity to manage student's attention.

Development

- The lesson begins with an introduction to the food pyramid; an explanation of what the food pyramid is, and how to use it.
- The importance of eating 5-7 portions of fruits and vegetables, ideally in different colours, is explained to students from a body health point of view.
- The next level of the food pyramid that is elaborated on is the carbohydrate section. Students are educated on the importance of carbohydrate for energy production, and how to vary their intake (3 portions or 5 portions) depending on their activity levels.
- The importance of getting 3 portions of dairy and 2 portions of meat is then explained to students. These sections are elaborated on regarding their importance for bone and muscle health.
- The importance of only having fats and oils in small amounts is the final area of the everyday food pyramid covered.
- The last section of the food pyramid covered is the sweets and treats section. The reason behind why there's a gap in the top of the food pyramid is explained to students. The reason for this is because this section of the food pyramid isn't to be eaten daily, but rather once or maximum twice a week.

Conclusion

The lesson is concluded with a discussion between all members of the classroom, that is led by the teacher using the prompts on the 'Role of the different food groups' assessment sheet, to ensure each student fully comprehends the learnings of the lesson. The lesson is then finalised with the 'Pictionary' resource as an activity sheet.

Assessment	Along with the help of the teacher, and the prompts from the 'Role of the different food groups' assessment resource, the learnings of the lesson are clarified through the use of a classroom discussion to ensure all students understand the learnings prior to finishing the lesson.
Linkage/Integration	**Linkage:** **As I grow I change;** Begin to recognise the importance of good nutrition in healthy physical growth. **Integration:**

	Science: Understanding the importance of a balanced diet for correct growth and development of school-aged children. **English;** Increasing their vocabulary with the use of Pictionary games as the activity sheet. **Suggested Integration:** **Physical Education:** During any physical activity, incorporate and assess students on their understanding of the importance of good nutrition in fuelling exercise eg with more physical activity, what will this do to the amount of carbohydrate we require in a day? ANSWER: Increase portions needed from 3 to 5 portions.