THE LUNCH BAG

'Empowered, Educated Eating'

Energy

Lesson: Understand where the energy in our body comes from

Date: As Used

Time: As Used

Class: Junior/Senior Infants

Strand: Myself

Strand Unit: Taking care of my body.

Materials Needed: The Lunch Bag 'How and why do we' game as the introduction and stimulus, The Lunch Bag video 'Energy' to provide the lesson, the 'Odd one out' game as the assessment and the 'Colour me in' exercise sheet to finish.

Learning Objectives

1. Appreciate the need to sleep in order to have enough energy for each day.
2. Understand the importance of eating enough food to fuel our daily activities.
3. Build on their understanding of the need for enough food and encourage them to appreciate the need for a balanced diet to keep their bodies healthy and well.

Introduction/Stimulus

Acquire the prior knowledge of students by playing the 'How and why do we' game. The instructions for this game can be found in the 'How and why do we' downloadable PDF from the Lunch Bag website.

Development

As the lesson, the students will watch the video 'Energy' from the Lunch Bag Website, in which;

Prior knowledge on the area of energy is acquired using the 'How and why do we' game.

Students are educated on the importance of adequate food and sleep to have sufficient energy to get through each day.

The area of nutrition is elaborated on first whereby the video explains the importance of a balanced diet to fuel students play and to fuel their daily activities.

The importance of sleep (and naps) is then explored. The students are educated on the importance of adequate sleep to 'refill their batteries' and give their bodies the energy for the following day.

Conclusion

The importance of sufficient food and adequate sleep is summarised as the video concludes. The 'Odd one out' game is played to finish the lesson along with the completion of the 'Colour me in' activity sheet.

Assessment	'Odd one out' game to further discuss ways to rest and the different types of foods. The 'Colour me in' exercise sheet is then used to conclude the lesson.
Linkage:	'Growing and changing'; the importance of enough food and sleep to promote growth and in 'feelings and emotions' to understand that enough sleep and healthy food can cause positive feelings in himself/herself.
Integration:	**Making Inference:** Students will understand that if they eat healthy and sleep well, they will have the energy required for each daily activity. **Oral Language Skills:** Both receptive and expressive language will be improved through listening to and interacting with the video lesson. **Suggested Integration:** - **Irish:** Use examples of healthy foods to improve student's vocabulary in Irish. - **Science:** Cover the digestive system to understand how our bodies take the energy from food. - **English:** Make a list of the different healthy foods that rhyme.