'Empowered, Educated Eating'

# Types of Foods

**Lesson:** Learning about the different types of food

**Date:** As Used

**Time:** As Used

**Class:** Junior/Senior Infants

**Strand:** Myself

**Strand Unit:** Taking care of my body.

**Materials Needed:** Play the 'Can I Eat This' Lunch Bag game to introduce the lesson, use the 'Types of Food' video as the lesson, and then play the 'Plant or Animal' Lunch Bag game with the kids as the assessment and finish with the 'Colour me in' exercise sheet. All resources are available on the lunch bag website (www.thelunchbag.ie).

*Learning Objectives*

1. Children will explore the different qualities and categories of foods including foods that come from plants and foods that come from animals.
2. Educate the students on food preferences and their role in a balanced diet such as treats, fruits and vegetables.
3. Use an introduction to allergens to enable children to become aware of foods that are healthy for some people, which may not be healthy for others.

**Introduction/Stimulus**

Use the 'Can I Eat This' Lunch Bag game to capture the student's attention and allow them understand that they are going to be learning about food.

**Development**

- The children will watch the Lunch Bag video on 'the different types of food' which covers:
- The two different types of foods that we can eat as humans; foods that come from plants and foods that come from animals. An interactive game is played here where students are asked as to which category each food shown is from.
- The different food preferences are next explored and students are made aware of the fact that different people have different preferences and how normal this is. Covered also, is the importance of only having treats from time to time and not having these every day.
- An introduction to allergens is the final area covered in the lesson. This highlights the fact that foods that may be healthy for some people, may not be healthy for others.

## Conclusion

A game of 'Plant or Animal' (the instructions of which are available at the Lunch Bag website) to assess students' knowledge on where the food comes from and then the lesson is concluded with the 'Colour me in' exercise.

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| **Assessment** | 'Plant or Animal' game to assess knowledge. |
| **Linkage:** | 'Myself and my family', 'my friends and other people' and 'relating to others' through acknowledging if others have different preferences or allergens and understanding what this means. |
| **Integration:** | **Categorising:** Grouping foods according to whether they are Plant or Animal.<br>**Oral Language:** Receptive language through listening to the video but also expressive language through interaction with the video and also playing the 'Plant or Animal' game to finish.<br>**Possible Linkage:**<br>- **Irish –** Use Bia when improving vocabulary during the week.<br>- **Maths** – Use foods discussed in this video when counting.<br>- **Science** – Use these foods to discuss the sense of smell. |