THE LUNCH BAG

'Empowered, Educated Eating'

Portion sizes and the use of the healthy plate

Lesson: Portion sizes and the use of the healthy plate.

Date: As used

Time: As used

Class: 3rd and 4th Class

Strand: Myself

Strand Unit: Taking care of my body

Materials Needed: The 'I went to the shop and I bought' resource is used as the introduction to this lesson, the 'Portion sizes and the use of the healthy plate' video is used as the lesson, the 'Fill in the blanks' resource is used as the assessment for this lesson, and the 'Colour me in' resource is used as the activity sheet.

Learning Objectives

1. Differentiate between a healthy and an unhealthy diet and appreciate the role of balance and moderation.
2. Recognise the wide choice of food available, categorise food into the four main food groups according to their place on the food pyramid.
3. Explore how the diet promotes growth, performance and development.

Introduction/Stimulus

The 'I went to the shop, and I bought' resource is a fun way to encourage students to begin thinking about food and the different food types. It introduces the main strand unit we're learning about in the taking care of my body section which is 'Food and Nutrition'.

Development

The lesson begins with an introduction into the relevance of portion sizes. It's introduced by explaining that although a food may be good for us, it doesn't mean that we should eat this food until we can't eat anymore!

- The first food group whose portion size is explored is the fruit and vegetables. A portion of fruit and vegetables is explained to students as 1 medium sized fruit (Apple, Pear, Banana), 2 small sized fruit items (Mandarin Orange and Kiwi), a ½ cup cooked vegetables and 150mls of unsweetened fruit juice. The main point highlighted to students is that you should only have 1 portion of unsweetened fruit juice daily as even if you have more than 1 in a day, it only ever constitutes to 1 portion.
- Carbohydrates are the next food group explored whereby 1 portion of these is explained as 2 thin slices of bread, 1 cup of rice, pasta, noodles, cereal or cous cous, or 2 medium or 4 small potatoes.
- A portion of dairy is explained as 200mls milk, 125g yoghurt or 2 thumbs of cheese.
- A meat portion is explained as a half a palm of ones hand, 2 eggs or ¾ cup of beans or lentils.
- A portion of fats is explained as a packet of spread.
- Lastly, this is all put into practice by looking at the healthy plate and practically applying what we learned regarding daily portion sizes of the different food groups to our meals and snacks.

Conclusion

The 'Fill in the blanks' resource is used to consolidate the learnings of the lesson and to ensure that all learnings are fully understood prior to finishing this lesson. The 'Colour me in' exercise sheet allows for a recap on what students learned regarding the healthy plate and to also integrate some art and fun into the end of the lesson.

Assessment	The 'Fill in the blanks' resource provides an assessment for students on the learnings of the lesson. The teacher can then go through the 'Fill in the blanks' resource out loud with the class to ensure everything is fully understood prior to finishing the lesson.
Linkage/Integration	**Linkage:** **As I grow, I change:** Understand that independence and responsibilities are continually increasing as we get older, especially when it comes to understanding portion sizes of different foods. **Making Decisions:** To become aware of and think about choices and decisions that he or she makes everyday regarding the portion sizes of foods in their meals and snacks. **Integration:** **Art:** With the use of the healthy plate in the activity sheet, this allows for the integration of art into this SPHE lesson. **Memorising and Listing:** The 'I went to the shop and I bought' resource in the introduction requires memorisation of what people said prior to you and then listing of these items in correct order.