THE LUNCH BAG

'Empowered, Educated Eating'

Factors that affect food choices lesson plan

Lesson: Highlighting the different factors that affect food choices.

Date: As used

Time: As used

Class: 5th and 6th class

Strand: Myself

Strand Unit: Taking care of my body

Materials Needed: Use the 'Mind Map' resource as the introduction for this lesson, use the 'Factors that affect food choices' video as the lesson, use the 'Factors that influence food choices crossword' resource as the assessment for this lesson and the 'Who wants to be a millionaire' resource from the Lunch Bag website as the activity for this lesson.

Learning Objectives

1. Recognise and examine behaviours that are conducive to health, and behaviours that are not conducive to health.
2. Realise and accept some personal responsibility for making wise food choices and adopting a healthy, balanced diet.
3. Explore the factors that influence food choices.

Introduction/Stimulus

The 'Mind Map' resource from the Lunch Bag website is used as the introduction to this lesson. The 'Mind Map' resource is used as this encourages students to think about what factors influence their food choices and provides a fun way to assess students' prior knowledge on the topic. Students are encouraged to do this as a

group; therefore, this also acts as an activity to improve students' social and team work skills.

Development

- The lesson begins with an introduction to the multitude of different factors that influence food choices. It is explained to students that if we understand the factors that influence our food choices, we can better prevent them from causing us to veer from following a healthy balanced diet.
- The first factor that is elaborated on is hunger. Students are educated on the fact that our desire for foods high in sugar and fats is increased the hungrier we get. Therefore, the importance of having a good feeding routine where we eat at regular intervals throughout the day is highlighted to students.
- Peers and family influence is the next factor highlighted to students. When we are in primary school, the majority of our meals are eaten in the presence of either friends or family. The influence of friends and families likes and dislikes, and the knock-on effect this can have on our food choices is highlighted to students.
- The effect of marketing and exposure on food choices is next explained to students. This is explained from the point of view of the more contacts you have with a food type, the more likely you are to eat it.
- Cooking skills is the second last factor highlighted to students. Cooking skills are mentioned as one of the most important skills we can learn in life. The ability to cook the foods you want when you want them will allow for you to consistently make healthier food choices rather than reaching for convenience foods.
- The final factor highlighted is the availability of or access to fridges and freezers. Freezer availability is a big factor as this allows the best before date of foods to be prolonged. This allows us to shop in bulk for healthier foods and store these, rather than having to go to convenience shops to buy foods. If we go to convenience shops to buy our foods when we're hungry, the likelihood of buying calorie-dense and nutrient lacking convenience foods is higher.

Conclusion

The 'Factors that influence food choices crossword' is used as the assessment for this video. This assess' students acquired knowledge and the learnings from the lesson. There are 8 hints given. The students must come up with the answers and input them correctly into the crossword. This allows the teacher to assess if the students have correctly understood the learnings of the lesson. The lesson is then finished with a game of 'Help the puppets to complete the Maze'! The idea of this

activity sheet is to provide an enjoyable game to finish their learning with the Lunch Bag journey.

Assessment	The learnings of this lesson are assessed using the factors that influence food choices crossword. To find out the words for this crossword, students must come up with 8 words from the prompts given based on the learnings of the lesson. From these 8 words, students can fill out the crossword.
Linkage/Integration	Linkage: **Self-Awareness:** Recognise and appreciate that each person is a unique individual, and that this individuality is expressed in many different ways. **Developing Self-Confidence:** Take increasing personal responsibility for himself/herself and to become more independent and autonomous in their food choices. **Decision Making:** Become aware of and think about choices and decisions that he/she makes every day. **Feelings and Emotions:** Identify and learn about healthy ways to help him/her to feel positive about himself/herself. Integration: **Making Inference:** Children understanding that if they follow a good eating routine, aim to improve their cooking skills and are conscious of not allowing marketing effect their food choices, their food choices are likely to be healthier. **Teamwork:** Working and inputting together as a group to complete the 'Mind Map' and the 'Who wants to be a millionaire' resources. **English:** The use of a crossword encourages students to focus in on their vocabulary and spelling. Students have to come up with the answers to the prompts in the resource which also allows for English to be integrated.