THE LUNCH BAG

'Empowered, Educated Eating'

Factors that influence food choices:

Lesson: Factors that influence food choices.

Date: As used.

Time: As used.

Class: 3rd and 4th class

Strand: Myself

Strand Unit: Taking care of my body

Materials Needed: Use the 'What is Poe forgetting?' resource to introduce the lesson, use the 'Factors that influence food choices' video as the lesson, use the '3-2-1' resource as the assessment for this lesson and the 'Factors that influence food choices' resource as the activity sheet.

Learning Objectives

1. Explore some of the factors that influence the consumption of different food products.
2. Differentiate between a healthy and an unhealthy diet and appreciate the role of balance and moderation.

Introduction/Stimulus

The 'What is Poe forgetting?' resource is used as the introduction for this lesson. This resource allows for the introduction of the idea of food in a relaxed and enjoyable manner. It also allows for the integration of memory games into this SPHE lesson.

Development

- The lesson begins with an introduction to some of the factors that can influence your decision around the food you choose to eat including the way a shop is laid out, your hunger, how much sleep you got and even the friends you have and their effect on you.

- The effect of sleep on food choices is the first topic explained to students. Insufficient sleep, along with going long periods without food, both increase the likelihood of snacking on high sugar and high calorie foods.
- Students are next educated on individual variation in likes and dislikes surrounding foods. Students are encouraged to embrace their individual likes and to avoid allowing the opinions of friends or family effect their food choices.
- The design of shops is explained to students and the way in which shops try to increase the number of items you purchase upon each visit. Products bought most often such as bread and milk are usually found down the back of stores and separated to encourage people to have to walk past other products in the store. This, in turn, increases the likelihood of products being bought that shoppers didn't intend on buying.
- The tactical positioning of sweets near the counter is also explained to students as this aims to encourage impulse buying from shoppers. A good technique to prevent impulse buying is to make a list of the products required prior to entering the shop.
- Lastly, students are educated on the importance of local buying and the reasoning behind why they should allow this affect their food choices. The reason explained to students is so as to reduce transit and refrigeration time and to help our local producers.

Conclusion

Use of the '3-2-1' resource allows for the re-iteration of the learnings from this lesson. This assessment encourages reflection on the learnings and is designed to question students and get them thinking about what more they would like to learn on the topic of 'Factors that influence food choices'. The lesson is then concluded in a fun manner with the 'Factors that affect food choices' activity sheet.

Assessment	The '3-2-1' assessment resource is used to assess what students have learned and encourages students to think about what more they would like to learn in this area.
Linkage/Integration	**Linkage;** - **Recognise how independence and responsibilities are continually increasing.** - **Explore how feelings can influence one's life;** recognising how an individual action can affect the feelings of another. **Integration:** - **Problem Solving;** the use of the maze game allows for the incorporation of problem solving into this SPHE lesson. - **Making Inference;** students will understand that if they get enough sleep, eat regularly, and are aware of

	the factors that affect food choices that they will then be giving themselves every opportunity to make healthy food choices.