

Teaching notes

The second of two PSHE lessons on healthy eating, aimed at Y7.

Lesson 1 can be found by going to www.teachitcitizenship.co.uk and searching for 22871.

Learning objectives:

- be able to say whether foods are healthy/unhealthy and why
- understand the roles of the seven food groups for the development of healthy bodies and minds
- be able to plan a day's worth of balanced meals.

Time: 45 minutes.

Resources:

- the eatwell plate:
<http://www.nhs.uk/Livewell/Goodfood/Documents/Eatwellplate.pdf>
- a copy of the worksheet on pp.4-6 below for each student
- the interactive Magnet activity for Activity A (available on www.teachitcitizenship.co.uk by searching for 22671 then clicking on the star icon).

Extension 1: How many portions are enough? (5 minutes).

Extension 2: Design a poster (30 minutes).

Starter

Ask students the following question: *Why is eating healthy food important?*

Activity A: Healthy or unhealthy?

Give students the worksheet on p.4 and ask them to try and put the types of food into the table. You could use the interactive version for students to feed back on their answers.

This activity is intended as a class discussion and it will become clear to students that there is a healthy and an unhealthy version of practically every food or drink! You could start by exploring these examples with the class, and then ask them for further ones:

Apple crumble can definitely be healthy if plenty of apples are used and little sugar is added to the fruit and topping. A small portion served with natural yoghurt is a healthy pudding. If very few apples are used, lots of sugar is added and there's a thick crumble topping served with lots of double cream, then obviously this an unhealthy version, due to the high sugar and fat content.

Breakfast cereal can definitely be healthy if it contains low amounts of added sugar (or none) and is eaten with natural yoghurt or milk and fresh fruit. Breakfast cereal is unhealthy if it has high amounts of added sugar and is eaten with yoghurt that itself also contains added sugar. Many cereals give the impression of being healthy through their packaging, but a closer look will reveal that most breakfast cereals have high amounts of added sugar!

Low fat yoghurt confuses many shoppers. If you are trying to find a healthy yoghurt, be careful! Many flavoured yoghurts are advertised as being 'low fat'. However, what the manufacturers don't tell you on the front of the packaging is that they are very high in sugar instead! The best kinds of yoghurt are therefore those that have both a low fat and a low sugar content. Plain natural yoghurt is a great example of this.

It is also important to highlight that water is much healthier than energy drinks and other caffeine-based liquids such as coffee. Finally, encourage students to recognise that drinks such as smoothies and fresh orange juice are a good way of boosting our 'five a day'. However, the acid in the fruit can damage the teeth, so it is best to drink them through a straw and not to drink them between meals.

To summarise the activity, remind students that the government and health-related charities advise people to eat a **balanced diet**. This means that **there is nothing wrong with eating chocolate or takeaway from time to time**.

Activity B: The seven food groups

While students do this activity, you could display the 'eatwell plate': (<http://www.nhs.uk/Livewell/Goodfood/Documents/Eatwellplate.pdf>).

Possible answers:

Food groups	An example of this type of food
Carbohydrates: give you energy	pasta, rice, bread, cereals, beans, lentils, nuts, bananas
Protein: helps you to grow and repairs damage	fish, meat, eggs, beans, lentils, nuts, seeds
Fat: provides energy and absorbs vitamins	butter, cheese, cream, oil, nuts*
Fibre: makes you feel full and helps with digestion	wholemeal cereals, vegetables, fruit
Minerals: help with healthy bones, teeth and blood	meat, cereals, fish, milk, vegetables, fruit, nuts
Vitamins: help with vision, skin, bones and teeth	oily fish, vegetables, fruit
Water: transports nutrients around the body	water, fruit juice, soft drinks, tea, coffee**

*You may want to point out that there are 'good' fats (unsaturated fats) and 'bad' fats (saturated fats).

Unsaturated fats	Saturated fats
oily fish olive oil; sunflower oil; rapeseed oil nuts	processed meat (e.g. sausages); red meat butter; coconut oil; palm oil cream cheese cakes and biscuits

**It is also worth pointing out that the best source of water is water itself! Fruit juice is healthy because of its vitamin content, but it also contains sugar and acid, which can damage the teeth. Soft drinks often have a very high sugar content, and energy drinks in particular have high levels of caffeine, which can be bad for the heart and for stress levels. Tea and coffee also contain caffeine and can actually remove water from the body, as they make us need to go to the toilet more frequently.

Activity C: Plan a day's meals

Students could display their meals around the classroom, and then vote on the healthiest.

Plenary: Why is healthy food important?

Suggested answers:

Eating healthy food is important because:

1. Healthy eating allows us to regulate our weight. If we are the right weight for our height and build, then this makes exercise a lot more accessible and enjoyable.
2. Healthy foods such as fruit and vegetables contain antioxidants. These are said to prevent serious illnesses like cancer and heart disease.
3. Getting our energy from healthy foods and from plenty of water enables us to remain calm and have good concentration. If we rely on energy drinks and sugary sweets then our energy levels become unstable. This can make learning very difficult.

Extension 1: How many portions is enough?

Recently some people have suggested that we should eat seven portions of fruit and vegetables a day rather than five.

Ask students to discuss the following questions:

- *Would this be a good idea? Why / why not?*
- *Is it realistic?*
- *Why do people sometimes find it hard to eat enough fruit and vegetables a day? (Consider school meals, for example.)*

Extension 2: Design a poster

Students work in small group and design a poster to encourage people to eat healthily. It should contain:

- three reasons why we should eat healthily
- an explanation of why our 'five a day' are important
- a suggestion for a healthy evening meal.

Activity A: Healthy or unhealthy?

Put each word below into the column where you think it belongs. Be ready to justify your choices in a class discussion!

chocolate	vegetables	potatoes	brown rice	chicken	salad	takeaway kebab
fish	lemonade	pizza	crisps	wholemeal wrap	energy drink	hotdog
cheese	water	white bread	pasta	beans on toast	low fat yoghurt	beer
sweets	soup	fresh orange juice	scrambled egg	tomato ketchup	lasagne	breakfast cereal
cereal bar	wine	fish and chips	coffee/tea	dried apricots	apple crumble	Sunday roast
butter	frozen peas	mayonnaise	jacket potato	avocado	fresh fruit smoothie	walnuts

Healthy	Not sure / depends	Unhealthy

Activity B: The seven food groups

There are seven food groups. They all have an important role in the development of healthy bodies and minds. Fill in the table below.

Food groups	An example of this type of food
Carbohydrates: give you energy	
Protein: helps you to grow and repairs damage	
Fat: provides energy and absorbs vitamins	
Fibre: makes you feel full and helps with digestion	
Minerals: help with healthy bones, teeth and blood	
Vitamins: help with vision, skin, bones and teeth	
Water: transports nutrients around the body	

Activity C: Plan a day's meals



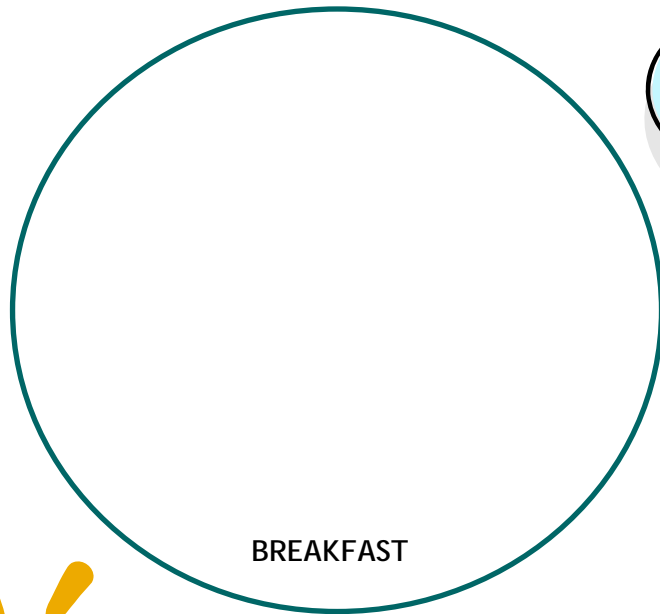
Using your knowledge of healthy eating, design a day's healthy meal plan for one person. Draw and label the items on the plates below. Remember to keep the meals balanced!

Plenary: Why is eating healthy food important?

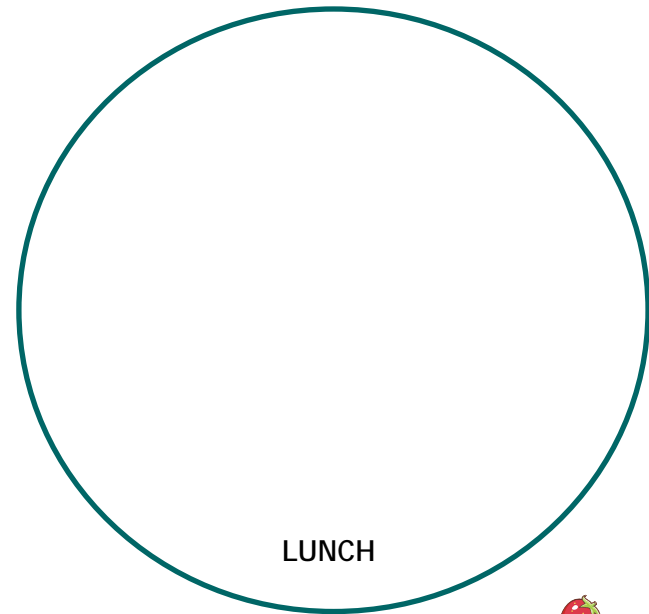
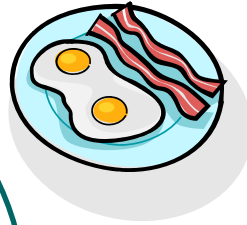
Eating healthy food is important because:

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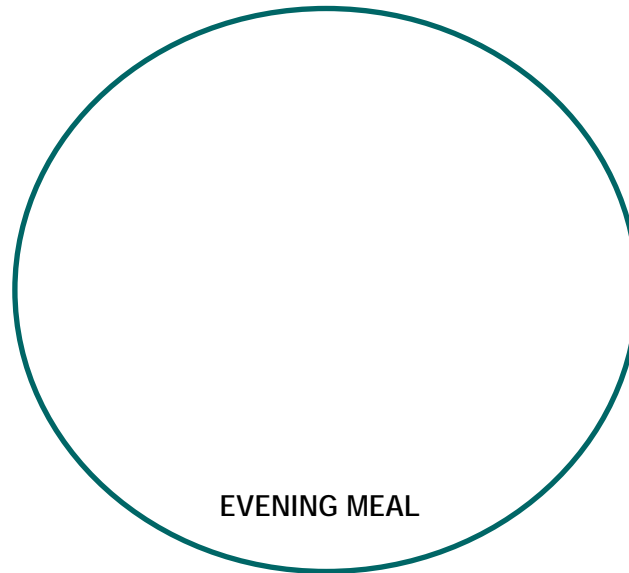
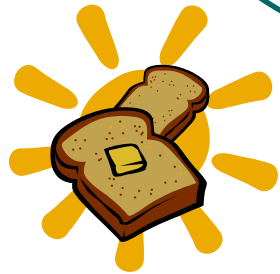




BREAKFAST



LUNCH



EVENING MEAL

