

Teaching notes

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

Lesson 2 can be found by going to www.teachitcitizenship.co.uk and searching for 22671.

Learning objectives:

- understand what a balanced diet is
- understand the importance of fruit and vegetables.

Time: 45 minutes.

Resources:

- access to YouTube for Activities A and B (http://www.youtube.com/watch?v=P4n__qtkb54 and <http://www.youtube.com/watch?v=ik1HPoptlLE>).
- a copy of the worksheet on pp.4-6 below for each student.

Starter

Ask students the following question: *Do you think you eat healthily? Why / why not?*

Activity A: The eatwell plate

Show students the following media clip on YouTube:

'The eatwell plate episode 1: Introduction & Fruit and vegetables'
http://www.youtube.com/watch?v=P4n__qtkb54 (9 minutes, 53 seconds).

You may want to pause it after each section so they have time to confer and to write their answers.

0.00 to 0.57: Introduction

1. Who does Charlie work for and what is her job?
British Nutrition Foundation, as a nutritionist.
2. Which group is represented by the small purple wedge?
Foods and drinks that are high in sugar and/or fat.

0.58 to 1.40: Fruit and vegetables

3. What proportion of our overall food should fruit and vegetables be?
One third.
4. Do frozen, dried and juiced fruits count within our 'five a day'?
Yes.

1.40 to 2.07: Bread, rice, potatoes, pasta and other starchy foods

5. Which word beginning with 'f' is provided by starchy foods?
Fibre.

2.07 to 2.38: Milk and dairy foods

6. How big is one portion of cheese, according to government guidelines?
Matchbox-sized.

2.38 to 3.07: Meat, fish, eggs, beans ...

7. Why do we need protein?
Growth, development and repair.

3.07 to 3.48: Foods and drinks high in fat and/or sugar

8. How often is it OK to have food and drink that is high in fat and/or sugar?
Occasionally.

3.48 to 4.39 Who is the Eatwell plate for?

9. Who does the 'Eatwell plate' apply to?
Most people, including vegetarians, people from different ethnic backgrounds and those of different ages.
10. Does any type of food provide all necessary nutrients?
No, which is why a balanced diet is essential.
11. What example is given as something that milk and yoghurt do not provide?
Vitamin C (which is found in citrus fruits). However, they are a good source of calcium.

4.39 to 5.30: Eight tips for eating well

12. According to government guidelines, which meal is it important not to miss out?
Breakfast.

5.30 to end: Why five a day?

13. Name the two diseases mentioned that antioxidants protect against.
Heart disease and cancer.
14. How does Charlie suggest that fruit can be included at breakfast time?
Smoothie; chopped fruit in cereal; grilled tomatoes or mushrooms; baked beans; peanut butter and banana on toast.
15. Name two of Charlie's tips for getting some of our 'five a day' at lunchtime.
Using vegetable sticks in dips; vegetable soup; jacket potatoes with baked beans or vegetable and bean chili, or tuna, sweetcorn and onion; salad in sandwiches; extra vegetables in sauce; piece of fruit.

Activity B: A healthy day

Show students the following media clip on YouTube:

'British Heart Foundation - Healthy Eating - A Healthy Day, Everyday'
<http://www.youtube.com/watch?v=ik1HPoptlLE> (1 minute, 32 seconds).

1. What is the main message in the clip?

To make small change to what you eat/drink every day, to ensure that your risk of heart disease is lowered.

2. Who do you think the clip is aimed at?

It seems to be aimed at adults because it shows alcohol. Some adults will find it particularly interesting, e.g. those who have heart disease in the family. People who have been told that they are overweight (and that this is putting strain on their heart) would also benefit from the swapping tips.

In general, the media clip has good advice for everyone because it is never too early for children to start thinking about how to look after their heart.

3. Does the British Heart Foundation think that everyone should completely cut out sugar and fat?

No, it encourages moderation; the last image shows cake and encourages you to still enjoy the occasional treat!

Activity C: Make a voiceover

Put students in pairs or small groups to make a voiceover for the media clip, explaining briefly why each healthier option is healthier. One or two groups could present their voiceovers to the class.

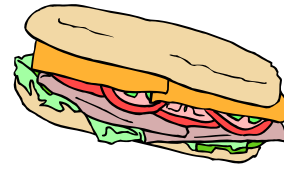
Plenary: Do you eat healthily?

Ask students the same question as in the starter. What changes could they make to their diets in order to eat more healthily?

Activity A: The Eatwell plate

Watch the following media clip about a government idea called the 'eatwell plate':

http://www.youtube.com/watch?v=P4n_qtkb54



Answer these questions as you watch:

Introduction

1. Who does Charlie work for and what is her job?

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2. Which group is represented by the small purple wedge?

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Fruit and vegetables

3. What proportion of our overall food should fruit and vegetables be?

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4. Do frozen, dried and juiced fruits count within our 'five a day'?



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Bread, rice, potatoes, pasta and other starchy foods

5. Which word beginning with 'f' is provided by starchy foods?

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Milk and dairy foods

6. How big is one portion of cheese, according to government guidelines?

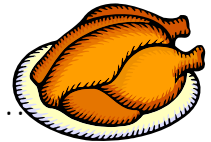
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Meat, fish, eggs, beans ...

7. Why do we need protein?

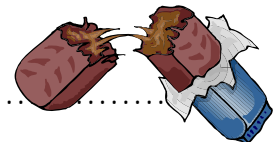
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Foods and drinks high in fat and/or sugar

8. How often is it OK to have food and drink that is high in fat and/or sugar?

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Who is the Eatwell plate for?

9. Who does the 'eatwell plate' apply to?

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10. Does any type of food provide all necessary nutrients?

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11. What example is given as something that milk and yoghurt do not provide?

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Eight tips for eating well

12. According to government guidelines, which meal is it important not to miss out?

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Why five a day?

13. Name the two diseases mentioned that antioxidants protect against.

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14. How does Charlie suggest that fruit can be included at breakfast time?

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15. Name two of Charlie's tips for getting some of our 'five a day' at lunchtime.

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Activity B: A healthy day

Watch the following British Heart Foundation media clip:

<http://www.youtube.com/watch?v=ik1HPoptILE>



1. What is the main message in the clip?

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2. Who do you think the clip is aimed at?

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3. Does the British Heart Foundation think that everyone should completely cut out sugar and fat?

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