

Lesson Idea - S.P.H.E - 3rd & 4th Classes

The social personal health education programme is an ideal tool within schools to promote awareness of healthy food concepts and of living a healthy lifestyle.

Strand: Myself

Strand Unit: Taking Care of my Body

Topic: Food and nutrition

Here are some ideas and exercises to assist the teacher further promote the concept of leading a healthy lifestyle. You will also find examples of how you can incorporate the Food Dudes theme into your lesson.

Exercise 1

The food pyramid gives a visual image of the amount of food that should be consumed in one day. For example: students should eat less of the items they see in the top of the pyramid and more of the foods at the bottom. Ask the children to keep a food diary for a day (this can be set as a homework exercise). Ask the children to discuss their food choices and discuss ways in which these can be improved. Ask them to complete the Food Pyramid (worksheet below) with healthy choices. Emphasise that the food dudes eat lots of portions of fruit and vegetables to get their energy to defeat the Junk Punks.

Exercise 2

Ask students to discuss the benefits of healthy eating

- A healthy diet can promote **growth**. An example of this would be children needing more calcium in their bodies to help bones grow. Emphasise how the Food Dudes are big and strong. They need to be this way to defeat the Junk Punks.
- **Performance.** Children can improve their performance in sports because they will have lots of energy from eating healthy foods. This will make them big and strong. Raz gets fit from all the fruit and vegetables she eats. In turn this helps her to keep the Life Force strong and beat the Junk Punks to save Planet Earth.
- **Development.** Tom eats lots of tomatoes to give him brain power. He can do eighty sums a minute! This brain power helps him come up with plans to beat these villains.
- Eating healthily is good for hair, skin and teeth.
- Eating healthily will help prevent becoming overweight or obese.
- A balanced diet will help prevent diseases such as heart disease and cancer.
- A nutritious diet will give you more energy to play with your friends and be more active.

Exercise 3

Stick up pictures around the room of various food items. Pictures could include popular fast food restaurants, sweet, chocolate and crisp brands, fizzy drinks as well as healthier options such as fruit, veg, dairy products, breads and pastas etc. Ask students to pick out which foods they like most.

Discuss the foods that the Food Dudes would choose (fruit and vegetables to gain their special powers and other healthy choices).

Discuss with students their choices and discuss presentation and packaging. An example would be students saying they like the fizzy drink because it is colourful. Discuss the use of advertisements that make products look appealing.

The Food Pyramid - A Plan for Healthy Eating

- Build the foundation of your daily eating plan with **6 to 11** servings from the **Bread, Cereal, Rice & Pasta Group**.
 - Choose an item from the **Vegetable group** at least **3 to 5** times each day.
 - It's a treat to enjoy **2 to 4** servings from the **Fruit Group** as part of your daily diet.
 - Limit your selection of **Milk, Yogurt & Cheese** to just **2 to 3** items per day.
 - Get protein from the **Meat, Poultry, Fish, Dry Beans, Eggs & Nuts** through **2 to 3** servings every day.
 - Top off your daily eating plan with **Fats, Oils & Sweets**, but only in **small quantities**.
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