

Lesson Idea - S.P.H.E - 5th & 6th 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

- Stick up large (A3) pages on the wall with words on each - **FAT; CARBOHYDRATE; PROTEIN; FRUIT & VEG; DAIRY**
- Split the class into teams and give each team a photo of a product that contains fat, carbohydrate, protein, fruit & veg and dairy.
- The team are given a couple of minutes to discuss which picture falls into which category.
- Pick a team leader from each group to stand up and stick the photos on the large pages. i.e. - chocolate on page that says fat, milk on page that says dairy etc.
- Discuss which photos should go where or if some pictures could go on two photos, i.e. chips contain both fat and carbohydrate.
- The Food Dudes eat a balanced diet with all these foods. This is the reason they are strong, healthy and full of energy.

Exercise 2

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.

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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Exercise 3

Ask students to study the Food Pyramid. Discuss each element of the Food Pyramid with the class. Then complete the quiz below (either individually or split the class into teams). Two points should be received for each correctly answered question. A bonus point is awarded for each correctly answered Food Dudes question.

Quiz

1. The food pyramid suggests that we eat a varied diet. Which type of food should you eat the most of each day?

2. How many servings of breads, rice, pasta, and other starchy foods should you eat each day?

3. How is energy measured when reading food labels?

Bonus point: Which vegetable gives Charlie her special powers?

4. How many servings of vegetables should you eat each day?

5. How many servings of fruit should you eat each day?

Bonus point: Which fruit gives Raz her special powers?

6. How many servings of milk, cheese, and yogurt should you eat each day?

7. How many servings of meat, fish, beans, and nuts should you eat each day?

8. What food group do raisins fit into in the food pyramid?

Bonus point: What is Rocco's favourite vegetable?

9. Name two foods that belong to the vegetable group.

10. Which foods are the least nutritious and should be the smallest part of your diet?

Bonus point: What does Tom eat to get his special powers?