

Lesson Idea - SPHE - Infant 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.

Junior/Senior Infants

- Each student should make a pair of 'magic breakfast glasses'.
- Have students colour the glasses, then cut them out. Be sure they cut out the lenses of their glasses so they can see through them.
- Ask the students to put on their 'magic breakfast glasses'. Explain to the students that these glasses help people see through new eyes - they help people see breakfast in a whole new way.
- Ask students to draw what they had for their breakfast this morning or yesterday morning.
- Breakfast does magic for our bodies because it gives our bodies fuel and energy to start the day.
- Breakfast is a very important meal because it gives us the energy we need to get our bodies working. Our bodies are like cars. What do we put in a car to make it run? What would happen if we put juice or milk into the car? The car needs a special kind of fuel. Our bodies are the same.
- We must put the right kind of fuel in our bodies if we want them to work correctly. If they do not have fuel (food), they will not be able to move and do the activities they need to do. When a body does not have food to start the day, it feels slow and tired.
- What kinds of fuels do our bodies like? How many of you are hungry? (Most of the children will raise their hands). Ask them if they know how long it has been since they have eaten breakfast?
- Go to the clock and count the hours since they have eaten. Explain to them that it has only been two or three hours since they ate breakfast and their bodies are beginning to get hungry already.
- If they eat dinner in the evening and then wait until breakfast to eat again, how hungry do they think their bodies will be? They will be very hungry. It is important to fill our bodies with nutritious fuel before beginning school each day.

BREAKFAST FOODS: Any healthy food can be a breakfast food. A child can make his/her own breakfast with healthy choices found at home. If your school has a school breakfast program, explain to the children that these meals are nutritionally balanced and will provide the fuel needed to help their bodies work. Ask the children for suggestions and make a "Healthy Breakfast List" on large chart paper. In order to have a nutritious breakfast,

include food from at least three of the food groups. Some ideas are: Peanut butter on toast, yogurt, cereal with fruit, dried fruit, glass of juice, sandwich, piece of fruit, glass of milk.

EVALUATION: Give each child a paper plate, and a stack of food pictures from magazines. Each child should find healthy foods they enjoy for breakfast, cut them out, and paste them onto the plate. Their breakfast should include at least three food groups. The plates could then be displayed on a bulletin board for a healthy breakfast display.

This is a great opportunity to tell the students about how the Food Dudes eat healthy throughout the day but that breakfast especially gives them the energy in the morning to defeat the Junk Punks and save Planet Earth. Eg Raz gets her special powers from raspberries which can be eaten for breakfast with cereal or yoghurt.