

Wednesday | Day Three

Intermediate Classes (2nd, 3rd and 4th Class)



Food Dudes Week

SPHE Activity

The following resource has been designed based on the Food Dudes Week, intermediate level, day 3 video. This resource links with the SPHE curriculum for 2nd, 3rd and 4th class groups.

This activity is linked to the following curricular areas:

SPHE > Myself > Taking Care of My Body > Food and Nutrition

Video Message:

Where do we store different foods to keep them fresh and to reduce food waste?

This activity is linked to the following **curricular area**:

Key Curricular Learning Outcomes:

Pupils should be enabled to:

- ✓ Recognise the wide choice of food available and categorise food into the four main food groups and their place on the food pyramid bread, potatoes, cereals
 - ✓ fruit and vegetables
 - ✓ dairy (milk, cheese, yoghurt)
 - ✓ protein (meat, fish and alternatives)
- ✓ Explore some factors that influence the consumption of different food products
 - ✓ Including presentation and packaging, shelf life, etc.

My Healthy Diet Activity:

*Recommendation to review the Food Pyramid before this activity, or tie it in with the Passport to healthy eating Food pyramid activity.



An Roinn Talmhaíochta,
Bia agus Mara
Department of Agriculture,
Food and the Marine



With financial support
from the European Union

Food Pyramid

Razz is stuck on the Food Pyramid. Can you help her fill in the blank spaces below by writing or drawing in food, in the correct places?



SPHE Activity

Food Storage Activity:

Charlie has been to the farmer's market and has brought home some lovely produce for the week ahead. She needs to store it in the best place to help keep it fresh and tasting its best. Can you help her put the food away properly?

