

SPHE Activity

The following resource has been designed based on the Food Dudes Week, junior level, day 5 video. This resource links with the SPHE curriculum for junior infants, senior infants and 1st class groups.

This activity links with the following **curricular areas**:

SPHE > Myself > Taking care of my body > Food and Nutrition

Video Message: What can I eat in a day? How 7 portions of fruit and vegetables can be included easily in different meals.

Key Learning Outcomes:

Pupils should be enabled to:

- ✓ Explore food preferences and their role in a balanced diet
- ✓ Discuss and explore some qualities and categories of food
- ✓ Realise that each individual has some responsibility for taking care of himself/herself
- ✓ Appreciate the need and understand how to care for his/her own body in order to keep it healthy and well

Teacher Guidelines:

- ✓ Ask pupils to create a healthy snack and sandwich, based on what they have learnt through Food Dudes about the importance of maintaining a healthy, balanced diet and "Eating a Rainbow".
- ✓ Encourage pupils to include fruit and vegetables in their snack and sandwich

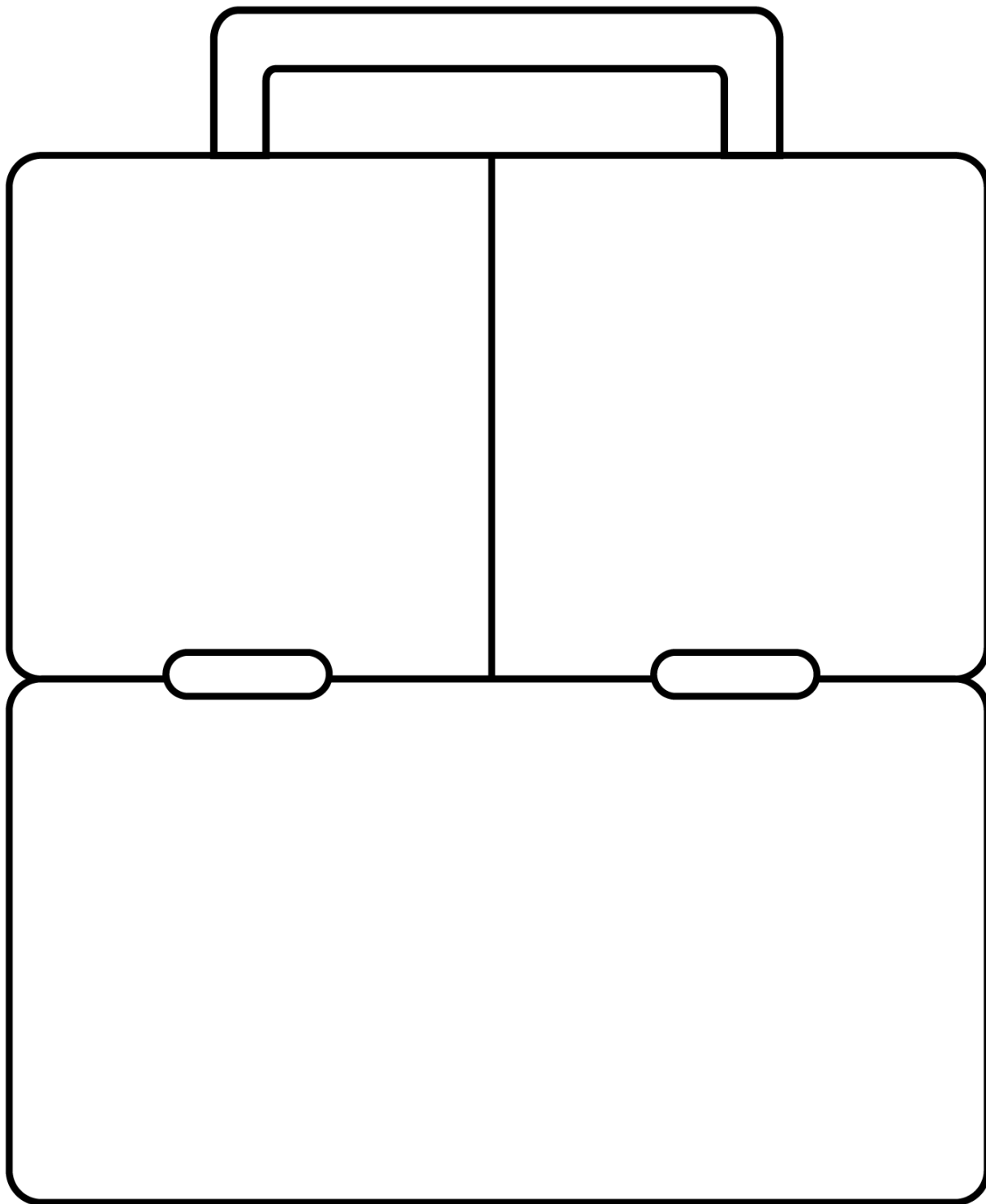


Day Five | Junior Infants, Senior Infants and 1st Class

SPHE Activity



My Healthy Lunchbox



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Bia agus Mara
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