

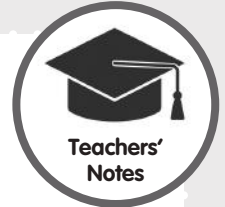


Duration: 45 minutes

Food top trumps

Years 4-6

PSHE, Design and technology, English and citizenship



Objectives:

- To develop an awareness of what makes a balanced meal.
- To understand that foods contain different nutrients in varying amounts.

Curriculum links:

PSHE KS2: H3

DESIGN AND TECHNOLOGY KS2: Cooking and nutrition: a

CITIZENSHIP KS2: 3) a

ENGLISH: Spoken language years 1-6

Resources:

- Images of a girl eating a doughnut and of a boy eating a pasta meal
- Images of 'balanced' meals and meals that are not balanced
- Eatwell plate activity sheet
- Eatwell plate IWB activity or Eatwell plate and Eatwell plate activity sheet images
- Packs of Food Top Trumps cards
- *Let's Cook* film (10 min) from Animal Aid

Starter activity:

- Ask children if they know what we mean by 'a balanced meal' or 'balanced diet'.
- Display on the whiteboard the picture of a girl eating a doughnut.
- Ask children to put their hand up if they think that this girl is eating a balanced meal, then ask some who didn't put their hand up, why it is not a balanced meal.
- Display on the whiteboard a picture of a boy eating a plate of food.
- Ask children to put their hand up if they think that this boy is eating a balanced meal, then ask someone who has their hand up, why it is a balanced meal.
- Show further images of foods and ask children to put their hand up if they think that they represent a balanced meal:



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- Meals that are not balanced:
 - Boy eating burger
 - Plate of chips
 - Plate of biscuits
- Balanced meals:
 - Plate of sausages, mash potato and vegetables
 - Plate of pie, mashed potatoes and broccoli
 - Plate of vegetable and lentil curry with rice
- Display the Eatwell plate image on the whiteboard.
- A 'balanced meal' or 'balanced diet' contains a variety of the different foods from the five main food groups:
 - Fruit and vegetables
 - Carbohydrates
 - Protein foods
 - Milk, dairy and dairy-free alternatives
 - Food rich in fat and/or sugar
- Ask children what they had for lunch/dinner yesterday – list on board – and discuss examples of 'balanced' meals.

Main activity:

- 1) Using the Eatwell plate IWB activity, invite volunteers to place a few of the foods in the correct part of the plate diagram i.e. in the relevant food group.
- 2) Once children understand the task, organise them into pairs or small groups of three or four.
 - Provide each with an A3 size copy of the Eatwell plate worksheet and a set of Top Trumps food cards.
 - Ask children to sort the cards into the relevant food groups on the Eatwell worksheet.
 - Discuss with the children which food groups people should eat most of and why. Discuss the importance of each food group.
 - Fruit and vegetable for vitamins, minerals and fibre
 - Carbohydrates for energy
 - Protein foods (meat, dairy, eggs, beans, nuts) for growth
 - Ask children why we should eat less of certain foods such as foods that are high in fat and sugar.
 - Discuss protein sources for vegetarians and dairy alternatives for vegans and people with lactose intolerance (who can't eat dairy foods).
- 3) Allow children to play the Top Trumps game either in pairs or groups (see Top Trumps instruction on the Animal Aid website or in the packs of cards supplied by Animal Aid).



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- 4) Show the Let's Cook film (10 min). Ask pupils what the ingredients are that Liz uses in the chilli she's making and discuss whether or not this is an example of a healthy balanced meal. Can you have a healthy balanced meal without meat or fish?

Ask for suggestions for the foods that you could have to accompany a veggie chilli dish, for example: side salad, vegetables, and carbohydrate such as potatoes, rice, pasta, corn chips, bread, cous cous etc,

Plenary:

- Ask children what they have learnt. Summarise what is meant by a 'balanced diet'.

Optional lesson development:

- Ask students to select Top Trumps cards illustrating foods to create a balanced main meal, or meals providing a balanced intake of nutrients - a variety of different foods from the four main food groups.
- Display meals using Top Trump card images on the whiteboard.

Resources available on the Animalkind website

- **Images of a girl eating a doughnut and of a boy eating a pasta meal** (for displaying on whiteboard)
- **Images of 'balanced' meals and meals that are 'not balanced'** (for displaying on whiteboard)
- **Eatwell Plate IWB or Eatwell Plate images** (for displaying on whiteboard)
- **Eatwell plate activity sheet** (laminated A3 copy per group)
- **Packs of Top Trumps cards** (one pack per pair or group)
- **Let's Cook film** (link on Animalkind website and DVD available free from Animal Aid)





Image of girl eating a doughnut





Image of a boy eating a pasta meal



Images of 'balanced' meals



Images of meals that are not 'balanced'



Eatwell plate activity sheet

The eatwell plate

Use the Eatwell plate to help you get the balance right. It shows you how much of what you eat should come from each food group.



Carbohydrates



Milk, dairy and dairy alternatives



Foods high in fat and/or sugar



Protein foods
(beans, soya, nuts, meat, fish, eggs)



Fruit and vegetables

