Keeping healthy: Food Pyramid

Objectives:

- o To appreciate that healthy food can improve your health.
- o To consider a healthy diet as a daily habit.
- o To learn some key words related to food: nutrients, protein, carbohydrate, fat, etc.
- o To be able to use images to design a Food Pyramid.

Activities description

The students have previously learned about the digestive system and finished a project about the Food Pyramid in their mother tongue.

Then, over the course of seven lessons:
1) They would learn some key words about the nutrients our body needs and their functions. http://www.primaryresources.co.uk/science/science2b.htm
"Healthy Eating" (Sue Chapman) Power Point Presentation
You can display a diagram similar to the one used in the previous project: Types of food and their functions. The students can take turns to point to the words and stick them on the display.

2) They would analyze and discuss some menus: School lunch; favourite menus and real and invented menus from an activity in the English class (Y5 students); and menus provided by the teacher. Then they would do the following activity:
http://www.primaryresources.co.uk/science/science2b.htm
"Healthy Diet Pyramids" (Deb Cadman) PDF

3) They would plan a healthy diet in groups of three. They will make a rough draft to be typed later using a word processing program

4) They would play a game: http://www.primaryresources.co.uk/science/science2b.htm
   "Healthy Eating Game: Pile It On My Plate" (Rebecca Fox) PDF

5) They would make a food pyramid using images from Office:
You give or display the following instructions and demonstrate with a word. You should give five or six words to each student; but, they will just use some of the images.
    - First go to http://office.microsoft.com/en-us/clipart
    - Browse on Food and…
    - In the clipart window type "_____ ", and click search
    - Save the image in a class folder: "Pyramid" to make the pyramid later.
Have a 3D pyramid and a poster pyramid for each class

Resources

⇒ Website: primary resources. Science: Life processes and Living Things
http://www.primaryresources.co.uk/science/science2b.htm

⇒ Chart or diagram with types of food and their functions.
⇒ Word labels: food – "vegetables"…
⇒ School menus, other menus.

Comment

You should laminate the images and put a little piece of Velcro at the back to be stuck on the pyramids. It is a good idea to have all the work done with the students so, you can explain all the procedures in English: cut out, use the laminator, fix the images etc. and, of course, use the images to manipulate to learn about healthy food.