

# Teaching Notes

<b>TOPIC:</b> Healthy Food	<b>Session: 10</b>
<b>GROUPING:</b> 13 pupils	<b>MATERIALS:</b> <ul style="list-style-type: none"><li>- Mind Map “Healthy Food”</li><li>- “Fruit and Veggie Colour Champion” (<a href="http://www.foodchamps.org/downloads/pp_placemat.pdf">http://www.foodchamps.org/downloads/pp_placemat.pdf</a>)</li></ul>
<b>TIMING:</b> 1 hour	
<b>AIMS:</b> - To acquire habits to protect the body. - To respect oneself and others.	

**ACTIVITIES:**

- Mind Map “Healthy Food”. To review the mind map and make comments on the most important aspects to keep our body healthy by eating properly. (10’)
- “Fruit and Veggie Colour Champion”. Children will have to find out some items of food in the wordsearch, and then colour the picture in. (40’)
- “Fruit and Veggie Colour Champion”. The teacher will ask the children where each item of food is, and what colour he/she used to colour it in. (10’)