

# Teaching Notes

<b>TOPIC:</b> Healthy Food	<b>Session: 4</b>
<b>GROUPING:</b> 13 pupils	<b>MATERIALS:</b> <ul style="list-style-type: none"><li>- Powerpoint "Food"</li><li>- Worksheet "My Food Pyramid"</li></ul>
<b>TIMING:</b> 1 hour	
<b>AIMS:</b> - To recognise different types of food. - To value the importance of eating well.	

**ACTIVITIES:**

- Powerpoint "Food": Review the groups, the items of food, and make comments on the food pyramid. (15')
- Worksheet "My Food Pyramid": Children will have an empty food pyramid, and they will have to fill in the spaces with drawings of their favourite items of food. (35')
- In pairs children will have to talk about their food pyramid, their favourite food, how often they eat those items... The teacher will go around guiding them. (10')