

Teaching Notes

TOPIC: Healthy Food	Session: 5
GROUPING: 13 pupils	MATERIALS: <ul style="list-style-type: none">- Powerpoint "Food"- Powerpoint "Meal Times"- Set of cards
TIMING: 1 hour	
AIMS: - To recognise different types of food. <ul style="list-style-type: none">- To identify meal times: breakfast, lunch, tea/snack and dinner.- To value the importance of eating well.	

ACTIVITIES:

- Powerpoint "Food" –slides 8 and 9-: Review the food pyramid and the different groups (vegetables, dairy products...). (10')
- Power point "Meal times" (20')
- The class will be divided into 4 groups. Each group will have a set of cards and they will be asked to prepare a special meal (breakfast, lunch, tea/snack, and dinner). Then, they will have to tell the others what they have chosen. They will finally get a complete menu. (20')
- Evaluation of the menu. In pairs children will decide whether the menu they have already prepared is healthy. Changes may be needed in order to get a healthy menu. (10')