

Teaching Notes

TOPIC: Healthy Food	Session: 6
GROUPING: 13 pupils	MATERIALS: <ul style="list-style-type: none"> - Powerpoint "Meal Times" - Worksheet "Lola's Menu" - Worksheet "Lola's Menu 1"
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. - To value the relationship between being healthy and eating well. 	

ACTIVITIES:

- Powerpoint "Meal Times": Review the food we may eat during the different meal times. (10')
- "What have you got for...?". The teacher will ask the students what they usually have for breakfast, lunch or dinner. (10')
 - o What have you got for breakfast?
 - o I have got milk and cereals.
 - o ...
- "What have you got for...?". In pairs, they will ask each other what they have for breakfast, lunch or dinner, and they will have to value if they are healthy or not. (10')
- "Lola's Menu". Children will work in pairs. They will have a worksheet with an incomplete menu, and all the information they need is on their partner's worksheet. To fill in the blanks, they will have to ask and answer the questions following the next pattern. (20')
 - o What has Lola got for breakfast?
 - o She's got ...
- "Lola's Menu". Make comments on Lola's healthy habits following the menu they have already filled in. (10')

