

Teaching Notes

TOPIC: Healthy Food	Session: 8
GROUPING: 13 pupils	MATERIALS: <ul style="list-style-type: none">- Worksheet "My Menu"- Worksheet "Healthy Food"
TIMING: 1 hour	
AIMS: - To value the importance of eating well. <ul style="list-style-type: none">- To value the relationship between being healthy and eating well.- To distinguish between good and bad eating habits.- To analyse our own eating habits.	

ACTIVITIES:

- Worksheet "My Menu". Review the different menus, and remember the importance of being healthy. (10')
- Worksheet "Healthy Food". Children will have to colour the items of food that appear in the worksheet according to the following instructions. (30')
 - o Colour the food green if you need to eat a lot of them.
 - o Colour the food yellow if you need to eat few of them.
 - o Colour the food red if you new to eat them occasionally.
- Worksheet "Healthy Food". Children will tell the others what colour they've used for each item. (10')
- "Liquids in each meal". Each child will suggest what to drink in each meal. (10')