

The Character Curriculum

Flourishing for Life



<p>Y3: Healthy eating L1 - What is a balanced diet?</p>	<p>Learning objective:</p> <ul style="list-style-type: none"> - Understand the term 'balanced diet'. 	<p>Key vocabulary: Balanced diet, healthy, unhealthy, campaign Key virtues: Judgement, motivation, respect</p>
<p>Resources:</p> <p>PowerPoint</p> <p>Different food items (resource 1).</p> <p>Blank Eatwell/balanced diet places (print from PowerPoint, 1 per pupil)</p>	<p>Statutory links: Health Education (2020) Pupils should know:</p> <ul style="list-style-type: none"> - What constitutes a healthy diet (including understanding calories and other nutritional content). - The principles of planning and preparing a range of healthy meals. - The characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health). 	
<p>Key questions:</p> <p>What is a balanced diet?</p> <p>Is a balanced diet important? Why?</p> <p>Reflect on your own diet yesterday, was it balanced? Why?</p>	<p>Learning activities:</p> <p>Starter: Food sort</p> <p>Give children the pictures of different food items (resource 1).</p> <p>In pairs, ask children to sort the food into groups of their choosing. They may choose to sort them into: foods they like/don't like, colours, when you eat them etc. Encourage children to justify their sorting.</p> <p>As a class, discuss the following questions:</p> <ul style="list-style-type: none"> - Is there such a thing as healthy/unhealthy food? - What does a 'balanced diet' mean? - Is a balanced diet important? Why? <p>Activity 1: What is in a balanced diet?</p> <p>Show children the balanced meal plate and explain the different sections.</p> <p>Children should choose some of the pictures from the starter to stick in the right sections on the plate.</p>	

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What does the plate tell us about a balanced diet?

Look at the pictures of meals on the PowerPoint.

Discuss:

- What sections of the balanced meal plate can they identify?
- Do they think the meal is balanced?

Explain that every meal does not need to contain each food group – our diet, as a whole, needs to be varied and contain each group.

Activity 2: Designing a balanced meal

Children should design their own healthy meal using a blank balanced plate. They should label the meal with the different food groups that it contains.

They could research the benefits of each of the food groups or design a balanced menu for a week of school dinners.

Plenary: Food diary

Ask children to write a food diary for yesterday. Do you think your diet was balanced? Why/why not? Can you think of any improvements that could be made?