

The Character Curriculum

Flourishing for Life



<p>Y3: Healthy eating L2 – Benefits of a balanced diet</p>	<p>Learning objective:</p> <ul style="list-style-type: none"> - Identify barriers to healthy eating and the virtues needed to overcome them. 	<p>Key vocabulary: Benefits, dangers, consequences, healthy, balanced diet Key virtues: Judgement, motivation, respect</p>
<p>Resources:</p> <p>PowerPoint</p> <p>Blank person outline (can be printed from PowerPoint)</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 are the benefits of having a balanced diet?</p> <p>What are the dangers of not having a balanced diet?</p> <p>What prevents people from having a balanced diet?</p> <p>What are the solutions to these barriers?</p> <p>How does what we eat affect how we behave?</p>	<p>Learning activities:</p> <p>Starter: Benefits of a balanced diet</p> <p>Watch the following video: https://www.bbc.com/bitesize/clips/zcw9wmn [accessed 26.05.2020].</p> <p>What are the benefits of having a balanced diet? What are the dangers of not having a balanced diet?</p> <p>Activity 1: Barriers and solutions</p> <p>Create a mind map of all of the possible reasons someone might not eat healthily.</p> <p>In a different colour, write some possible solutions to these barriers.</p> <p>In a third colour, write down the virtues that you might need to put these solutions into practice.</p> <p>Activity 2: Balanced diet poster</p> <p>Children create a balanced diet poster using the blank person outline.</p> <p>On one side of the person, show all of the benefits of a balanced diet e.g. clear skin, strong muscles and shiny hair.</p>	

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On the other side show the consequences of an unbalanced diet e.g. weak bones, spotty skin, greasy hair, tired...

Plenary: We are what we eat

How does what we eat affect our behaviour? Can you think about how being hungry or eating lots of sugar affects you? How might it affect your character?

