

The Character Curriculum

Flourishing for Life



<p>Y10: Physical health L1 - Diet</p>	<p>Learning objective:</p> <ul style="list-style-type: none"> - To develop awareness of a good diet and understand the effects of diet choices on physical and mental well-being. 	<p>Key vocabulary: Diet, health, nutrition, well-being</p> <p>Key virtues: Self-regulation, reasoning, resilience, teamwork, motivation, determination</p>
<p>Resources: PowerPoint presentation, evaluating your lifestyle sheet (resource 1), diet diary entry</p>	<p>Statutory links: PSHE guidance (2020) Students learn...</p> <ul style="list-style-type: none"> - the characteristics and evidence of what constitutes a healthy lifestyle, maintaining a healthy weight, including the links between an inactive lifestyle and ill health, including cancer and cardiovascular ill-health; - how to maintain healthy eating and the links between a poor diet and health risks, including tooth decay and cancer. 	
<p>Key questions:</p> <p>What are the benefits of a balanced diet?</p> <p>How do choices around diet and nutrition affect general well-being?</p> <p>What virtues are required to develop good diet habits?</p> <p>How does being in a school community make a difference to developing good eating habits?</p> <p>What creative ways can you think of to develop good dietary habits?</p>	<p>Learning activities:</p> <p>These activities are designed to be a useful tool for reflection on the benefits of healthy eating, a nutritious diet and the effect on general student wellbeing. For some students it might be appropriate to modify the activities in the lesson.</p> <p>Starter:</p> <p>Discussion point. With a partner discuss what your perfect diet would be if you were free to eat whatever you wanted. What types of food did you discuss? What would be the consequences of eating that type of food? What does this process tell us about what we desire? Why is it important to develop and lead a healthy lifestyle?</p> <p>Activity 1: Video clip</p> <p>Show clip of Supersize Me film and initiate discussion around the effects of a poor diet. What are the effects of his eating plan on his:</p> <ul style="list-style-type: none"> - Physical health? - Mental health? - General well-being? <p>How does McDonalds encourage its customers to consume its food? Why is this attractive? What are the dangers of this for</p>	

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young people?

Activity 2: Eating and a 'happy life'

How does eating play a part in living a 'happy life'? How can ensuring you have a healthy and balanced diet contribute to overall wellbeing?

Reflection activity

Students write a reflective journal entry outlining their response to these questions from their own perspective.

Activity 3: Balanced diets

- What activities and practices does maintaining a healthy and balanced diet require?
- How might you go about practicing these activities in relation to food? How might you encourage those in your school community to develop healthy diets?
- Are there any creative ways you could plan opportunities as a group to help develop this?

Activity 4: Food diary: watch what you eat!

To ensure that students are following a healthy diet, students need to observe what they eat, when they eat and notice how it affects them physically and mentally: they can then choose to make changes in the light of what they notice.

Ask the students, over a two-week period to keep a food diary, where they write about what they eat, when they eat it and how it affects them. Student reflect on the two-week diary and note down any reflections on eating particular foods at certain times e.g. late night eating. This could be retrospective to generate discussion.

Ask them to pay attention to the effects of particular foods: processed/junk foods: the 9:30pm pizza and 2 litre Coke etc. Ask students to experiment by adding or removing certain foods and notice how those changes affect them.