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| **Learning objective: To understand the importance of a balanced and healthy diet** **Outcome:** **All** - Able to describe what a varied diet is, and why it is important**Most** - Able to identify the different food groups, and identify which foods belong in them**Some** - Able to describe how our bodies use carbohydrates, proteins, fats, vitamins and minerals  |
| **Whole class teaching activity**  | **Differentiated group/ talking partners/ independent activity**  |
| **Optional Warm Up - Stone Age**(If your students have been studying the Stone Age, then these optional additional warm up slides will link well): Students identify Stone Age activities (Key in the ppt notes section) then compare getting food and preparing meals in the Stone age vs today (Main points in the ppt notes section).**Warm Up - Powerpoint: Do you like Cheese?**Lead a short discussion on cheese, then other foods, focussing on how you would feel if you only ate one type of food. Elicit that it is better to have a varied diet. Students watch BBC Bitesize: Eating a Balanced Diet (58 sec).**PowerPoint: Introduce the Eatwell Guide.** Highlighting the different sections and how they’re all needed for a balanced diet to keep us fit and healthy. Then going through each section and discussing what foods are found within each section (See notes sections on ppt slides).**Activity 1:** Students predict which food group each picture belongs to. **Activity 2:** Questions and Answers on the Eatwell Guide. Think, pair, share.**Activity 3:** Students create and draw their own balanced meal that resembles the design of the Eatwell Guide presented to them. Allows visualisation of a balanced meal, which they can share and explain to each other.**PowerPoint: Introduction to Valefresco Farm** This is where the students will be visiting.  | LAIdentify Stone Age activities and modern versions.Show understanding that a varied diet is preferable. Identify foods for each food group.Complete worksheet with a suggested meal that has ingredients in each section of the Eatwell Guide. | MAIdentify Stone Age activities and modern versions. Talk about variety of foods available.Show understanding that a varied diet is preferable for health reasons. Identify foods for each food group, suggest additional foods for each category.Complete worksheet with a suggested meal that has ingredients in each section of the Eatwell Guide in the recommended proportions. | HAIdentify Stone Age activities and modern versions. Talk about food miles and variety of foods available.Show understanding that a varied diet is preferable for health reasons. Identify foods for each food group, suggest additional foods for each category. Show understanding of how each macronutrient is used by the body. Complete worksheet with a suggested meal that has ingredients in each section of the Eatwell Guide in the recommended proportions.Annotate with additional information on what each food group provides the body. |