

Learning objective

- Know how to make healthy food choices.

Engage (1st E) Use of an interesting question or picture (10 min)

Option 1

Purpose: To engage pupils on what they should eat to stay healthy

1. Ask a pupil to name the types of food he/she ate yesterday.
2. Ask:
 - How much of each type of food should you eat every day to stay healthy?
 - Which types of food should you eat more?
 - Which types of food should you eat less?
3. Guide pupils to suggest possible answers.

Option 2

Purpose: To engage pupils and guide them to make a healthy food choice

Resources: A picture of a packet of French fries, a picture of a healthy chicken sandwich

1. Show pupils the pictures of a packet of French fries and a healthy chicken sandwich. The pictures can be printed from the Internet. Go to <http://images.google.com> and type 'French fries' and 'chicken sandwich' to get some suitable pictures.
2. Ask pupils, if they are hungry, which one they would eat and why.
3. Point out to pupils that the French fries provide us with a lot of energy but also a lot of fats.
4. Ask pupils to name the types of food that make up the sandwich. Guide pupils that understand that the chicken sandwich is the healthier choice because it is made up of a variety of food which provides us with a wider variety of nutrients and less fats.

Explore (2nd E) Guided inquiry (20 min)

Purpose: To find out what makes up a balanced diet

Resources: Textbook, Activity Book

1. Ask pupils the key inquiry question for Section 3.4 on Textbook p. 37. Discuss possible answers.
2. Have pupils turn to Activity 3.1 on Activity Book p. 16.
 - Have pupils complete Question 1 to recall what each type of nutrient does for our body.
 - Ask pupils to look at the pictures of different types of food in Question 2. Have pupils identify the types of nutrients found in the food.
 - Explain to pupils that a balanced diet has all the nutrients that our body needs, in the right amounts.
 - Have pupils complete Question 2.
3. Discuss the answers to Activity 3.1.

Explain (3rd E) Teacher-directed discussion (20 min)

Purpose: To understand some guidelines in making healthy food choices

Resource: Textbook

1. Ask:
 - What do you think is the best way for your body to get all the nutrients it needs? (*eat a variety of food*)
 - Fruits are good for our body. Should we eat more fruits than what our body needs? (*No.*)
 - Should you eat more or less of foods such as sweets, cakes, ice-cream and fries? (*eat less*)
2. Lead pupils to understand some of the guidelines in making healthy food choices:
 - Eat a variety of food.
 - Eat in moderation.
 - Eat more of foods rich in carbohydrates, fruits and vegetables.
 - Eat less of foods rich in fats and sugar.
3. Have pupils turn to Textbook p. 37 and look at the diagram of a food pyramid.
4. Highlight to pupils that the food pyramid is wider at the bottom and thinner at the top. Explain that this is to show us that we should eat more of foods at the bottom of the food pyramid and less of foods at the top of the food pyramid.
5. Have pupils look at the 'We Care' feature on Textbook p. 37. Encourage pupils not to waste food as many people in the world do not have enough food to eat.