

MR HEALTHY; LESSON PLAN



LESSON;	What is Food
AGE;	KS2
AIMS;	Introduce food, it's nutrients and their importance to the body.
OBJECTIVES;	1) Define food, 2) define nutrients, 3) name 6 nutrients, 4) state why food is important to the body, 5) name the 4 flavours and the 6) 4 senses we use to enjoy food. 7) Name 30 Fruits and 8) their 5 fruit families. 9) understand the need for physical exercise.
FOOD FOCUS;	fruit

TIME;	ACTIVITY;	OBJECTIVES;	RESOURCES;
09.00, 4 mins	The fresh fruit challenge & hit the bin	7	Pen, fruit challenge sheet, paper bin
09.04, 1 min	The twist, memory exercise "the physalis"	7	
09.05, 2 mins	Screen 1; What is food? (Q & A)	1 & 2	Projector, screen, prizes
09.07, 2 mins	Screen 2; The Citrus fruit family (Q & A)	7 & 8	Projector, screen, prizes
09.10, 3 mins	Krazy Kitchen science	7	Lemon Experiment
09.12, 2 mins	Screen 3; What are the 6 Nutrients? (Q & A)	3	Projector, screen, prizes
09.14, 2 mins	Screen 4; The tropical fruit family (Q & A)	7 & 8	Projector, screen, prizes
09.19, 5 mins	The Tropical fruit test	7 & 8	Game cards
09.21, 2 mins	Screen 5; Name 5 Proteins (Q & A)	3	Projector, screen, prizes
09.23, 2 mins	Screen 6; The soft fruit family (Q & A)	7 & 8	Projector, screen, prizes
09.25, 2 mins	Screen 7; Name 3 Carbohydrates	3	Projector, screen, prizes
09.26, 1 mins	Screen 8; The hard fruit family	7 & 8	Projector, screen, prizes
09.28, 2 mins	Screen 9; Sugar vs Starch	3	Projector, screen, prizes
09.30, 2 mins	Screen 10; The stone fruit family	7 & 8	Projector, screen, prizes

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TIME;	ACTIVITY;	OBJECTIVES;	RESOURCES;
09.32, 5 mins	Screen 11; The fruit families game	7 & 8	Projector, screen, prizes, game cards
09.37, 2 mins	Screen 12; What are fats? (Q & A)	3 & 4	Projector, screen, prizes
09.39, 5 mins	A very fishy relay	3	Fish & mats
09.41, 2 mins	Screen 13; What are minerals? (Q & A)	3	Projector, screen, prizes
09.43, 2 mins	Screen 14; What are minerals? (Q & A)	3	Projector, screen, prizes
09.45, 2 mins	Screen 15; Move more! (Q & A)	9	Projector, screen, prizes
09.50, 5 mins	Lets move!	9	Music
09.52, 2 mins	Screen 16; Name the 4 flavours! (Q & A)	5 & 6	Projector, screen, prizes
09.54, 4 mins	True or False (reinforcement)	1—9	Cards, 3 chairs, markers, questions
09.58, 1 mins	The toast “To food” , taste your talent!	8	Plastic cups, Fresh fruit juice
09.59, 1 min	The twist “physalis” memory exercise	8	
10.00	Visit the web and get cooking, give yourselves a round of applause		
	Extension Exercises;		
4 mins	Save the Coach (revision)	1—9	Projector, screen, prizes, questions
5 mins	Hopscotch & hit the bin	3	Nutrients sheet, pen
4 mins	Flying fruit	7	A4 paper, pen
4 mins	Raisin the roof	7	Bowls, drinking straws, raisins