



MR HEALTHY; LESSON PLAN

LESSON;	Why do we need food?
AGE;	KS2
AIMS;	Impress why food is vital to life.
OBJECTIVES;	1) Explain why we need water, 2) and why we need food. 3) Define basal metabolism and calories, 4) and state why different bodies need different amounts of calories. 5) Name 9 vegetable families, 6) identify 30 vegetable family members, 7) understand the different forms of physical exercise.
FOOD FOCUS;	Vegetables

TIME;	ACTIVITY;	OBJECTIVES;	RESOURCES;
09.00, 4 mins	True or false (refresh and reinforce)	1—9, sess 1	
09.04, 1 min	The toast “ To food! Our fuel”	6	
09.05, 1 mins	The twist, memory exercise “mangetout”	6	
09.06, 2 mins	Screen 1; What makes the car go? (Q & A)	1 & 2	Projector, screen, prizes
09.08, 2 mins	Screen 2; Which nutrients? (Q & A)	2	Projector, screen, prizes
09.10, 2 mins	Screen 3; The fruit vegetable family? (Q & A)	5 & 6	Projector, screen, prizes
09.12, 2 mins	Screen 4; What is basal metabolism (Q & A)	3 & 4	Projector, screen, prizes
09.14, 5 mins	Balance the bagel	7 & 8	Bagels, markers
09.19, 2 mins	Screen 5; The root vegetable family (Q & A)	5 & 6	Projector, screen, prizes
09.21, 2 mins	Screen 6; What happens when I swallow (Q & A)	2	Projector, screen, prizes
09.23, 2 mins	Screen 7; The funghi family (Q & A)	5 & 6	Projector, screen, prizes
09.25, 2 mins	Screen 8; Which sport? (Q & A)	7	Projector, screen, prizes
09.27, 4 mins	Let's move!	7	music
09.31, 2 mins	Screen 9; Why do we cook food?	2	Projector, screen, prizes

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TIME;	ACTIVITY;	OBJECTIVES;	RESOURCES;
09.31, 2 mins	Screen 10; The flower & stem vegetable families (Q & A)	5 & 6	Projector, screen, prizes
09.33, 2 mins	Screen 11; The bulb & pod vegetable families (Q & A)	5 & 6	Projector, screen, prizes
09.35, 2 mins	Screen 12; Why do we need water? (Q & A)	1	Projector, screen, prizes
09.37, 2 mins	The waterfall, indoor water bowling	1	Evian bottles, bowling mat & ball
09.40, 3 mins	The Coke & water sugar experiment	1 & 2	Coke, diet coke, evian, jug of water
09.43, 2 mins	Screen 14; The leaf vegetable family (Q & A)	9	Projector, screen, prizes
09.45, 2 mins	Screen 15; The Tuber vegetable family (Q & A)	9	Music
09.47, 3 mins	Screen 16; The vegetable family tree (memory exercise) (Q & A)	5 & 6	Projector, screen
09.50, 4 mins	Screen 17; Veg-out! the vegetable family game (memory exercise)	5 & 6	Vegetable family cards
09.54, 5 mins	Eyes down, "Healthy eating bingo"	8	Projector, screen, bingo cards, pens
09.59, 1 min	The twist "mangetout" memory exercise (revision)	Sess 1 & 2	
10.00	Visit the web and get cooking, give yourselves a round of applause		
	Extension Exercises;		
4 mins	Save the Coach (revision)	1—7	Projector, screen, prizes, questions
5 mins	The fresh vegetable challenge, hit the bin	5 & 6	Vegetable sheet, pen, bin
4 mins	Flying vegetables	7	A4 paper, pen