

MR HEALTHY; LESSON PLAN



LESSON;	What is a balanced diet?
AGE;	KS2
AIMS;	Explain what constitutes a balanced diet.
OBJECTIVES;	1) Define a balanced diet, 2) and state 4 reasons why a balanced diet is needed. 3) Explain the hypothalamus, 4) and describe why and when we get hungry. 5) Identify 5 parts of an egg, 6) State how easy eggs are to bring into the diet. 7) Understand the need to move more and eat smart then 8) explain the effect of diet on hair.
FOOD FOCUS;	Eggs

TIME;	ACTIVITY;	OBJECTIVES;	RESOURCES;
09.00, 4 mins	Flying vegetables (refresh and reinforce)	1—9, sess 2	A4 paper aeroplanes
09.04, 1 min	The toast “ To a diet, and why it should be balanced”	1 & 2	Plastic cups, fresh fruit drink
09.05, 1 mins	The twist, memory exercise “hypothalamus”	3	
09.06, 2 mins	Screen 1; What is a balanced diet? (Q & A)	1 & 2	Projector, screen, prizes
09.08, 2 mins	Screen 2; Name 5 parts of an Egg! (Q & A)	5	Projector, screen, prizes
09.10, 4 mins	Krazy kitchen science, “Eggs..traordinary Eggs..periments	5 & 6	Eggs..tras
09.14, 3 mins	Chalazae chant, Will an Egg float or sink?	5	Old Egg, Saline solution
09.17, 2 mins	Screen 3; Scientists have proven!	2	Projector, screen, prizes
09.19, 4 mins	The Eggs.. asperating Eggs..ercise	6	Spoons, markers, plastic eggs
09.23, 2 mins	Screen 4; Eggs are Eggs..eptional (Q & A)	6	Projector, screen, prizes
09.25, 2 mins	Screen 5; Eggs..istential cooking (Q & A)	5 & 6	Projector, screen, prizes
09.27, 5 mins	Let’s move!	7	Music

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TIME;	ACTIVITY;	OBJECTIVES;	RESOURCES;
09.32, 2 mins	Screen 6; What is the hypothalamus (Q & A)	3 & 4	Projector, screen, prizes
09.34, 5 mins	Power food memory game	2	Projector, screen, prizes, sheets
09.39, 5 mins	Eggs..tend yourself, team eggs..ercise	5 & 6	Projector, screen, Eggs sheet
09.43, 4 mins	The Funky Chicken	6	6 chairs, markers, rubber chickens
09.47, 2 mins	Screen 7; Hair raising facts	8	Projector, screen, prizes
09.49, 6 mins	Power food bingo	2	Projector, screen, bingo cards, pens
09.45, 4 mins	True or False (reinforce)	1—7	Cards, 3 chairs, markers, questions
09.59, 1 min	The twist, memory exercise “hypothalamus”	3	
	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
6 mins	Toss the pud (nutrition revision exercise)	Sess 1	Bin, markers, plastic Xmas puds