

MR HEALTHY; LESSON PLAN



LESSON;	Wake up and shake up!
AGE;	YRS 1,2,3,4,5 & 6.
AIMS;	Understand the need for a balanced breakfast, how to achieve one and sustain one. Also how exercise can aid the mind ready for school.
OBJECTIVES;	1) Appreciate the importance of breakfast, 2) understand the need to balance the breakfast. 3) Be able to balance the breakfast, 4) list 15 breakfast foods. 5) Stretch the body, 6) stretch the mind and 7) identify how to organise for school.
FOOD FOCUS;	Breakfast Foods.

	ACTIVITY;	OBJECTIVES;	RESOURCES;
09.00, 4 mins	The Breakfast challenge, name 15 breakfast foods.	1—4	Breakfast sheets, pens , prizes
09.04, 2 mins	Bin your Breakfast	1—4	Paper bin, prizes
09.06, 1 min	The “Balanced Breakfast” scales	2	Projector, screen, prizes, face, sheet.
09.07, 2 mins	Screen 1; What is Breakfast?	1,2 & 3	Projector, screen, prizes
09.09, 2 mins	Hands up! Name 25 fruits	4	
09.11, 2 mins	Screen 2; Why is Breakfast important? (Q & A)	1 & 3	Projector, screen, prizes
09.13, 2 mins	Screen 3; Put petrol in your tank? (Q & A)	1 & 3	Projector, screen, prizes
09.15, 3 mins	Milk magic, crazy kitchen science	4	Plate, 3 colours, Wash liquid, 3 Milks
09.18, 2 mins	Screen 4; What is a balanced Breakfast? (Q&A)	3	Projector, screen, prizes
09.20, 4 mins	“Snap, crackle & Bop” It’s the Breakfast Bop.	5 & 6	Projector, music
09.24, 2 mins	Screen 5; 7 ways to get fruit into your diet? (Q & A)	1—3	Projector, screen, prizes
09.26, 4 mins	Hands up! Name 25 vegetables	4	Plastic Cheeses, markers
09.30, 2 mins	Screen 6; Veg out for Breakfast! (Q & A)	1	Projector, screen, prizes
09.32, 6 mins	“Eyes down” it’s Breakfast Bingo	1 & 3	Plastic jar, whip cream, 2 x 10 ps

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TIME;	ACTIVITY;	OBJECTIVES;	RESOURCES;
09.38, 2 mins	Screen 7; How to achieve and sustain a Balanced Breakfast! (Q & A)	3	Projector, screen, prizes
09.40, 2 mins	Screen 8; How can you Break....ercise? (Q & A)	5—6	Projector, screen, prizes
09.42, 4 mins	The runny Egg race	5	Spoon, plastic eggs, markers
09.46, 2 mins	Screen 9: Why not for Breakfast? (Q & A)	1 & 3	Projector, screen, prizes,
09.48, 4 mins	“Action station, Attention” Game	7	10 x laminates & non permanent pens
09.52, 2 mins	Screen 10; Psyched and raring for school! (Q & A)	3 & 4	Projector, screen, prizes,
09.54, 4 mins	Balanced Breakfast game	3	Game cards x 6
09.58, 1 min	The “Balanced Breakfast” scales	3	
09.59, 1 min	The toast “To Breakfast! And tasting your talent!	3 & 6	Plastic cups, Banana milk shake
09.60,	Visit the web and get cooking, give yourselves a round of applause		
	Extension Exercise;		
4 mins	Save the Coach (revision)	1—8	Projector, screen, prizes, questions
4 mins	Flying Breakfast foods Aeroplane game	1—4	A4 paper, pens