

Exemplar 38

Human life processes

middle and senior classes

Initial problem: Why do people need food?

Background

Foods are divided into the meat group, fruit and vegetable group, cereal and potato* group, and milk group. A balanced diet will include food from each group. Children sometimes talk about bad foods. They should become aware that there are unbalanced rather than bad diets.

*Even though potato is a vegetable it is grouped with cereals, because it has a lot of starch.

Assessment: Among the techniques that may be used are

- teacher observation: willingness to try different ideas; willingness to work with others
- portfolio: annotated drawings of work
- concept maps.

Resources

Tinned food, packet food; information on food groups and pyramids.

Starting points

recording

sorting

comparing

Ask the children to make a list of the foods they have eaten the previous day or to describe their favourite meals.

Explain that one way of sorting food is into the four food groups:

- meat
- fruit and vegetables
- cereal and potato
- milk.

Ask them to examine the meals they have listed and to see if they have food from each group in their list; that is, whether they have a balanced and healthy diet.

Development of lesson

sorting and grouping

Pictures or lists of meals, some of which are balanced, for example fish, peas and potatoes, and some of which are unbalanced, for example sausages and chips, can be examined.

The children could sort them into healthy and unhealthy.

They could then plan some healthy menus and lunch-boxes.

Extension of lesson

The idea of a healthy diet pyramid could be introduced. Foods provide different things, for example,

- sugar, starch, bread and potato provide energy
- fats provide energy
- fish or lean meat is needed for growth and repair
- fresh fruit and vegetables provide vitamins
- fibre comes from fruit, vegetables and wholemeal bread.

Research the information about food that is given on labels on cans and on packets.

Research diets of people from different cultures.

Note: This theme may be developed as a lesson or as a unit of work.