



Healthy eating

Curriculum Links:

- **Science** Living things
Environmental awareness and care
- **Geography** Human environments
- **SPHE** Myself and the wider world

Lesson objectives:

To revise material covered in Module 1. To make students aware that nearly all food comes from the farm and that we should choose healthy foods and snacks.

Teacher guidelines

It is suggested that teachers ensure that students are familiar with the vocabulary and concepts introduced in the previous module before starting this lesson.

Keywords and concepts introduced in Module 1:

energy meals healthy fruit vegetables milk

Everything needs energy to move and work e.g. cars need petrol, televisions need electricity. Food gives us the energy to think, move, walk and talk. A healthy food is something, which is good for us and helps our bodies to grow properly.

Remember: Clean hands, clean kitchen, clean food!

After revision of the above, teachers could discuss the more detailed information below.

Keywords for this lesson:

variety sugar salt oil snacks unsweetened

Healthy eating

All living things need energy to grow and live. We get our energy from food. To have energy and be healthy, it is important that we eat a **variety** of different foods. It is also important that we exercise regularly.

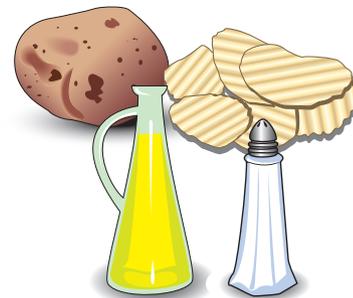
Different foods are good for different parts of our bodies. For example, milk and cheese help our teeth and bones to grow and we should have three portions of food made from milk each day. Fruit and vegetables are good for our hair, skin and eyes and we should eat at least five portions of fruit and vegetables each day.

Where does our food come from?

Nearly all foods are grown on the farm and they are then sent to shops to be sold. Some are firstly sent to factories where they are packaged or made into other foods e.g. wheat is made into bread.



Thousands of different foods are made using the fruit, vegetables, meat, milk and eggs that come from the farm. Some of these are very healthy for us, but the foods that have too much **sugar, salt, oil** or other ingredients added to them can be very unhealthy if we eat them too often. The healthiest foods for our bodies are foods that are the most natural e.g. fruit, vegetables, milk, brown bread and meat.



Snacks

To have the energy to think, move, walk and talk we must all eat regular meals. Most people have breakfast in the morning, lunch in the middle of the day and dinner in the evening. Often, if we are hungry we will have a **snack** between meals.

It is important to choose healthy snacks such as, fruits, vegetables, yogurt and cheese. For example, it is better to choose fruit as a snack instead of crisps. Crisps contain a lot of salt and are fried in oil. Eating too much salt and oil is not healthy for our bodies.

It is healthier to drink milk, water or **unsweetened** juice rather than fizzy drinks!. Fizzy drinks have lots of sugar that can damage our teeth. It is important to have a balanced diet and not to eat sugary or salty foods very often.

Suggested activities:

- Photocopy the activity sheet on page 42
- Create and send out a school survey to find out how healthy the school is as whole. Discuss the results and what your school could do to improve their diet
- As part of Agri Aware's Incredible Edibles Healthy Eating programme Task 5, bring a selection of fruit and vegetables to the classroom. Peel and cut them up so that the students can touch, smell and taste the various items. Draw the many different types of fruit and vegetables that come from Irish farms
- Create a healthy eating chart using the Food Pyramid as a guide. Collect empty packets of different foods and stitch them to your wall chart under the different categories found on the pyramid, highlighting the portion sizes and frequency of each
- Discuss the foods that can be eaten straight from the farm. Compare them to those that have other ingredients added to them (i.e. processed foods)
- Students can create pictures of healthy snacks such as unsweetened fruit juices, milk, cheese, unsalted nuts, fruit etc. These can be displayed with the title "Choosing a healthy snack!"
- As a homework assignment and to encourage parental support, students can create a list of healthy foods found in the kitchen at home
- Discuss the fact that people, animals and plants depend on one another and that we rely on farming for food (See 'The Irish farmer' page 2)
- For extension material, see Modules 3 and 4

Learning outcomes:

At the end of this lesson, students should know the importance of choosing healthy foods and snacks and that they should only eat high sugar and salt snacks occasionally.

Additional resources:

- www.agriaware.ie
- www.incredibleedibles.ie

Developed in consultation with Bord Bia and the Origin Green Sustainability Programme.

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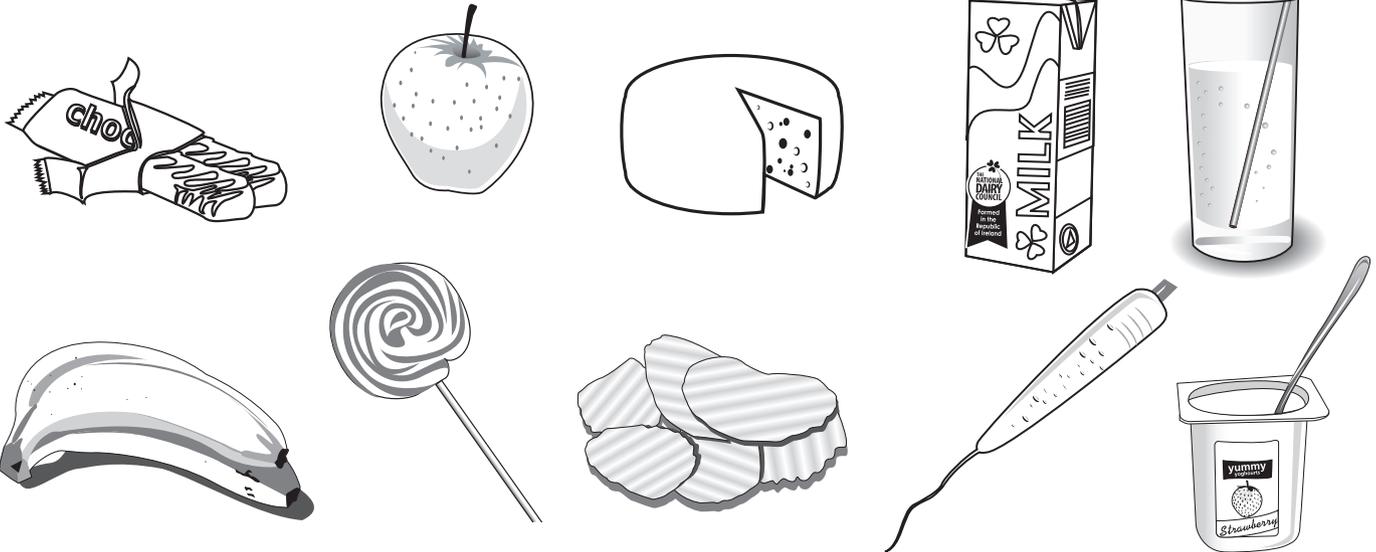


Healthy eating

Name: _____

Date: _____

1 Colour the pictures. Circle the healthy snacks



2 Nearly all the food we eat comes from the farm. Colour in the pictures of these healthy foods and write what they come from underneath. Use the words below:

(chicken, grains, cow)



*To be used with teacher guidelines, page 4