



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 previous modules. To introduce the food pyramid and to make students aware of the impact of the different food groups on our bodies.

Teacher guidelines

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

Keywords and concepts introduced in previous modules:

energy healthy fruit vegetables sugar salt oil snacks unsweetened

Food gives us the energy to think, move, walk and talk. Nearly all foods are grown on the farm and they are then sent to shops and markets to be sold. Some are firstly sent to factories where they are made into other foods e.g. grain is made into bread. It is important to choose healthy snacks like fruit and vegetables. We should only eat small amounts of foods that are high in sugar and salt or cooked in oil.

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

Remember: Clean hands, clean kitchen, clean food!

Keywords for this lesson:

food pyramid exercise balanced diet carbohydrates vitamins minerals dairy products calcium protein iron processed

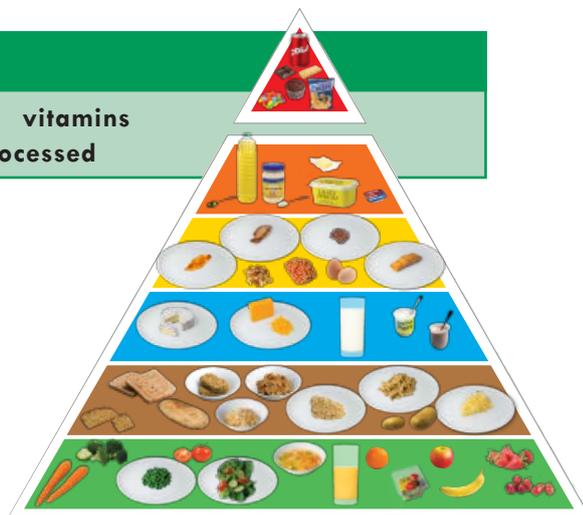
Food pyramid

Eating a wide variety of nourishing foods from all the food groups provides the energy and nutrients you need every day to stay healthy. From pyramid to plate, it is important that we choose a variety of foods to have a balanced diet, and exercise regularly to stay fit and healthy.

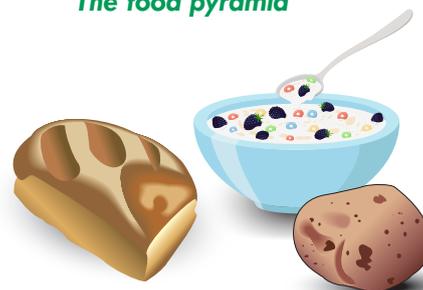
The Food Pyramid shows how much of what you eat overall should come from each shelf. The shape of the Food Pyramid shows the types of foods and drinks people need to eat most and less of. It is divided into six shelves; one for each food group. The bigger the shelf, the more of the different types of food we should eat.

1. Vegetables, salad and fruit

Fruit and vegetables provide fibre as well as many important vitamins and minerals which are needed for good digestive health, our hair, skin, nails and eyes. It is recommended to have at least five or more servings each day.



The food pyramid



2. Wholemeal cereals and breads, potatoes, pasta and rice

Wholemeal and wholegrain cereals are high-energy foods. The foods on this shelf are also known as carbohydrates and provide the best energy for your body to work. The number of servings depend on age, size, if you are a man or a woman and on your activity levels, however, it is recommended to have between three-five servings each day.

3. Milk, yogurt and cheese

Dairy products (foods made from milk), like milk, cheese and yogurt contain a mineral called calcium, which helps our teeth and bones to grow strong and healthy. We should aim to have three servings of dairy each day (five for children age 9-12).

4. Meat, poultry, fish, eggs, beans and nuts

Foods such as meat, poultry, fish, eggs, beans and nuts are rich in protein, which is required for growth. Meats like beef and pork are also a good source of iron, which is good for our blood and keeps us fit and healthy. We should eat 2 servings protein a day.

5. Fats, spreads and oils

Fats and oils are needed in small amounts for good health. Always cook with as little fat or oil as possible.

6. Foods and drinks high in fat, sugar and/or salt

All other foods are at the top of the pyramid. Many of these foods contain oil, salt and sugar and have been **processed**. Most people consume snacks high in fat, sugar and salt and sugar sweetened drinks up to six times a day (Healthy Ireland, 2016), however there is no recommended servings for 'Top-shelf' foods and drinks because they are not needed for good health.



Suggested activities:

- Photocopy the activity sheet on page 42
- Discuss the interrelationship between people, animals and plants and the way in which we rely on farming to provide us with food (See 'The Irish farmer' page 2)
- Conduct a class survey to find out the top five favourite foods. Discuss which food groups these are in and if they are healthy food
- Consider a processed (fast) food meal such as cheeseburger and chips with a milk shake and discuss how each of the individual ingredients can be traced to the farm; i.e. can I imagine it being grown or raised? How many ingredients does it have and do I recognize them? Discuss the healthier options and why processed food can be bad for us
- Ask each student to keep a food diary for a day. They should examine their diaries to see if they have been eating food from all recommended food groups and discussing portion sizes (How much should I eat?) from different food groups. They should then design a day's menu according to the food pyramid guidelines
- Get students to work in groups and use the food pyramid to design a daily meal plan, i.e. "**Rethink your plate**". Students should design a menu for three main meals (breakfast, lunch and dinner), including a healthy snack and drink.
- The class could be split into groups and assigned a particular food group. Each group would research and prepare a short presentation on their assigned food group. In addition, students could then paint, draw or collect pictures from magazines, of foods from their group. A giant class food pyramid could then be made or mobiles of the different food groups

Learning outcomes:

At the end of this lesson, students should know how to interpret the food pyramid and some of the effects of the different food groups on our bodies.

Additional resources

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

Developed in
conjunction with

BORD BIA
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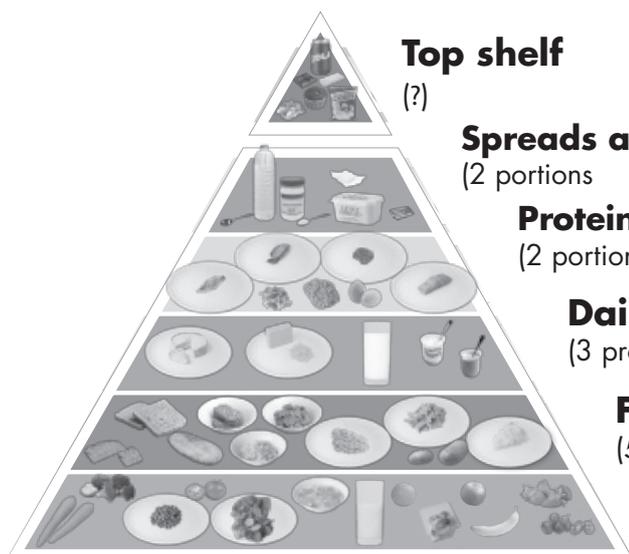
Healthy eating

Name: _____

Date: _____

1 Portions:

Complete this illustration of the food pyramid by drawing pictures of the following foods on the appropriate shelves:



Top shelf
(?)

Spreads and oils
(2 portions)

Protein
(2 portions)

Dairy products
(3 products)

Fruit/veg
(5 portions)

Carbohydrates
(+6 portions)

potato egg apple
carrot cheese rice

Spreads and oils
Protein foods
Dairy products
Fruit and vegetables
Carbohydrates

2 Use these words to fill in the blanks below:

dairy products, iron, carbohydrates, vitamins, protein

Meat, fish and eggs are a source of _____ which is needed for growth. Beef and pork are sources of _____ which we need for healthy blood.

The foods on the third shelf provide us with calcium, which is good for teeth and bones. These foods are called _____.

Fruit and vegetables are good for our hair, skin and eyes. They contain _____ and minerals.

Cereals and breads are full of energy. These types of food are called _____.

***To be used with teacher guidelines, page 4**