

Teaching Intentions	<p>Students will learn</p> <p>About food and how to make healthy choices About exercise and other ways of staying healthy About making certain choices that can effect health About likes and dislikes</p>
Starter	<p>Discuss learning intentions Different Food Group activity</p>
Main Session	<p>How Many a Day game Healthy Option game Discuss the importance of a balanced diet. What are the consequences of not having one? Student handout- Di Lemma goes to the supermarket</p>
Resources and Materials	<p>Different Food Group activity How Many a Day game Healthy Option game Student handout- Di Lemma goes to the supermarket Teaching notes Food vision website www.visionfoodhall.com</p>
National Curriculum	
PSHE	1(a) (b) 2(a)(b)(c) 3(a) 4(b) 5(d)
Citizenship	1(a)(b) 2(a)(b)(c) 3(a) 4(b) 5(d)
Differentiation	<p>All students must: be able to understand that there are lots of different foods</p> <p>Most students should: be able to understand that they need a balance of all these different foods</p> <p>Some students will: that certain choices are healthier than others</p>
Assessment	<p>Class discussions Students questions/answers Different Food Group activity How Many a Day game Healthy Option game Student handout- Di Lemma goes to the supermarket</p>