

Teaching Intentions	<p><b>Students will learn</b></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 peoples health          About likes and dislikes</p>
Starter	<p>Discuss learning intentions          Healthy Option game          Different Food Group activity</p>
Main Session	<p>Discuss the different choices made available in the Healthy Option game what could be the consequences of some of these options, i.e. smoking etc          Discuss the ways in which people can stay healthy, eating well, exercising, not smoking          How Many a Day game          Balance activity          Discuss the importance of a balanced diet, what are the consequences of not having one          Discuss the importance of regular exercise          Student handout- Di Lemma feels sick</p>
Resources and Materials	<p>Healthy Option game          How Many a Day game          Balance activity          Different Food Group activity          Student handout- Di Lemma feels sick          Teaching notes          Food vision website <a href="http://www.visionfoodhall.com/">http://www.visionfoodhall.com/</a></p>
National Curriculum	
PSHE	2(a)(e) 4(d)
Citizenship	1(g)
Differentiation	<p><b>All students must:</b> be able to understand some of the different areas that affect their health</p> <p><b>Most students should:</b> be able to understand that taking exercise and eating the right types and amounts of food help humans to keep healthy</p> <p><b>Some students will:</b> be able to understand how to make simple choices that improve their health and well being</p>
Assessment	<p>Class discussions          Students questions/answers          Healthy option game          Different Food Group activity          How Many a Day game          Balance activity          Student Handout- Di Lemma feels sick</p>