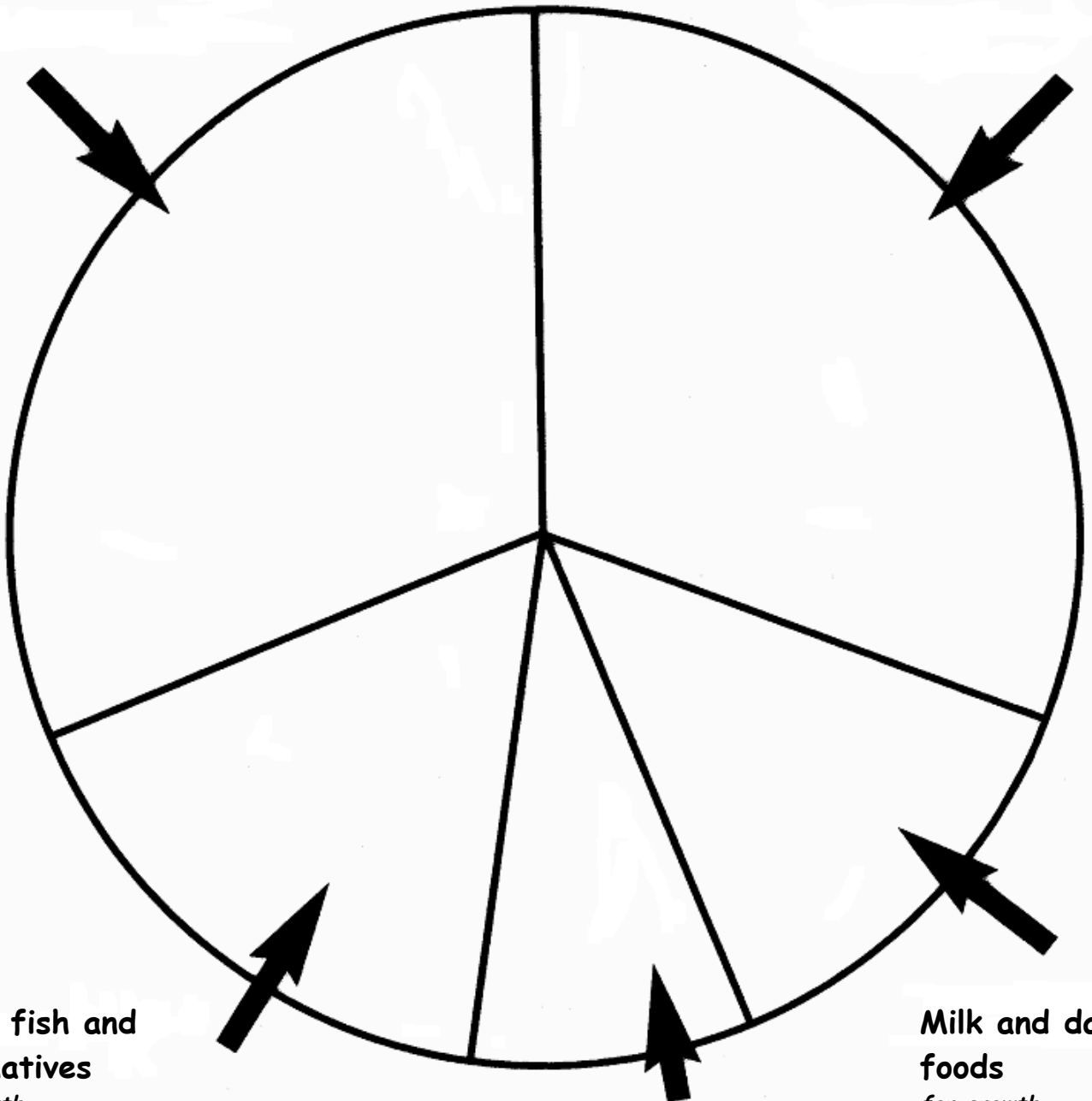


# A healthy diet

Can you put the foods into the right group?

**Fruit and vegetables**  
*for health*

**Bread, cereals  
and potatoes**  
*for energy*



**Meat, fish and  
Alternatives**  
*for growth*

**Milk and dairy  
foods**  
*for growth*

**Foods containing fat  
Foods containing sugar**

# A-life

## 'Giant Plate lesson Plan'

### Learning Objective:

To understand the meaning of 'a balanced diet'

To recognise the different nutritional food groups by which we categorise our food.

To understand that we need large amounts of some food groups, and small amounts of others.

### Success Criteria:

✓ I understand the meaning of 'a balanced diet'

✓ I can name some different food groups

✓ I can create a healthy meal using food from different food groups

### Curriculum Links:

Science - Humans and other animals

PSHE - health and hygiene

**No. of Children:** 30

**Age group:**

**Time:** 1 hour

### Resources:

Giant plate prompt

Blank giant plate template

(Option 2)

Food cards to cut

(Option 3)

Blank Plate

### Introduction:

- Hand out the giant plate for children to look at in pairs
- Discuss the different food groups and talk about why some sections are bigger than others

### Main Activity:

Option 1:

Using the blank giant plate, ask the children to draw their own giant plate, showing which foods belong in which section.

Option 2:

Enlarge the blank giant plate (to A3 or bigger) Use the food cards and ask the children to cut out the cards and glue them on the correct part of the blank food plate.

Option 3:

Use the blank plate template and ask children to draw either a healthy breakfast, lunch or tea. Remind the children about the importance of having something from each food group. Use the giant food plate to prompt ideas.













## Plenary:

- Gather the children to discuss their work. Ensure that the children have managed to sort the food into the correct groups and that any meals that have been designed have a variety of food groups represented.

## Differentiation:

- Children can work in mixed ability groups
- Pupils can either draw or write the words on the giant plate.

## Sorting Cards/Matching Game

 Carrot	 Canned sweetcorn	 Broccoli	 Tomato
 Lettuce	 Canned tomatoes	 Banana	 Apple
 Grapes	 Chocolate	 Jam	 Biscuits



Potato



Noodles



Rice



Pasta



Brown bread



White Bread



Butter



Sweets



Cottage  
cheese















Orange juice



Frozen peas



Crisps

 <p>Dried apricots</p>	 <p>Bacon</p>	 <p>Mushrooms</p>	 <p>Cucumber</p>
 <p>Stilton cheese</p>	 <p>Lamb chops</p>	 <p>Seeds</p>	 <p>Nuts</p>
 <p>Lentils</p>	 <p>Bread roll</p>	 <p>Breakfast cereals</p>	 <p>Kiwi</p>



Chicken



Minced beef



Fish



Eggs



Chick peas



Milk



Yogurt



Brie



Cheese



Chapattis



Pitta bread



French stick