

Eatwell Guide Session – KS2 (1 hour Session)

Aim Of Session	Children to understand the different food groups, why each one is important and the effects on their health, good or not so good
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Objectives	<ul style="list-style-type: none"> • Identify the 5 different food groups and the group outside of the Eatwell Guide • Discuss why each food group is important • Explore the different foods in each food group and portion sizes • Briefly explain the food packaging labelling & fluids included on the Eatwell Guide 	
Time	Activity	Resources
2 mins	Introduction- what we are going to talk about (Eatwell Guide)	-Eatwell Guide pdf https://assets.publishing.service.gov.uk/media/5bbb790de5274a22415d7fee/Eatwell_guide_colour_edition.pdf
25 minutes	<p>Using the Eatwell Guide pdf, look at each food group, identify why each food group is important to our bodies and the different foods and portion sizes. The Eatwell Guide Webinar PowerPoint can be used to support.</p> <ul style="list-style-type: none"> • Fruit & Vegetables – vitamins, minerals and fibre (5 a day-3 vegetable and 2 fruit at least and a variety). • Carbohydrates – energy (high fibre) • Protein – growth, maintenance and repair • Dairy and Alternatives – bones and teeth • Oils and spreads – helps us absorb the fat soluble vitamins A, D, E and K • Water/drinks (use the healthy pee colour chart) • Foods to eat less often • Package labelling (Traffic Light system). <p>Use the interactive Food Standards Scotland Eatwell Guide link to complete activity. Class/group activity depending on iPad/computer availability.</p>	<p>-Eatwell Guide pdf https://assets.publishing.service.gov.uk/media/5bbb790de5274a22415d7fee/Eatwell_guide_colour_edition.pdf</p> <p>-Healthy pee colour chart https://www.nss.nhs.scot/media/2459/6_healthy-pee-colour-chart_march22-002.pdf</p> <p>-Food Standards Scotland Eatwell Guide website (link: https://fss-eatwellguide.scot/#)</p>
15 minutes	Complete the Eatwell template using your food diary (previously completed) by either writing or drawing the foods into each food group	-Food diary template -Eatwell Guide templates (available in Eatwell Guide PowerPoint Webinar)
10 minutes	Self-assessment, did you eat a balanced diet yesterday? (explore this further after the session)	-Pencils

<p>8 minutes</p>	<p>Conclusion</p> <p>Effects on the body if we don't eat a balanced diet</p> <ul style="list-style-type: none"> • Learning development issues • Growth problems • Illness especially as a child's immune system is underdeveloped compared with an adult • Constipation, not enough fibre • Tooth decay- importance of brushing and regular visits to the dentist • Diet related diseases • Poor diet and increased risk of an unhealthy weight 	<p>-Bad teeth pictures</p> <p>https://help-for-early-years-providers.education.gov.uk/health-and-wellbeing/oral-health</p>
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