**KS 1 – Guidance sheet for Healthy Eating session**

**1. What do we need food for?**

- growing (protein)

- energy to be active and to fuel our brain (carbohydrates)

- strong teeth and bones (calcium, vitamin D)

- staying healthy and preventing illness (vitamins and minerals, balanced diet)

**2. Bean game**

All children stand up (ideally in a free space/circle time area), teacher introduces 4 types of bean and matching action:

- broad bean – blow up cheeks and lift arms to the side to indicate being big

- runner bean – run on the spot

- baked bean – crouch down into a ball

- string bean – stretch up high

Teacher then calls out different beans and children have to make appropriate action

Fun, food-related warm up game to get children energised for learning

**3. Where and when do foods grow?**

Use the seasonality calendar for information on seasonal fruit and vegetables. Discuss what can be grown

- at home on the window sill (e.g. herbs, tomatoes, chillies)

- in a grow bag/container on the balcony (e.g. tomatoes, salad, beans, courgettes, potatoes, strawberries)

- in the garden (e.g. carrots, leeks, potatoes, apples, plums,

- on an allotment (most things that grow in this climate!)

Discuss if any pupils have grown their own fruit and vegetables.

A good follow up to this would be to have a lesson where you plant seeds and grow your own fruit/vegetable, then make a taster dish from it!

**4. Eat Well Plate game**

*See separate game activity ideas sheet as well as Eat Well Plate information sheet*

Introduce the plate by explaining the food groups and what they are needed for. Distinguish between different amounts needed from each food group.

Simple game: use food props from sorting basket to place into appropriate section of the mat, or hand out food cards to every child to place on the appropriate section of the mat. This can be done individually, or as a group game (scoring points for a prize maybe?)

**5. Healthy and unhealthy choices**

Use the baskets/boxes for the children to sort the replica food items and food packets into healthy and unhealthy choices. Ask them why they made a particular choice, and also whether a healthy food is always healthy (e.g. if you only ate that particular food, would that be a healthy choice? Can you eat something from the unhealthy box sometimes? Make them aware that a food isn’t necessarily healthy or unhealthy, but that it is the overall balance that matters.)

Talk a little about what nutrients are (use the nutrient and fat/salt/sugar fact sheets for information; keep it simple for the younger children, and just mention protein, carbohydrates and vitamins; for older ages you can name some individual nutrients)

**6. Plenary**

Recap on what was discussed today

Ask the children what healthy choice they could make, e.g. when they eat school dinner, at home, at snack time.

Give out any copies of calendars/activity sheets/fact sheets that you have available and find useful.

***Have a fun session!***

Please see the ‘Links to online resources’ document for more information and fantastic resources to download and order.