



Introduction: What's your favourite food? Is it healthy? Is it good for you? We'll have fun today while learning about the food groups.

Summary	
<b>Subject/Discipline</b>	Environmental education
<b>Weekly theme</b>	My body / Health : Nutrition
<b>Age group</b>	5-6 years old
<b>Main topic</b>	Healthy food
<b>Key concepts</b>	<ul style="list-style-type: none"><li>• Benefits of Healthy Eating</li><li>• Healthy Food Choices</li><li>• Food pyramid</li><li>• Food groups</li><li>• Wasting food</li></ul>

Learning Objectives	
<ul style="list-style-type: none"><li>• Identify/name food groups</li><li>• Sort food according to food groups</li></ul>	<ul style="list-style-type: none"><li>• Identify/name food groups in the food pyramid</li><li>• Find solutions to throwing away their food</li><li>• Create their own food plate</li></ul>

Equipment/materials needed	
<ul style="list-style-type: none"><li>• Computer with Internet Access</li><li>• Online Interactive Games or Videos</li></ul>	<ul style="list-style-type: none"><li>• Images of Healthy Food Items</li><li>• Youtube: <a href="https://www.youtube.com/watch?v=5dR22hbln6w">https://www.youtube.com/watch?v=5dR22hbln6w</a> <a href="https://www.youtube.com/watch?v=XfCG301e9Sc">https://www.youtube.com/watch?v=XfCG301e9Sc</a></li><li>• WordWall <a href="https://wordwall.net/resource/56879362/healthy-and-unhealthy-food">https://wordwall.net/resource/56879362/healthy-and-unhealthy-food</a> <a href="https://wordwall.net/resource/36059561/healthy-food">https://wordwall.net/resource/36059561/healthy-food</a> <a href="https://wordwall.net/resource/17819437/food-pyramid">https://wordwall.net/resource/17819437/food-pyramid</a> <a href="https://wordwall.net/resource/7376795/science/y5-food-groups">https://wordwall.net/resource/7376795/science/y5-food-groups</a></li></ul>

	<ul style="list-style-type: none"> <li>• Canva  <a href="https://www.canva.com/design/DAFpt_cwSc4/9WU6Q31QX6GihexKj1A3Og/edit?utm_content=DAFpt_cwSc4&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton&amp;fbclid=IwAR3tfoP5DpOEgoOsA8H2CPG0wK2M2psXttTRtjQibfhEWJzFg8ByvcY_mOM">https://www.canva.com/design/DAFpt_cwSc4/9WU6Q31QX6GihexKj1A3Og/edit?utm_content=DAFpt_cwSc4&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton&amp;fbclid=IwAR3tfoP5DpOEgoOsA8H2CPG0wK2M2psXttTRtjQibfhEWJzFg8ByvcY_mOM</a></li> <li>• Liveworksheets  <a href="https://www.liveworksheets.com/ea2475766dg">https://www.liveworksheets.com/ea2475766dg</a></li> <li>• Healthy eating:  <a href="https://www.healthyeating.org/products-and-activities/games-activities/myplate">https://www.healthyeating.org/products-and-activities/games-activities/myplate</a></li> </ul>
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Lesson Outline		
Phase of the lesson	Duration	Description
<b>Warm-up</b>	5 min	Invite children to listen and dance to the music: It is a song about Healthy foods that help our bodies and brains. <a href="https://www.youtube.com/watch?v=5dR22hbln6w">https://www.youtube.com/watch?v=5dR22hbln6w</a>
	10 min	Get the children in a circle and engage them in a short talk about their favorite foods and ask them if they are healthy; ask for examples of healthy options. Ask them to play a game about healthy food choices: <a href="https://wordwall.net/resource/56879362/healthy-and-unhealthy-food">https://wordwall.net/resource/56879362/healthy-and-unhealthy-food</a>
<b>Main activity</b>	15 min	Introduce the food groups through pictures (display images of various healthy food items): <a href="https://wordwall.net/resource/36059561/healthy-food">https://wordwall.net/resource/36059561/healthy-food</a> Present the food pyramid wordwall game and discuss with the children how we can use it to eat healthily. <a href="https://wordwall.net/resource/17819437/food-pyramid">https://wordwall.net/resource/17819437/food-pyramid</a> Invite children to play the following interactive game of sorting foods by group membership and healthy and unhealthy foods: <a href="https://www.canva.com/design/DAFpt_cwSc4/9WU6Q31QX6GihexKj1A3Og/edit?utm_content=DAFpt_cwSc4&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton&amp;fbclid=IwAR3tfoP5DpOEgoOsA8H2CPG0wK2M2psXttTRtjQibfhEWJzFg8ByvcY_mOM">https://www.canva.com/design/DAFpt_cwSc4/9WU6Q31QX6GihexKj1A3Og/edit?utm_content=DAFpt_cwSc4&amp;utm_campaign=designshare&amp;utm_medium=link2&amp;utm_source=sharebutton&amp;fbclid=IwAR3tfoP5DpOEgoOsA8H2CPG0wK2M2psXttTRtjQibfhEWJzFg8ByvcY_mOM</a>
	10 min	Invite children to listen to the following song and then sing along. Make sure they understand it. Ask them what the problems were with the children. <i>Why did they throw away their food? Is it OK?</i> Invite children to find solutions to such problems. <a href="https://www.youtube.com/watch?v=XfCG301e9Sc">https://www.youtube.com/watch?v=XfCG301e9Sc</a>

	5 min	Optional: Invite and guide the children to play the following game which helps them to create their food plate by choosing the food that helps them to grow strong and healthy. The game has several stages; do as many as your children can do: <a href="https://www.healthyeating.org/products-and-activities/games-activities/myplate">https://www.healthyeating.org/products-and-activities/games-activities/myplate</a>
<b>Assessment</b>	5min	Help children create their own healthy plate of food according to their preferences (page 3): <a href="https://www.liveworksheets.com/ea2475766dg">https://www.liveworksheets.com/ea2475766dg</a> Invite children to present their plates and encourage their peers to decide if it is healthy food or not.
	5 min	Invite them to play the following interactive food group labeling game: <a href="https://wordwall.net/resource/7376795/science/y5-food-groups">https://wordwall.net/resource/7376795/science/y5-food-groups</a>

Conclusions and recommendations	
<ul style="list-style-type: none"> <li>Children learned about healthy food choices.</li> <li>If you have time, you can discuss the following story with the children. <a href="https://www.youtube.com/watch?v=My-KFPmrwzM&amp;t=2s">https://www.youtube.com/watch?v=My-KFPmrwzM&amp;t=2s</a> This is a story teaching children the importance of not wasting food. It also gives the children an idea how food reaches their table from the farm</li> </ul>	<ul style="list-style-type: none"> <li>I recommend a trip to a farm to see, feel, taste or smell healthy food.</li> </ul>

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