

W	Learning objective	Teaching activities	Resources	Assessment: Success Criteria
2	<p>To describe the importance for humans of eating the right amounts of different types of food</p> <p>(35 mins)</p>	<p>Intro:</p> <p>Ask children to explain why we need to eat different types of food</p> <p>Ask them which foods we should not eat too much of and why we should not eat too much of them</p> <p>Watch the video about healthy eating at https://www.bbc.co.uk/programmes/p01195z9 (if the link does not work, Google 'BBC science clips Food needed by the human body')</p> <p>Main:</p> <p>Watch the video (a few times more or stopping it at suitable places), with children using the information in it to answer questions on a 'fill in the blanks' answer frame</p> <p>There is a choice of answers given in a box at the top of the worksheets (Explain that children will need to use one answer more than once)</p> <p>Lower ability and children with larger handwriting to use two separate worksheets, meaning they also have fewer choices of answers for each</p> <p>Higher ability children to answer on just the one worksheet, meaning that they have a greater choice of answers to choose from</p> <p>Plenary:</p> <p>Collect in worksheets</p> <p>In pairs / small groups, have a competition, asking children questions based on the video, with them giving just one word answers</p> <p>Have children swap their answers with another pair / group and mark each other's</p> <p>Award points to pairs / teams who got the most right answers</p> <p>Watch video at https://www.bbc.co.uk/programmes/p01195tm (if the link does not work, Google 'BBC video The long term effects of unhealthy food choices')</p> <p>Highlight how the children in the school know about healthy eating, but still don't always make the right choices</p> <p>Also focus on the part where the children are 'aged' and explain the health problems that they are suffering from due too much salt, sugar or fat</p>	<p>Check videos open and play OK</p> <p>Worksheets</p>	<p>MUST: understand that we get different types of nutrition from different foods</p> <p>SHOULD: correctly answer questions on eating a varied diet, with <i>fewer</i> answers to choose from</p> <p>COULD: as above, but with a <i>greater</i> choice of answers</p>