

2: Health and Nutrition



Primary Schoolchildren – Ages 8-11

Aims:

To introduce the role of pulses in relation to maintaining a balanced diet.

Objectives:

- Students will recognise the role different foods play in a balanced diet, and the effects on health of an unbalanced diet.
- Students will explore ways in which we can design balanced meals from different food types.
- Students will evaluate the benefits of including pulses in a balanced diet.

Resources:

1. Diagram of a balanced diet (from teacher pack).
2. Diagram of an unbalanced diet without fruit and vegetables (from teacher pack).
3. Diagram of an unbalanced diet without protein (from teacher pack).
4. Diagram of an empty plate (from teacher pack).
5. Food diary page (from teacher pack).

Suggestions for further development:

Ask pupils to keep a food diary (resource 5) of the meals that they have at home, and decide if they are balanced or unbalanced, and if not, what items could be added or removed to help re-balance the meal.

*All grains are
part of a healthy
balanced diet*



2: Health and Nutrition



TIME DETAILS

20mins

Introduction:
Discuss with pupils what is meant by the term 'a healthy, balanced diet'. What are the types of food that we need to consume to live healthily? Can you name the types of food we ought to eat?

Definition: A balanced diet is when you eat a wide variety of foods in the right proportions. Eating the right amount of food helps us to have a healthy body weight.

A balanced diet includes...

- Grains (e.g. bread, pasta, rice) 30%
- Vegetables (e.g. broccoli, carrots, potatoes) 30%
- Fruit (e.g. apples, grapes, bananas) 20%
- Protein (e.g. lean / not fatty meat, fish, eggs, pulses) 20%

It can also include a small portion of...

- Dairy (e.g. milk, cheese, yoghurt) and healthy oils (e.g. olive or sunflower oil)

And as an occasional treat...

- Food and drinks that are high in fat or sugar (e.g. burgers & sausages and cakes & biscuits/cookies)

What happens if we eat too much, or too little of these food groups? This is called an unbalanced diet. For example, eating a diet too heavy in grains, such as rice, bread and pasta, with little protein is unbalanced. Or if we don't eat enough vegetables or fruit then our diet is also considered out of balance.

TIME DETAILS

Eating too much or too little of certain food groups can cause many serious problems to the human body including heart disease, high blood pressure, type 2 diabetes, tooth decay and even some cancers.

30mins

How can we be sure that we are eating enough of any of these food groups? What combinations of foods would make a balanced diet? Present pupils with the three plates representing balanced (resource 1) and unbalanced diets (resources 2 and 3). What would be the consequences to health for each plate? Pupils are given three pictures of an empty plate (resource 4). In groups of three they must draw a picture of a breakfast, lunch and supper that together represents the definition of a balanced diet.

Further Information

Table of essential food groups: <http://www.choosemyplate.gov/food-groups/>

10mins

In many countries people eat too much food that is high in fat and sugar. Which food types can help reduce these problems? It has to be high in protein and low in fat. Do pulses meet these requirements? What else must be eaten with pulses to make a balanced diet?

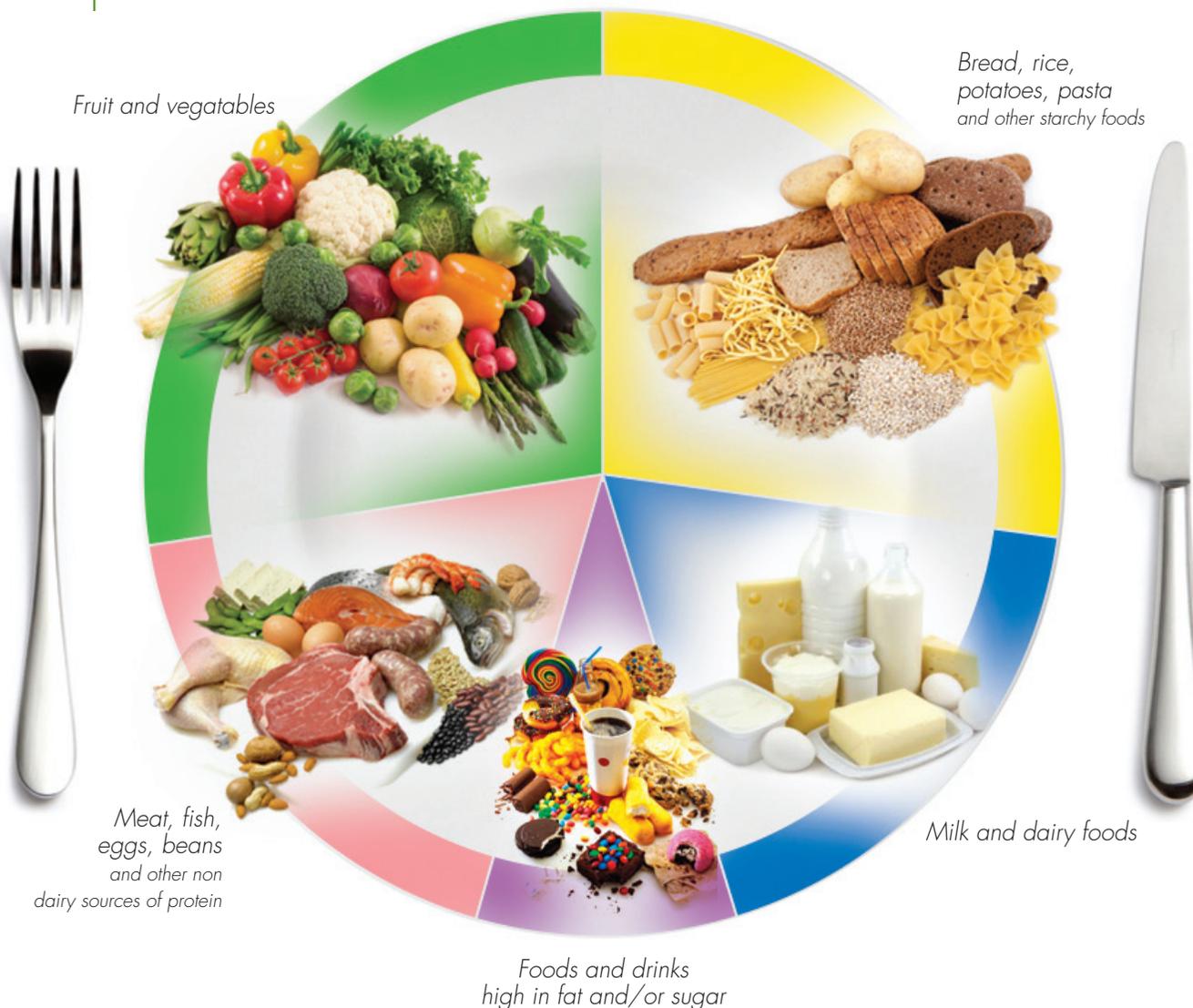
Resource 1

The eatwell plate



Use the eatwell plate to help you get the balance right

It shows how much of what you eat should come from each food group



Fruit and vegetables

Bread, rice, potatoes, pasta and other starchy foods

Meat, fish, eggs, beans and other non dairy sources of protein

Milk and dairy foods

Foods and drinks high in fat and/or sugar

Resource 2

Plate without any
fruit and vegetables



Resource 3

Plate without
any protein



Resource 4

Breakfast



Resource 4

Lunch



Resource 4

Supper



Resource 5 My Food Diary



Name:

Day:

Meal	What I Ate (Food/Drinks)	Grains	Vegetables	Fruit	Protein	Dairy	High fat / sugary food
Example	<i>2 Eggs scrambled with baked beans on a toasted wholemeal bagel</i>	✓	✓		✓		
Breakfast Time:							
Snack #1 Time:							
Lunch Time:							
Snack #2 Time:							
Dinner Time:							