



TACKLING HEALTH - LESSON 1



60 - 90



1-3

OVERVIEW

Explain to pupils that over the next few weeks they are going to learn about a variety of topics relating to diet, health and being active. This lesson is about finding out what the pupils already know and do in their everyday lives. During the programme they will learn about healthy eating, food preparation, minimising waste and how to stay active. The sessions will be linked to professional rugby to help the pupils think about food, healthy eating and being active together in a fun and interesting way.

CURRICULUM LINKS

SCIENCE:

- Identify that animals, including humans, need the right types and amount of nutrition, and that they cannot make their own food; they get nutrition from what they eat.

ENGLISH:

- Respond to others appropriately, taking into account what they say.
- Make contributions relevant to the topic and take turns in discussion.
- Qualify or justify what they think after listening to others' questions or accounts.

LEARNING OUTCOMES

- Be aware that we all need a balanced and varied diet to grow, be active and maintain health, and that we need to eat more of some foods than others e.g. as depicted in the Eatwell Guide.
- Be aware that being active and looking after yourself are important for health
- Be able to talk about which foods they like or dislike through tasting sessions.

WARM UP

Pupils are to be quizzed by the teacher to assess their existing knowledge of healthy diet, and active living - Questions have been provided on the Lesson Slides. At the end of the quiz, ask pupils to share their thoughts: **Which questions did you find tricky? Which food groups did/didn't you know?** Discuss as a class why they may have knowledge gaps related to healthy eating and fitness.



Classes can take part in the quiz digitally by using the Kahoot!

made available. The quiz is designed to help pupils to reflect on their current lifestyles.



PREMIERSHIP RUGBY CHAMPIONS



Tackling health
PROGRAMME PARTNER



SARACENS

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MATCH

Pupils to use the internet to research each food group, and then as a group, pupils are to create a ThingLink (of the EatWell Guide) which is jam packed full of advice and info for someone wanting to learn about living in a healthy way. Remind pupils to think about the reliability of their research source and to think about the bias.

Introduce the pupils to the concept of the 'EatWell' Guide. Discuss each section and ensure pupils understand the main food groups e.g. protein, carbohydrates etc and the importance of a healthy balanced diet. Pupils are to work in groups of 4, with each child taking responsibility for each area of the EatWell Guide. Having given pupils a selection of images or plastic food, ask them to place the foods in the correct section of the EatWell Guide. Encourage the pupils to add key information using post it notes and question the group as to why they have made certain choices.

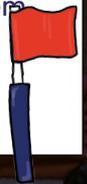


COOL DOWN



If completed digitally, share/display the group ThingLink on the board and ask the pupils to present back to their peers using their oracy skills. Pupils can discuss similarities and differences between their ThingLinks and provide constructive criticism to their peers. Encourage pupils to reflect on their own work, and how it could be improved in the future.

Ask the groups of pupils to present back their EatWell Guides. They should talk about and explain their decisions as to why they have placed foods in certain areas of the EatWell Guide to their peers. Encourage the other pupils to ask questions about the groups choices. Ask the pupils to name some everyday food items they eat and place them in the correct food group.



RESOURCES

- [Lesson Slides](#)
- [Example ThingLink](#)
- [Kahoot! Quiz](#)
- [Tips for a balanced diet](#)



[TAG Rugby Resource](#)