

What do we eat?

Mathematics learning objective

Framework:

- **HD:** Answer a question by collecting, organising and interpreting data; use tally charts, frequency tables, pictograms and bar charts to represent results and illustrate observations; use ICT to create a simple bar chart.

NC: Ma4, 1a; Ma4, 2b

Science learning objective (NC)

- **Sc2, 2b:** About the need for food for activity and growth, and about the importance of an adequate and varied diet for health.

Vocabulary

Carroll diagram, frequency table, sort, tally

Children's task

At the beginning of the week give each child a copy of the activity sheet 'What do we eat?' and ask them to fill in the headings they will need. Ask them at an appropriate time to complete the row for that day. Repeat every day for the week.

Differentiation

More confident: Challenge the children to differentiate the foods that they eat within food groups, for example, chips and baked potato will need different spaces.

Less confident: The children may need help with completing their heading boxes.

Review

The children total how many times they have eaten a particular food. Choose some of the charts which contain more healthy than not healthy foods to photograph and upload to the class computer. Display one of these and ask:

- Which are healthy foods?
- Which do you think are not so healthy?

Repeat for other charts. Now ask the children to work in groups to make 'healthy'/'not healthy' lists of foods. Using the Carroll diagram tool, ask for suggestions for 'Healthy foods' and enter these in the diagram. Repeat for 'Not healthy foods'. Agree what labels should be entered and what the title of the diagram should be. Ask questions such as:

- What types of food are healthy?
- What can you say about the not healthy foods?

Finally, display the activity sheet 'Healthy foods pictogram' or the 'Healthy foods' interactive pictogram from the CD-ROM. Ask the children to suggest additional foods that could be added. Ask:

- What sorts of foods do we need to eat?
- Is bread healthy? What about cakes and biscuits?
- How many different sorts of vegetables/fruits can you think of?

Now try this...

Provide magazines with pictures of foods. Ask the children to make a collage of 'healthy'/'not healthy' foods or create their own food pyramid referring to the image on the CD-ROM.

Resources

- Digital camera and magazines

CD-ROM:

- Activity sheets: 'What do we eat?', 'Healthy foods pictogram' (also p11), and 'What I ate for dinner'
- Images: 'Food', 'Fruit', 'Vegetables' and 'Food pyramid'
- Interactive pictogram: 'Healthy foods'
- Carroll diagram tool
- Word® file: 'What I ate for dinner'

Introduction

This lesson will take a few minutes to complete each day for one week, then on Friday, discuss and record what has been eaten for lunch each day. Explain to the children that they will be keeping a record of the different sorts of food that they eat for lunch, either in their packed lunch or their school dinner. Reveal the activity sheet 'What do we eat?' and explain that the empty boxes at the top are for them to add in types of food that they eat, for example, fruit, vegetables, crisps, and so on. Ask questions such as:

- What sort of things do you eat for lunch?
- Are these healthy foods?
- What do you think are healthy foods? (Make a list.)

Display the images from the CD-ROM to stimulate discussion.




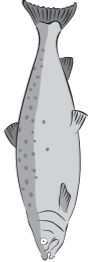
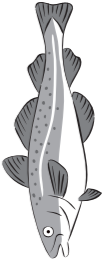




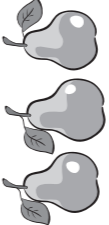









CD-ROM follow-up material

Use the images to stimulate the children to research more healthy foods. They can make lists or charts to show what they find. Ask them to group the foods by type: vegetables, fruits, and so on. Provide the activity sheet 'What I ate for dinner'. Children take this home to record what they eat. Ask them to investigate what was in their food, by, for example, watching it being made, or checking the labels from cans, boxes, and so on.

Healthy foods pictogram

- This pictogram shows some healthy foods.
- What else could we add to this chart?

			dairy		
					
				meat	
					fruit
				vegetables	