

Introduction.

This exercise introduces the Eatwell Plate, which has replaced the Balance of Good Health. Each section of the plate is comprised of a different food group. The plate re-enforces the idea of a balanced diet. A magnetic board is present on which they try and stick food on it. The food only takes bad food to show which cause decay.

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.



Equipment

- Dental Health CD ROM - Section 2
- Eatwell Plate poster
- Magnetic Board and plastic Foods.

Organisation

- You will need a table, or cleared space on the carpet.
- Open out the mat on table or carpet.
- Ensure pupils can all see the mat.

Method

- Give one or two food items to each pupil.
- Pupils take it in turn to place items on eatwell plate and see how it relates to the categories of food.
- Ask class if items are being placed correctly.
- Ask children to record their groupings in drawing or writing.
- Debate with class over difficult items, which could go in more than one segment or 'combination foods'.

Learning Outcomes

- Pupils experience choosing and sorting.
- Pupils gain confidence using the Eatwell Plate and in describing different foods and into which food group they belong.
- The exercise makes healthy eating easier to understand by showing the types and proportions of foods we need to have a balanced diet.
- All animals including humans need to feed.
- Animals need to feed to grow and to be active.

Curriculum Advice

- Children sometimes think that 'diets' are simply for losing weight rather than a description of food we eat regularly.
- The concepts 'food for growth' and 'food for activity' are simplifications. Children will learn the complex functions of different food types at a later stage.
- Activity means movement and exercise.