

Year 2 Nutrition

National Curriculum objectives

Pupils learn about what keeping healthy means and different ways to keep healthy.
Pupils learn about foods that support good health and the risks of eating too much sugar.

Key Learning

- To recap knowledge of food groups from last year
- To focus on sugar and its impact on our health

Equipment and Resources

- [A balanced plate](#) - to view on the whiteboard. There is also a [vegetarian balanced plate](#)
- [Serving Sizes poster](#) - To be used on the whiteboard or printed as a reference in class
- [Balanced Diet poster](#) – for display on the whiteboard
- [Food labelling poster](#) – for display on the whiteboard
- Some sugar (not cubes)
- Weighing scales
- A teaspoon measure
- Packaged products containing different levels of sugar. Suggestions are packet of biscuits, breakfast cereal that is high in sugar, breakfast cereal low in sugar, jar of pasta sauce, fizzy drink with sugar, bottle of water, bottle of milk, honey, chocolate spread, fruit juice, white bread, wholemeal bread, juice drink e.g. Oasis, Fruit Shoots, Capri Sun , yogurt, cupcakes, ketchup.

Key Vocabulary

Balanced diet: Contains a variety of foods and all the nutrients needed to be healthy.

Calorie: A way of measuring the amount of energy contained in food.

Free sugar: All sugars that are added to food or made by mashing fruit or vegetables.

Natural sugar content: Found naturally in fruit and milk.

Key Questions

What does a balanced diet look like?

What does too much sugar do to your body?

What are the food groups?

How much sugar is in your diet?

Safety

- Carry out sessions in a quiet, safe area so that pupils can focus on their thoughts with minimal distraction.