

Year 5 Nutrition

National Curriculum objectives

Pupils learn about what constitutes a healthy diet; how to plan healthy meals; benefits to health and wellbeing of eating nutritionally rich foods; risks associated with not eating a healthy diet including obesity and tooth decay.

Key Learning

- To analyse menus and select a meal plan that fits with a balanced diet

Key Vocabulary

Balance: Getting the different food groups in right proportions that our bodies need.

Menu: What we eat at a meal.

Planner: Thinking about what we eat before meals.

Recipe: Instructions to prepare a meal, including the ingredients needed.

Equipment and Resources

- [Balanced Diet Poster](#) – to display on the board.
- If your school has cooked lunches, make some copies of the school meal plan. Alternatively, use the [example school menu](#).
- Cookery books, particularly those themed on family meals, healthy cooking on a budget, simple cooking. Alternatively use recipe sites online.
- [Activity Calories Information sheet to](#) refer to for the last activity.

Required Downloads (see lesson plan for links):

- Meal Planner – clicking the link will download a pdf file. Each pupil or pair will need a printed copy of this.
- Meal Planner Questions – each pupil or pair will need a printed copy of this. Alternatively, use for a class discussion.
- Activity calories information sheet

Key Questions

Which food groups are in a balanced meal?

Was your last meal balanced?

How much water should you drink each day?

What is your favourite carbohydrate?

Safety

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