

Healthy eating eggsperts

KS2 | Health education lesson plan



National curriculum learning objectives

PSHE

- H1. how to make informed decisions about health
- H2. about the elements of a balanced, healthy lifestyle
- H3. about choices that support a healthy lifestyle, and recognise what might influence these
- H6. about what constitutes a healthy diet; how to plan healthy meals; benefits to health and wellbeing of eating nutritionally rich foods

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

Lesson objectives

- Identify key nutrients (protein, carbohydrate, fat, vitamins and minerals) and their basic functions.
- Categorise foods into these nutrient groups, including eggs.
- Explain the benefits of including eggs as part of a healthy, balanced diet.
- Apply knowledge to plan a balanced meal with eggs.

Key vocabulary

Healthy, balanced diet, nutrient, protein, carbohydrate, fat, vitamin, mineral, energy, growth, strong, concentrate, saturated fat

Resources needed

- Lesson Presentation
- My Balanced Meal Activity Sheet
- Food Group Sorting Activity Sheet
- Pencils and colouring pencils

Prior learning

Children should already recognise that food is needed for energy, growth and health and should already understand the idea of healthy and less healthy foods from KS1.

Time	Teaching activity	Teacher notes
5 mins	Introduce the lesson using the Lesson Presentation . Discuss the four different nutrient groups and some example foods within them with the children, finding out what children might already know. Share the next slide explaining what each group does for our bodies.	
15 mins	Explain to the children the importance of a healthy, balanced diet. Sort the children into groups or pairs and give each group/pair a Food Group Sorting Activity Sheet and explain that their task is to sort the food cards into the different nutrient groups. Some of the cards may easily go across more than one group so ask children to think about why this might be.	<i>If necessary, discussion of alternative foods could be included to consider allergies or dietary restrictions of children within the class. Mixed-ability groups may be beneficial for this activity.</i>

Time	Teaching Activity	Teacher Notes
10 mins	Share the correct answers to the activity with the children, discussing any ideas of why some foods might go into more than one group. Talk to the children about the health benefits of eggs and that they contain lots of nutrients that are good for our bodies.	<i>As an extension, if children know of any other nutrients or foods, they can add these themselves.</i>
10 mins	Give each child a My Balanced Meal Activity Sheet and explain that they need to choose an egg dish they would like to eat as well as a type of food from each other nutrient group to include in their balanced meal. As an extension, children could be asked to design a meal that would be suitable for someone with a specific allergy or they could be shown a picture of a balanced meal that has been designed for someone with a specific allergy, and asked to explain why it would or would not be suitable for that person.	<i>You may wish to provide children with some example meals containing eggs that they can use, if they find this difficult. As an extra challenge for higher attainers, they could be asked to explain how their meal supports their health.</i>
10 mins	End the lesson by asking the children the questions on the slide, consolidating what they have learned.	<i>To stretch children's thinking, ask them how they know their answer is correct.</i>

Lesson reflections / next steps / teacher notes

Assessment opportunities

- Check children's completed food sorting sheets for correct matches.
- Check children's completed balanced meal sheet to ensure children have correctly identified and included the different nutrient groups.
- Listen to children's responses in the plenary to gauge understanding of a balanced meal.

Suggestions for future learning

- You could analyse lots of food packaging for children to see where the nutrients they have learned about are present.
- This could lead into a cooking lesson where children follow a recipe containing eggs.

Home learning opportunities

- Encourage children to follow an egg recipe at home with an adult and describe the steps they followed.
- Children could keep a food diary for one day noting the different types of nutrients they ate.