

Healthy eating eggsperts

Year 1 & 2 | Health education lesson plan



National curriculum learning objectives

- H1. about what keeping healthy means; different ways to keep healthy
- H2. about foods that support good health and the risks of eating too much sugar

Prior learning

It would be useful if children already understood that people eat food to stay alive and healthy as well as the concept that some foods are healthy and some are less healthy.

Key vocabulary

Egg, protein, healthy, energy, vitamin, diet, hygiene, yolk, egg white, shell, cooked, raw, strong, balanced

Resources needed

- Pre-prepared hard-boiled eggs or plastic eggs
- Plates
- Paper towels
- Healthy Plate Activity Sheet
- Healthy Sorting Activity Sheet

Success criteria

- I can say that eggs are a healthy food.
- I can choose healthy food for my meal, like eggs.
- I can explain that eggs give me energy and help my body grow.

Time	Teaching activity	Teacher notes
10 mins	Introduce the lesson using the Lesson Presentation . Show children the image of the egg and ask them if they know what it is. Explain to the children about the inside of an egg and the parts we can eat. Discuss with the children why people eat eggs and the health benefits eggs give us. Ask the children if there are any egg dishes that they can think of and then share the many egg dishes that children may be familiar with.	<i>To challenge higher attainers, ask them why they think eggs are eaten in lots of different ways and in different countries. Encourage full sentence answers.</i>

Time	Teaching activity	Teacher notes
15 mins	Explain the concept of healthy food we can eat every day and food that are treats and should only be eaten sometimes. Give each child a Healthy Sorting Activity Sheet and explain that they need to sort the food into healthy food and treats (sometimes food).	<i>For children that may find this a challenge, provide them with a reduced number of food cards or ensure that they are all foods they will be familiar with. As a challenge for higher attainers, ask them 'what would happen if we only ate the treat foods?'.</i>
10 mins	Bring the children back together and explain what having a balanced diet means. Ensure that children understand that it is OK to eat treats now and again but that if they eat lots or only eat treats, it will make them unhealthy. Introduce the My Healthy Plate Activity and explain that children need to choose a type of egg (e.g. boiled, scrambled, omelette) they want to have on their plate. They can then add other foods to make a meal. Encourage them to think about why the foods they have chosen are healthy and how they contribute to a balanced diet. This activity should be modelled by the teacher.	<i>Some children may benefit from this activity being modelled to them with an adult or by working together in a small group with an adult's support. Children could also be provided with pictures of food to limit choice and make it simpler.</i>
20 mins	Talk to the children about the many ways eggs can be enjoyed, scrambled, boiled, fried, baked, or even added to drinks and desserts. Encourage them to share their favourite ways to eat eggs and any recipes they know.	<i>To support lower attainers, ask: 'Can you name one way we can eat eggs?' or 'Which part of the egg do you like best, the yolk or the white?'</i> <i>To challenge higher attainers, ask: 'What is your favourite way to eat eggs?' and 'Can you think of eggs people enjoy in other countries or recipes?'</i>
5 mins	Share the reflection slide with the children and ask the children the quick quiz questions to consolidate what they have learned.	<i>Encourage higher attainers to think what healthy choice they may make next time they eat.</i>

Lesson reflections / next steps / teacher notes

Assessment opportunities

- Observe children's correct sorting during the healthy sorting activity and their ability to verbalise their reasoning.
- Check whether children can choose a balanced combination of foods during the **My Healthy Plate Activity**.
- Use the plenary quiz to assess whether children have grasped the knowledge taught during the lesson.

Suggestions for future learning

- Children could write about a meal that gives them energy and strength and why it is important to have a balanced diet.

Home learning opportunities

- Encourage children to create a week's menu at home that includes eggs.
- Children could be encouraged to cook eggs at home, with adult support, and think about why this is a healthy choice.