

TEACHER'S NOTES FOR MEALSCENE RESOURCES

mealScene KS2

ABOUT THE RESOURCES

The objective of the mealScene teaching materials is to give pupils the opportunity to learn about different food groups and to relate these to their own eating habits with a particular focus on the food offered at school.

WHERE THE RESOURCES CAN BE USED

SCIENCE

- QCA Unit 3A Teeth and eating
- QCA Unit 5A Keeping healthy

PSHE

- QCA Section 3a What makes a healthy lifestyle

Science NC

Pupils need:

- to know that what they eat is important for keeping healthy
- to recognise a range of different foods

Links with design and technology and PSHE

SENSITIVE ISSUES

- Teachers must be aware of the need for sensitivity to individual pupils with special diets or are overweight
- Teachers must promote all concepts in terms of not putting too much emphasis on body image
- Pupils must never feel their current diet is inadequate
- Pupils should be allowed to take a lead to suggest improvements for all
- Be aware of fasting times and avoid key religious times unless it is the focus of the unit
- Engage with school meals provider
- Never allow pupils to criticise school meals, it will not benefit anyone

RESOURCES AVAILABLE

- paper-based work, data and resource sheets
- informative and interactive mealScene website: www.mealscene.com

EXPECTATIONS

By using these resources

most pupils will:

engage with healthy food initiatives and describe an adequate and varied diet, looking at the many ways of achieving this. They should begin to take a genuine interest in the food they eat and should become selective and critical. Every pupil will be encouraged to make a positive change in their own or others eating habits. They will make relevant observations and present results in bar charts and tables

some pupils will not have

made so much progress and will:

describe in more details and using scientific terms the types of food that they eat; make observations and record these in tables

some pupils will have

progressed further and will also:

evaluate how strongly the evidence they have collected supports the conclusion they have drawn; state the criteria for different healthy diets

LEARNING TITLE	POSSIBLE TEACHING ACTIVITIES		RESOURCES
<p>MS1. Healthy mind, healthy body</p>	<ul style="list-style-type: none"> ◆ Review work on food from QCA Unit 2A 'Health and growth' Ask pupils about what they like to eat Review work on growth and diet Discuss what is needed to stay healthy Describe and discuss the 5 Food Groups (Fruit and vegetables are usually identified in 1 food group but to put real emphasis into the benefits of eating plenty we split them into 2 separate groups.) What foods are in which food groups Are there any of the pupils favourite foods missing? Many are in 2 or more groups, these can be added Discuss how much of each is needed for a healthy diet Introduce the Food Pyramid 	<p>MS1DS1_1_Bread Cereal Potatoes</p> <p>MS1DS1_2_Fatty Sugary</p> <p>MS1DS1_3_Fruit Vegetables</p> <p>MS1DS1_4_Meat Fish Poultry</p> <p>MS1DS1_5_Milk Dairy</p> <p>MS1RS1_1_Whats in the Food Groups</p> <p>MS1RS1_2_Food Pyramid</p>	<p>Data sheet - a list of many foods in the starchy food group</p> <p>Data sheet - a list of many foods in the sugar and fat food groups</p> <p>Data sheet - a list of many foods in the fruit and veg food group</p> <p>Data sheet - a list of many foods in the meat and fish food group</p> <p>Data sheet - a list of many foods in the dairy food group</p> <p>Resource sheet - illustrating the different food groups</p> <p>Resource sheet - showing the food groups arranged in the food Pyramid</p>
<p>MS2. Yesterday's gone</p>	<ul style="list-style-type: none"> ◆ Ask the pupils to make a simple record of everything they ate and drunk yesterday using a paper based record or our html version Transfer this information into the five main food categories. 	<p>MS2WS1_1_ What did you eat yesterday</p> <p>MS2WS1_2_Food Groups My Food</p>	<p>Work sheet - a recording sheet for pupils to record everything they ate yesterday</p> <p>Work sheet - moving the data from sheet I into food groups</p>
<p>MS3. My food pyramid</p>	<ul style="list-style-type: none"> ◆ Get pupils to build their own pyramid with information from the food they ate yesterday. Explore how small changes to eating habits might have a big affect the balance of diet. Use the Health Department's Small change, big difference campaign 	<p>MS3WS1_3_My Food Pyramid</p>	<p>Work sheet - building a food pyramid with own data</p>

<p>Take 5</p>	<ul style="list-style-type: none"> ◆ What's this 5 a day all about? What is a 5 a day portion? 	<p>MS4RS1_3_Take 5 Fact Sheet</p> <p>MS4WS1_4_Take 5 Challenge</p>	<p>Resource sheet - giving guidance as to what is a portion of fruit and vegetables</p> <p>Work sheet - a recording sheet for pupils to record and evaluate how many fruit and vegetable portions they eat in a week</p>
<p>School meals</p>	<ul style="list-style-type: none"> ◆ If you have not already done so, get your school menus displayed on www.mealscene.com. There's no charge. Once you have done this all investigative data carried out by pupils will be quite specific to your school. This will have far greater impact than using fictitious data. <p>What's on the menu this week? (Be assured that all school meals must come up to strict and healthy standards. Your school meals will reflect this and you will be proud to use your own data as an example of Best Practice) Get the pupils to find your school menu and also that of Wedontcare Community School in Unhealthyshire. Compare and contrast the food on offer.</p>	<p>MS5RS1_4_School Meals</p> <p>MS5DS1_6_Menu1</p> <p>MS5DS1_7_Menu2</p> <p>MS5WS1_5_Whats on your plate</p> <p>MS5WS1_6_My suggestions for school meals</p>	<p>Resource sheet - showing how schools are now offering food that kids like but also is well balanced and good for them</p> <p>Data sheet - an example menu from a reasonably healthy school</p> <p>Data sheet - an example menu from a not so healthy school</p> <p>Work sheet - questions about healthy and not so healthy food at school</p> <p>Work sheet - encourages pupils to use what they have learnt about healthy eating to make suggestions of new school dinners</p>
<p>Packed lunches</p>	<ul style="list-style-type: none"> ◆ What makes a healthy packed lunch? Compare the 2 example lunch boxes 	<p>MS6RS1_5_Lovely Lunch boxes</p> <p>MS6WS1_7_My lunch box</p>	<p>Resource sheet - with ideas for a healthy lunch box</p> <p>Worksheet - pupils fill lunch boxes and comment on their contents</p>
<p>Make a difference</p>	<ul style="list-style-type: none"> ◆ No point learning and talking about healthy diets unless the pupil is going to do something with the information! <p>Set goals for change and ways to measure</p> <p>Incentives - use existing methods or seek new ideas</p>	<p>MS7RS1_6_Making a Difference</p> <p>MS7WS1_8_The New Me</p>	<p>Resource sheet - ways to get pupils to make small changes in eating habits that will have a great impact on their</p> <p>Work sheet - encourage pupils to make a commitment to change their eating habits and those around them</p>