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Grade Levels: 3-5,
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which is adaptable for
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use BrainPOP
resources (including
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tool, Chef Solus
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to learn about healthy eating and maintaining a balanced diet. Lesson Plan Common Core State Standards Alignments

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your students all the
information they need
about diet to keep fit
and healthy. It
includes Lesson
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to help children aged from 6 up to 11 years to learn about the body and what it needs to thrive.

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classroom with health
lesson plans,
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worksheets that

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inspire and inform
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them about illness,
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balanced diets so
they have the
knowledge to make
healthy choices.

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Explain to pupils that
the health effects of
the diet comes from
the diet overall, not
from a single food,
drink or nutrient. Use

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the Eatwell Guide presentation and Eatwell Guide poster to recap on healthy eating messages. Ask pupils to create a day's menu of a healthy, balanced diet which meets Eatwell Guide recommendations.

Diet and health - Food
A Fact Of Life

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Lesson plan with a photographic presentation and game, designed to aid understanding of the role of different foods within a healthy and balanced diet.

Curriculum compliant with areas of healthy eating and nutrition.

What is a healthy diet? Lesson plan |

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Teaching Resources

Cut down on saturated fat and sugar - saturated fats are found in foods such as butter, cheese and red meat and consuming too much can lead to health conditions 5. Eat less salt, no more than 6g a...

Food and nutrition -

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Carbohydrates give
us energy. They are
found in foods such
as bread, potatoes
and pasta. Proteins
help our bodies to
repair themselves.
They are found in
foods such as fish,
meat, nuts, seeds,
eggs...

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class all about the 6
essential nutrients
and eating well with

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This bumper lesson
pack is the first in a
series of Twinkl PlanIt
lesson plans on the
topic of Animals

Including
Humans. Discuss with
your class why living
things need food and
find out how plants
and animals obtain it
with this useful lesson

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Types of Nutrition |
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Understand what makes a balanced diet. 1.1. - Participate in a discussion about healthy eating. 1.2. - Identify three different food sources. 1.3. - Identify four different fruit and vegetables.

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- 1.4. - Identify main food groups. 1.5. - Give an example of food from each group.
- 2: Understand what is meant by healthy eating. 2.1.

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3rd - 6th Reader's Notebook: Motivating Students to Read,
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