

Science - Year 3

Animals incl. Humans – Block 3AH

Keeping Healthy

Session 2

Resource Pack

Client's Name _____ Researchers' Names _____

Client Advice Notes

Client's Questions	Notes
What sort of meals will give me plenty of energy for my busy lifestyle but help me avoid putting on weight?	<ul style="list-style-type: none">• Show client the Eatwell plate and explain about different foods groups and why they are important• Explain about the proportions of each food needed for a healthy balance diet• Show some model balanced meal plates to give healthy meal ideas

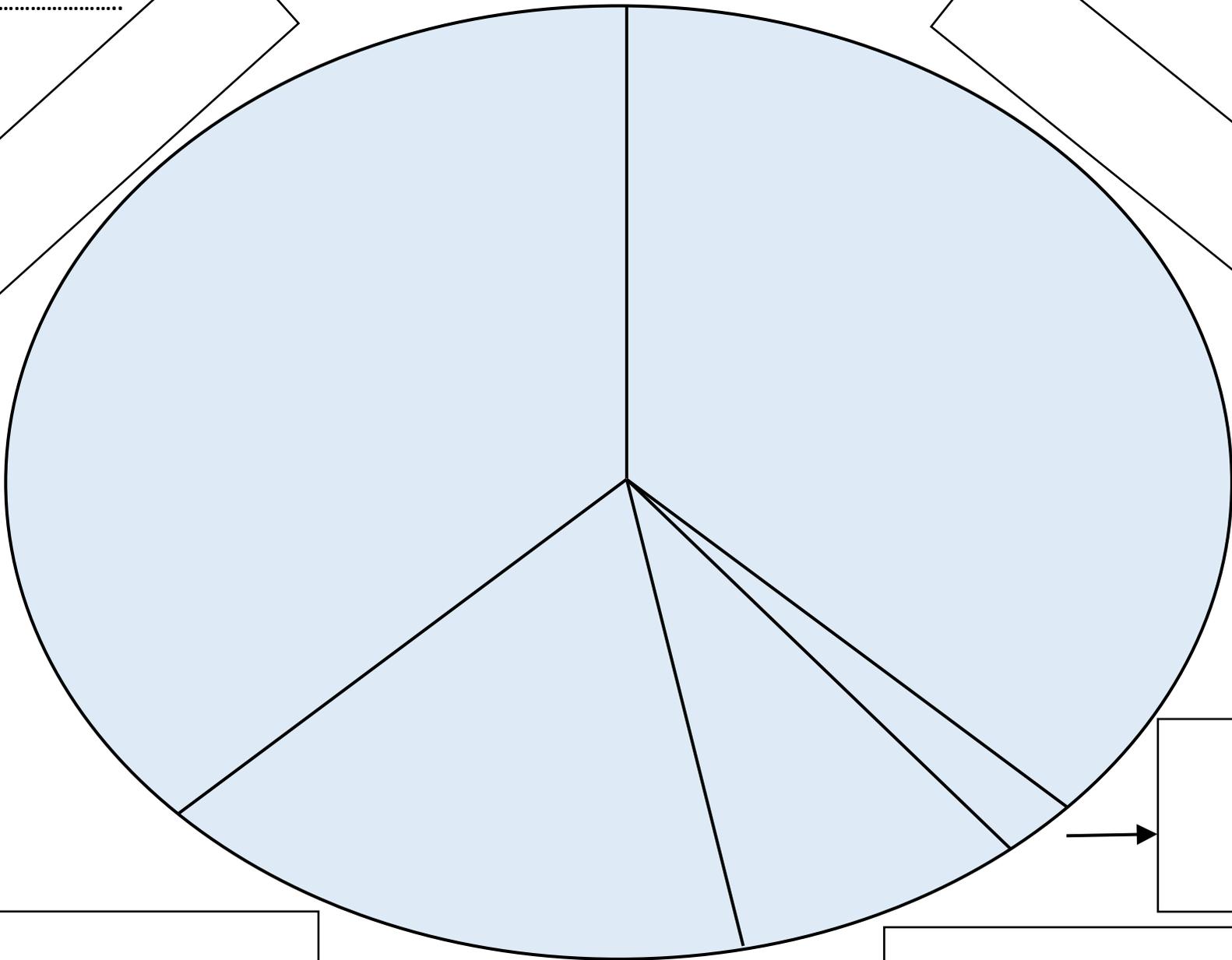
Eatwell Plate

Client Name

Researcher's Names

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Empty rectangular box for researcher's names.



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Eatwell Plate Task Sheet

Cut between the food items so everyone in the group has a chunk. Each person should then cut out their items. Then as a team, sort them into the 5 food groups. Stick them into the correct sections on your Eatwell plate. Label each section with the name of the food group. Try to use and learn the correct spellings!



Session 2 Teachers' Notes

Resources

Modelling resources include:

- Sponge foam of high and low density (high density is smooth in texture with small air bubbles, whilst low density is more coarse in texture like a bath or washing up sponge)
- Thin sheets of foam e.g. sponge cloths
- Fabric cloths - those designed for washing up are ideal
- Smooth cotton string
- Whole-wheat pasta shapes
- Tissue paper in 2 shades of green for peas

Most of these resources can be bought in large packs quite cheaply from discount stores.

Organisation

- Have resources ready before the start of the session so children can begin quickly once they understand the task
- Allocate 2 or 3 plastic tubs for each colour of acrylic paint being used e.g. orange for carrots, pumpkin and sweet potato, green for cabbage, broccoli, lettuce etc.
- Encourage children to mix their own shade of that colour by providing 2 or 3 acrylics of mixing colours e.g. yellow and red for orange
- Ensure separate brushes are allocated to each colour area to keep colours bright and uncontaminated.
- Provide an area for the children to wash and dry hands when beginning on a new food to avoid cross contamination of paint
- Give each pair a piece of cardboard to assemble their food on whilst it dries
- Do not attempt to glue wet food to the paper plates as it will smudge paint and not adhere properly.
- Once the paint is dry, the foam will be light and it will stick down easily. For large items, use a hot glue gun, for small light items, PVA will work well. If the meal has a heap of small items e.g. a bolognese sauce, you could make a PVA and paint sauce to pour over. The PVA dries clear so this can look really effective.

After the session

The meals can be photographed for the client files or the plates themselves can be used for the presentation to clients in session 6. The plates of model food would make a stunning Healthy Eating display. Consider uploading some photos to the Hamilton Blog!

