

The Potato Story

Preparation:

Using ICT:

- Set up the 'Hit the button' game on your IWB.

Items required if ICT is unavailable:

- A selection of images of food from each of the food groups cut out from magazines or photocopied from images supplied.
- Image of the 'Balance of Good Health' food plate as supplied.

Introduction:

Tell the children that to keep healthy we all need to do a number of different things.

One of the things we should do is think about the food that we eat, how it is prepared, and whether we have a balanced diet.

Explain that all the food that we eat fits into five groups and that all the food we eat helps us to do different things. Ask them what they think those things might be.

Explain that because different types of food help us in different ways, we need to eat more of some than of others. This is known as balancing your diet.

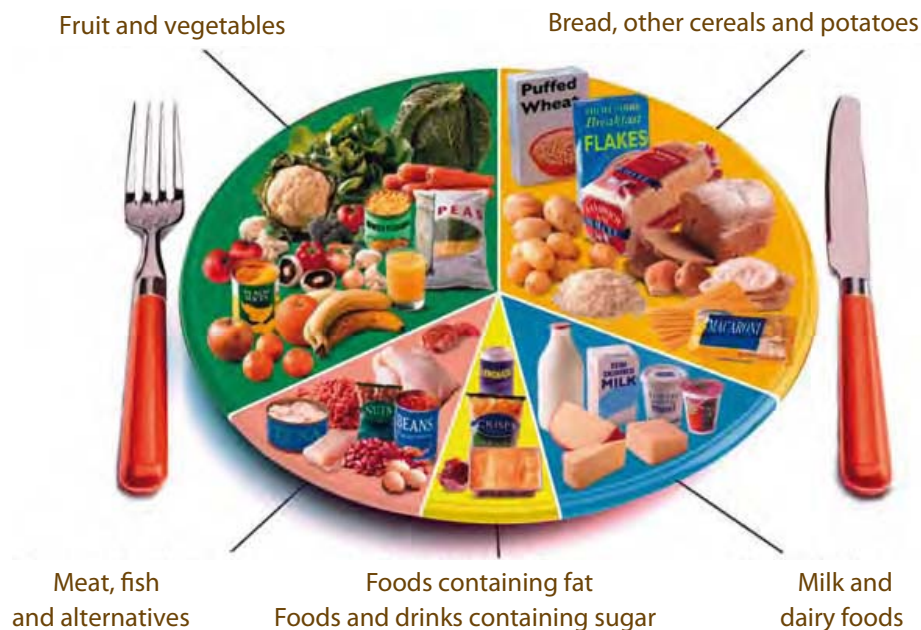
A healthy balance of foods provides the energy and nourishment everyone needs to survive and to enjoy life. Eating too little food soon leads to illness, but eating too much or the wrong balance of foods can lead to health problems in the long term. So it's important to get the balance right – both in the amount and in the type of foods you eat.

It is also important to say at this stage that the preparation of food can affect its nutritional value, for example:

- Breakfast cereal or strawberries with sugar sprinkled on are not as good for you as without sugar on.
- Deep frying potatoes in fat makes them very unhealthy, but if you cook chips in the oven then they can contain less than half the fat of chip-shop chips.
- Fried rice contains more fat than boiled rice.

Show the class a picture of the 'Balance of Good Health' food plate (see image on next page) and explain that it shows pictures of the five different food groups split up as a proportion of how much of them we should eat.

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There are five main groups of valuable foods

Name each section, giving examples of the types of foods found in them and explain why they are important (as below).

As you name each section, ask the children if they can come up with their own examples of foods they eat that fit into each particular food group.

Fruit and vegetables – these are very important for a healthy diet. They provide us with fibre and minerals that keep us healthy and help us to fight infections. We should try to eat at least five portions of fruit and vegetables a day.

Bread, cereals and potatoes – these are starchy foods that help give us energy. Potatoes are a particularly good starchy food. Being a carbohydrate they give us loads of energy and also contain Vitamin C, like many fruit and vegetables!

Meat, fish and others – these are proteins that are important to help us grow. We should try to eat a moderate amount of these every day.

Fats and sugars – this type of food gives us energy, but we must get the balance right. We should eat them sparingly.

Milk and dairy – these are proteins. They help us to grow and keep our bones and teeth strong and healthy. We should eat a moderate amount of these every day.

Tell the children that it's now their turn to make a healthy meal.

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Using ICT:

Show the children how to play the Hit the button' game in Module 4 of the Students section on the IWB.

If ICT is unavailable:

Either individually, at the front of the class, or in groups: use the pictures you have cut out from magazines or the ones supplied and tell the children to choose five items from the choices given to make a balanced meal.

Once the children have made their choices they can stick them on the plate to make their balanced meal.

If the children have made a balanced meal, congratulate them and show the rest of the class. Unbalanced meals can also be shown to the class and the children could be asked why they think that it is not balanced.

Give suggestions of how the children could improve their choices.

(see image on next page)

Give Activity Sheet 1 to the children and explain how to fill it in.

Design: Here is a list of foods in each category for you to choose from:

Bread Cereals and Potatoes:

Oven Chips, Boiled Rice, Pasta / Spaghetti, Jacket potato, noodles, cous-cous, brown bread, plantain.

Fruit and Vegetables:

Apple, orange, pear, strawberry, raspberry, banana, mango, pineapple, melon, fresh fruit juice (not cordial), peas, carrots, tomatoes, salad, aubergine, green beans, red peppers, mushrooms, parsnips, swede, butternut squash.

Meat, Fish and alternatives:

Steak, roast beef, chicken, pork chops, lamb cutlets, kangaroo steak, sausages, fish fingers, salmon, cod, kippers, plaice, scampi, prawns, crab, eggs, lentils, tofu, nuts, beans and pulses.

Milk and Dairy Foods: Milk, cheese, yoghurt.

Fatty and Sugary foods: Fried Chips, doughnuts, sugar, sweets, chocolate bars, mayonnaise, butter, cream, fizzy drinks, cake, chocolate biscuits, jam, crisps.

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My Balanced Meal

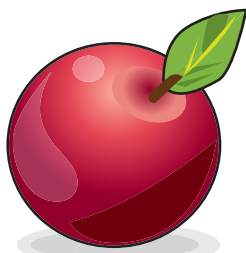


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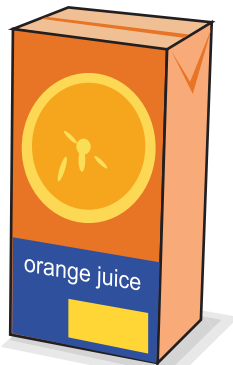
Hit the button' game



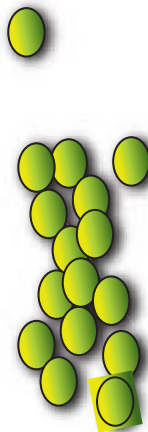
Apple



Fruit juice



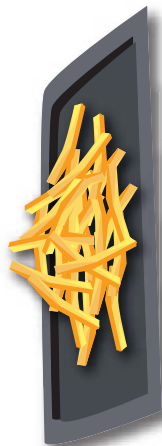
Peas



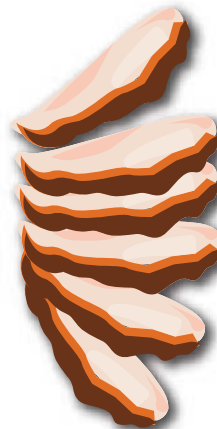
Lamb chops



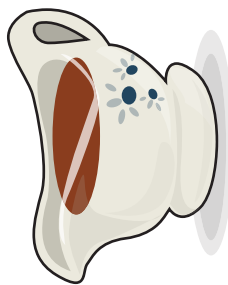
Oven chips



Chicken



Sauce



Fried chips



Banana

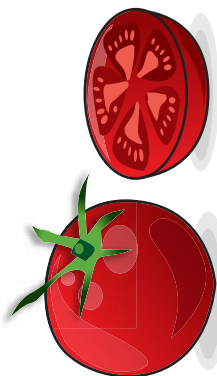


The Potato Story

Hit the button' game



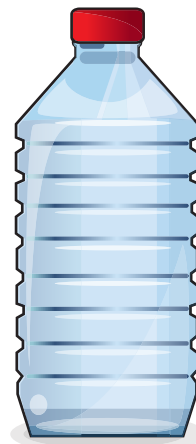
Tomato



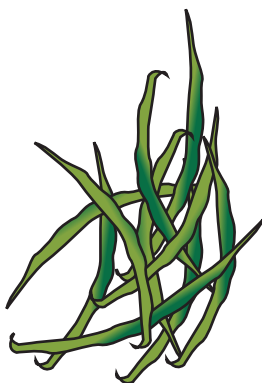
Cucumber



Water



Runner beans



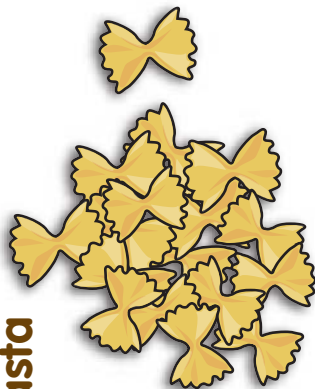
Carrot



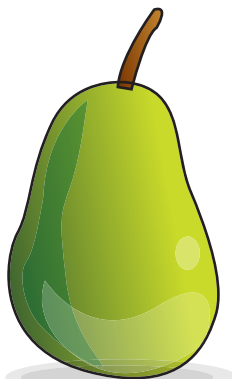
Mayonnaise



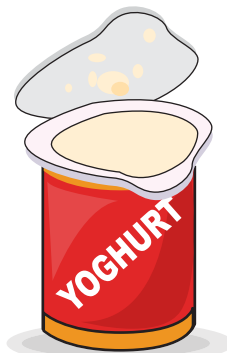
Pasta



Pear



Yoghurt

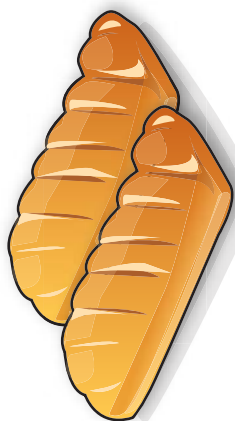


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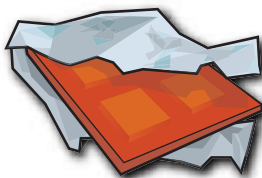
Hit the button' game



Sausage roll



Chocolate bar



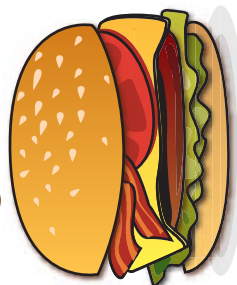
Crisps



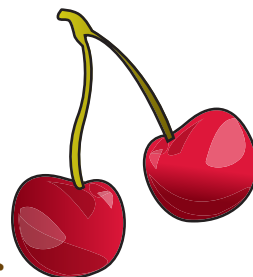
Fizzy drink



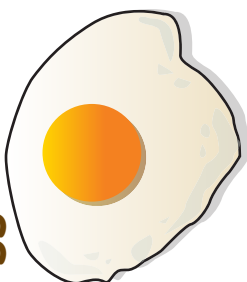
Hamburger



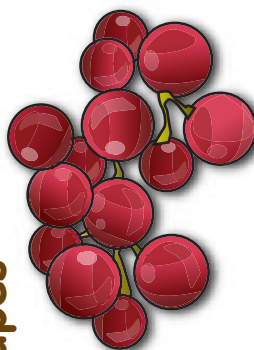
Cherry



Fried egg



Grapes



Ice cream



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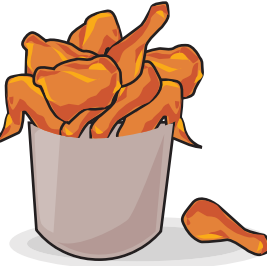
Hit the button' game



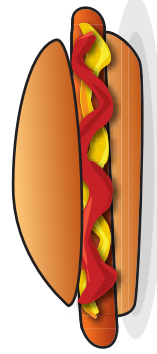
Baked beans



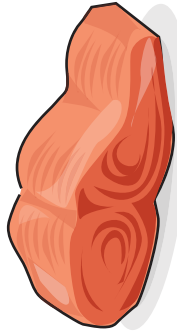
Chicken wings



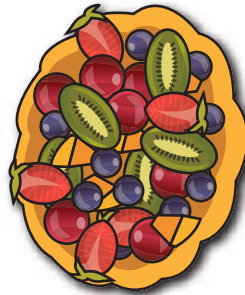
Hot dog



Salmon



Fruit salad



Ketchup



Baked potato



Milk



Pizza

