

Healthy and Balanced Diets Lesson Plan	
Subject	Appropriate age group
Healthy and balanced diets: what it is, different diet types, and 8 tips for healthy eating based on NHS guidelines.	7-11 yrs.
Learning Objectives	Resources
<ol style="list-style-type: none"><li>1.) Describe what a healthy and balanced diet is.</li><li>2.) Describe what (calorie) energy is.</li><li>3.) Describe the eight tips for healthy eating.</li><li>4.) Discuss different diets that people may follow.</li></ol>	PowerPoint presentation An activity sheets x2 Recipe Card Nutrition factsheet poster and infographic (can be displayed at schools).
Teaching Input	
<ul style="list-style-type: none"><li>• Discussing and educating children on what a healthy and balanced diet is important to get them to recognise what variety of foods match these criteria. It is important to emphasis that all foods have a place in our diets. Don't use demonising language like 'good' or 'bad'.</li><li>• Focusing on energy allows children to understand calories and the energy balance. (Activity has not been mentioned in the slides but can be mentioned verbally. try not to equate exercise to just burning energy. Activity contributes to heart health, muscle, and bone strength, improves mood and boosts energy levels =good for health).</li><li>• Encourage the children to think about their favourite food and drinks or meals, and the positive memories and emotions they feel around them. Can write ideas on a board and have a nice discussion.</li></ul> <p>Key messages</p> <ul style="list-style-type: none"><li>• This lesson PowerPoint is best delivered after the Eatwell guide, as children will be able to recognise the components of a healthy diet and this PowerPoint leads to further discussions.</li><li>• Discussing different diets and food preferences should encourage children to consider how we are different and unique. How culture, family and friends, own preferences, religion, and habits influence our food decisions.</li></ul> <p>LESSON ACTIVITY</p> <ul style="list-style-type: none"><li>• Reflection on what a healthy and balanced diet is.</li><li>• Peak inside my diet. Discuss favourite foods and food memories.</li></ul>	