

My Healthy Lunch

Topic

Healthy eating

Learning outcomes

- Use food vocabulary and identify some food categories
- Use simple phrases to say what food you like / don't like or can / can't eat
- Use simple phrases to describe a past or future lunch e.g. I had / I'll have ... for lunch.
- Some learners can give examples of healthy food choices and say why they are healthy

Age and level

5-8 (A1)

Time

Approximately 50-60 minutes

Materials

- The 'My Healthy Lunch' template (optional)
- One die per small group of learners
- Coloured pencils, pens or crayons (optional)

Introduction

In this lesson children draw a lunch setting and then play a dice game to decide what to eat from a selection of foods which include many healthy choices. This game can be played as part of World Food Day, which is celebrated on the 16th of October each year or whenever you cover the topic of food or healthy eating with your young learners.

Teachers can project or display the accompanying materials. The lesson provides options for teachers who do not have these facilities.

Procedure

Before the lesson	<ul style="list-style-type: none"> • If you are projecting / displaying the template, have your computer ready. • If you are going to draw the template yourself, prepare a copy to use in the lesson. • It may be useful to consult local guidelines about healthy eating before teaching this lesson so that you can help learners understand healthy food choices.
1. Warmer (10 minutes)	<ul style="list-style-type: none"> • Tell your learners that they are going to play a food guessing game. You will draw food on the board, and they must guess what it is. • Divide the class into teams, then draw different items of food and drink on the board. Teams which guess correctly win points. The team with the most points at the end wins the game. • Some simple-to-draw examples: apple, banana, pear, watermelon, cherries, burger, sandwich, chicken leg, fish, soup, water, milk, juice, rice, beans, tomato, carrot, salad, bread, cake, yoghurt, biscuits. • With stronger classes, get them to put the foods into categories, e.g.: fruit, vegetables, meat, drinks, desserts. <p>Note: The game will remind your learners of food vocabulary. It will also prepare them for the lesson by showing them how easy it is to draw food. Your learners will love this game even more if you're not fantastic at drawing!</p>
2. Preparing for a game (10-15 minutes)	<ul style="list-style-type: none"> • Find the picture on the 'My Healthy Lunch' template. Display the template by projecting it onto the board or via an interactive whiteboard. Alternatively, draw the template on the board. Learners copy the template into their notebooks. • Explain that they are going to play a dice game and that it is important that the numbers 1-6 are written on their templates. • Point to each number and ask learners to give some examples of what could be eaten or drunk for each one. They should suggest food and drink which they are familiar with. Here is an example: 1 apple, banana 2 carrots, peas 3 chicken, beans

	<p>4 bread, rice 5 water, juice 6 yoghurt, ice cream</p> <ul style="list-style-type: none"> • Ask learners to tell you if their suggestions are healthy or not. Depending on their level, some learners may need to use their L1 for this. Be aware that some children may eat or avoid certain foods for cultural or religious reasons, or because of allergies or food intolerances.
3. Instructions for a game (5-10 minutes)	<ul style="list-style-type: none"> • Explain that learners are going to play a game in groups. They will take turns to roll a die. Each time they roll the die, they must choose a food option that corresponds to that number. For example, if they roll a 5, they should choose a drink and draw it in the template. • If necessary, demonstrate a few examples by rolling a die and choosing and drawing food items onto the template on the board. • For the game, learners can use the options previously written on the board, or they can choose others.
4. Playing a game (10-15 minutes)	<ul style="list-style-type: none"> • Organise learners into groups of 4-5. Give each group of learners a die. Check that each learner has a copy of the template with numbers 1-6. • Learners take turns to roll the die and draw food and drink choices next to the numbers on the template. If they roll a number and they have already drawn something, they must miss a go until they roll a number they need. The learner who completes their healthy lunch first is the winner in their group. • Learners keep playing until everyone has completed their healthy lunch. Early finishers can colour their pictures while waiting for the others. Move around the room asking children why they have chosen certain foods and which of the foods they like or don't like. • Learners compare the meals they've chosen and say which food options they like and don't like, or foods they can / can't eat. Encourage them to use English for this: I like / prefer ...; I can't eat ...
5. Extension (10-15 minutes)	<ul style="list-style-type: none"> • Ask learners to quickly draw what they had or will be having for lunch today. If they can't remember or are not sure, they could draw a picture of their favourite or ideal lunch.

	<ul style="list-style-type: none">• Invite some learners to say some of the healthy things they had / will have or like to have for lunch. Encourage learners to use English e.g. I had / I'll have / I love...and write the words on the board.• With stronger classes, ask them why the food is healthy (e.g. it has a lot of vitamins, it helps to build bones). Ask learners to compare the meal they made from the game with a typical lunch that they eat. <p>Note: Learners may not have much choice about what they have for lunch, or whether their food is healthy or not. Try to make this activity general and avoid focusing on the choices of individual learners.</p>
Extension activities	<ul style="list-style-type: none">• Research typical school lunches around the world. In groups, learners make posters to show different lunches (e.g. Japan, USA, Spain and Nigeria all have very different lunches). Display the posters on the classroom wall or in corridors.

Contributed by

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