

Every Day Food

Curriculum Links:

SPHE - Strand: Myself **Strand Unit:** Taking Care of my Body

Mathematics - Strand: Early Mathematical Activities **Strand Unit:** Classifying

Learning Outcome:

Pupils identify foods that you can eat every day and foods that you can eat only occasionally if you wish to for a balanced diet. Pupils will be familiar with the characteristics of balance in the diet through this activity.

Teaching Notes:

Pupils will be familiar with the food groups and recommended portions from the food group presentation. This lesson will work well as a follow on activity.

Teachers can print, laminate and cut out the food in advance of the class. Each pupil will be given a sheet and asked to sort the food into food I can eat 'everyday' and food I can eat 'occasionally'. Alternatively pupils could draw the food directly onto the sheet. Older pupils can write the words. There is a powerpoint lesson available online that could suit a group discussion for younger classes.

Discussion Prompts

We have made the every day box on the left bigger because pupils need lots of these foods to keep their hearts happy. The items on the right are not required as part of a healthy balanced diet but if we wish we can have them occasionally. Place an emphasis on foods you could have every day in the lunch box.

Mindful consideration

In line with best practice and to encourage healthy eating habits we recommend moving away from using good/bad when discussing food. We also recommend against using the word treat. Using the word treat can make a food more desirable to children. We do not want to demonise or elevate any foods through our choice of language.

When discussing food we recommend using 'foods we should eat every day' and 'foods we eat less often if we wish to' or 'foods we eat occasionally'.

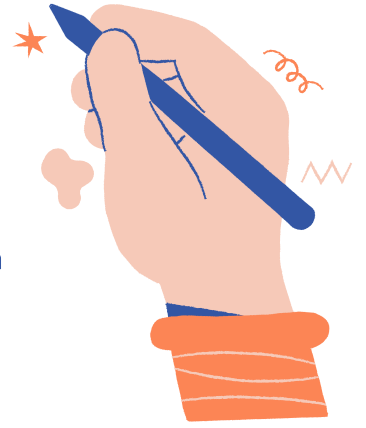
Foods we eat every day include fruit & vegetables, low fat milk/cheese, wholegrain bread, pasta, rice, beans, peas, white meat e.g. chicken and turkey.

Foods we should eat less often if we wish to include food at the top of the food pyramid that is high in fat, salt and sugar such as chocolate, fizzy drinks, sweets, pizza.

We recommend focusing food discussion in this way as opening it up to 'food I like' or 'favourite food' without boundaries can result in discussion on food at the top of the food pyramid such as fast food or confectionery.



WHAT FOOD CAN I HAVE EVERY DAY?



Some foods are important to eat everyday and some you can eat occasionally if you wish to. Sort these foods into the correct category.

Cut and paste the sheet attached or draw the food into the correct box.

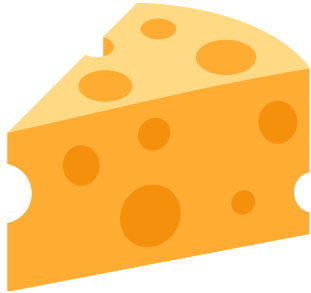
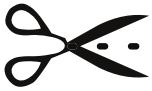
Every Day

Occasionally



What food can I have every day?

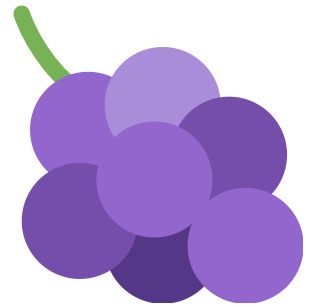
Every day or occasional?. Cut out and place in correct box.



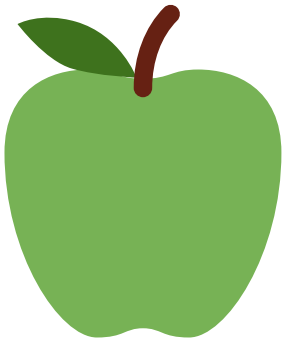
Cheese



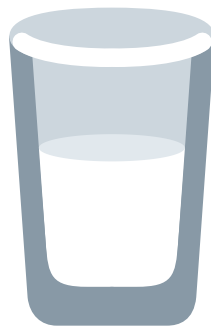
Fizzy Drink



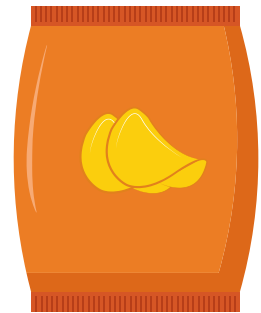
Grapes



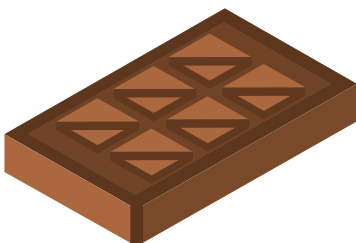
Apple



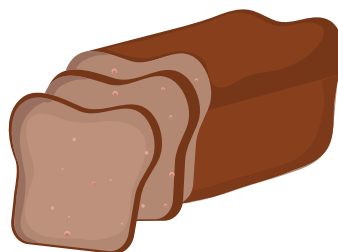
Milk



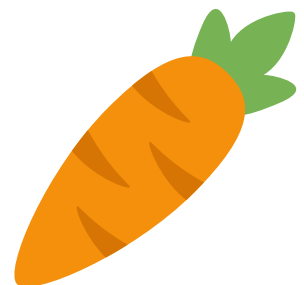
Crisps



Chocolate



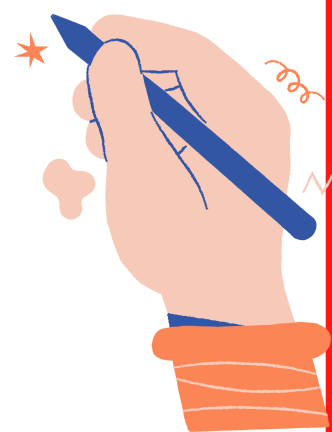
**Brown
Bread**



Carrot



WHAT FOOD CAN I HAVE EVERY DAY?



Some foods are important to eat every day and some you can eat occasionally if you wish to. Sort these foods into the correct category.

Write the word inside the correct box.

apple

milk

chocolate

cheese

carrot

fizzy drink

grapes

crisps

icecream

brown bread

EVERY DAY

OCCASIONALLY

