



Nutrition Lesson Plan 2

Main focus of activity:

- To ask pupils to analyse a menu to see if it meets the RDA for all of the major food categories

Learning objectives:

- To be able to add positive integers
- To be able to add positive decimal numbers
- To be able to apply inequalities correctly
- To be able to show data in the form of bar charts (pie charts for more able)

Links to curriculum: Links to the maths curriculum are as follows

- Adding positive integers
- Applying inequalities
- Constructing and interpreting bar charts

Activity outline:

Introduction

- The students are split into pairs and must work collaboratively to analyse the prepared menus.
- The activity can be introduced via the flipchart where a demonstration of how we calculate the daily intake of certain food categories is demonstrated.
- Pupils will probably need to analyse three prepared menus and justify which provides the most healthy option. (Teachers are encouraged to create their own menus to specifically suit their pupils)

Starter

Can we always tell what a good diet looks like?

The prepared flipchart demonstrates how to calculate the total number of calories for the first lesson.

Main

In the main part of the lesson pupils are asked to analyse all three of the menus. Pupils need to take into account all of the measurements and represent how close they are to the RDA's using inequalities. (This builds on skills from lesson 1)

In addition pupils are expected to show how the menus compare by visualising the data using bar charts. (pie charts can be used for more able students)



Nutrition Lesson Plan 2

By visualising the data it will make the final presentation much easier for pupils as they will be able to quickly show which menu is closest to the RDA.

Plenary

Whose menu is best?

Pupils need to present how they calculated the best menu in relation to RDA's. The visualisation of data is expected in the pupil's presentation.