



Nutrition Lesson Plan

Main focus of activity:

- To ask pupils to create a healthy menu.

Learning objectives:

- To be able to add positive integers
- To be able to add positive decimal numbers
- To be able to apply inequalities correctly

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

- Adding positive integers
- Applying inequalities

Activity outline:

Introduction

- The students are split into pairs and must work collaboratively to create their menu.
- 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 have several attempts before they get their menu right. Pupils should understand that it is highly unlikely that they will come up with the optimal solution first time.

Starter

Why is a healthy diet important? Can we improve our performance (mental and physical) just by changing what we eat?

Video clip showing the importance of nutrition

The prepared flipchart also introduces how we can use information from food labels to work out if we are consuming close to recommended daily allowances.

Main

In the main part of the lesson pupils are asked to design their own menu. The menu is made up of breakfast, lunch and dinner (although teachers may wish to change this to include five eating opportunities). Each pair of pupils must agree the combinations of food for their meals and calculate the total number of calories as well as all of the other criteria.

In the resource pack there are graphics which show the recommended daily allowances and foods with their dietary information. (Teachers may want to limit the



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number of foods available to shorten the task, or add more foods to increase the length of the task)

The good thing about this activity is that pupils should arrive at different answers based on several factors. Their personal preference, how close the foods they pick take them to their recommended daily allowance. It is important to stress that the recommended daily allowance is not supposed to be over or under but as close as possible to the RDA (recommended daily allowance). Students should demonstrate whether they are under or over the RDA using inequalities correctly.

Plenary

Whose menu is best?

Pupils need to present their menu to their peers showing both mathematical accuracy and culinary flair. Teachers may want to decide which pair is best or they want to involve other pupils in the assessment process. (This activity can work well using large A3 sheets to plan menu on as all the working out can be shown in one place)