



Lesson plan for teachers

Nutrition lesson 2: The balanced plate



Learning intentions

- ★ To explore the Government Eatwell Guide and understand how to create a balanced meal
- ★ To understand the proportion of different foods needed for a balanced diet

Key messages

- ★ The balanced plate is made up of roughly 40% fruits and vegetables, 40% carbohydrates, with the remainder split between protein and dairy, and a very small amount of healthy oils. Treats are for special occasions.
- ★ Don't supersize
- ★ Drink more water

Before the lesson

- ★ Read through the message in full (see **Nutritional messaging for children**, page 4)
- ★ Print one copy of the nutrition graphic per pupil
- ★ Create a display using the balanced plate image, the Government Eatwell Guide and images or examples of balanced meals to show the children
- ★ Gather enough paper plates and markers for the entire class

Running order

- 1 Welcome children to the classroom
- 2 Introduce learning intentions
- 3 Recap The five food groups (level 1, lesson 1) with the class
- 4 Explain the balanced plate and cover the key messages
- 5 Give each child a paper plate and marker pen
- 6 Ask the children to draw what they had for their last lunch at school onto the plate (make sure the children put their names on the back)
- 7 Collect up the plates and pick out a few at random, then discuss which ones are a good example of a balanced plate, which ones need improvement and how they think this could be done
- 8 Recap the key messages at the end of the lesson, answering any extra questions the children may have

Plenary

My ideal balance:

Using pictures from magazines and newspapers, create a table mat collage of your ideal balanced plate