

Understand Healthy Eating and Living

Subject(s): Family Life Education, English

Year(s): 9

Learning intention(s):

Students recognise the importance of eating nutritional foods to keep them healthy.

Mapping to curriculum:

Strand

- Family Life Education – Community Health
- English – Writing and Shaping

Learning outcome(s):

Family Life Education

- Know the importance of foods with nutritive values
- Compare the benefits of traditional and cultural nutritious foods with pre-packaged foods
- Advocate for healthy and safe nutritional practices in the school canteen and generate support for locally grown foods
- Practice healthy eating habits through school and home gardening

English

- Text types: everyday communication and literary texts
- Language learning processes and strategies

Lesson Instructions

Activity 1: Family Life Education

1. Students write about a meal they recently ate, noting all the food that made up the meal.
2. Each student selects 6 foods that were part of the meal and organises them into categories:
 - Category 1 – Health (Vegetables and Fruits)
 - Category 2 – Energy (Carbohydrates)
 - Category 3 – Body Building (Proteins).
3. Students share their lists with the rest of the class and answer the following questions for each food:
 - whether the food is locally grown or imported
 - how much packaging the food comes with
 - which foods have more nutritive value than others
 - why and how the food contributes towards a healthy diet.
4. The teacher displays a diagram/table of the three food groups on the board or classroom wall (see example overleaf).
5. The teacher facilitates a discussion about the importance of including foods from each food group in individual and family meals. Also discuss the importance of nutrients such as water and dietary fibre, vitamins, and minerals.

Activity 2: English

3 Food Groups

Fiji's Guide to Healthy Eating

Health

Energy

Body Building

Eat a variety of foods from each group every day

Protects the body from diseases

Provides energy to the body

Helps build and repair the body

