

Wednesday 3<sup>rd</sup> March

Class 3 Science

Last week, Mr. Cash asked you to look at the diets of members of the Teignford hockey team. This week, your task follows on from that information/research.

By the end of this learning activity, you should be able to:

LO: I can classify different foods according to their group (e.g. carbohydrates, proteins, dairy and fats).

LO: I know the nutritional properties of each food group and the importance of limiting fats and sugars.

LO: I can use my knowledge of nutrition and the 'Eatwell' plate to design a balanced meal for a member of the hockey team (and hopefully improve their health and performance!)

Welcome back to all the Teignford hockey team health and fitness coaches!

First of all, grab your notes and graphs from last week so you can recap on our players and what we know about them so far.

What sort of advice do they need and what have you found from the food survey questions on sugar and 5-a-day?

It seems all the players are going to need to reduce their sugar intake and increase their fruit and vegetable portions! But they are going to need some more detailed help from us if we are going to give expert scientific advice to help them win the league cup.

What else do our players need in their diet? See if you can chat through this with your adult helper at home.

Our hockey players (and all of us) need to eat the right types and right amounts of nutrition if they are to stay healthy.

Let's find out about the different types of food. Watch this useful film clip:

<http://www.bbc.co.uk/education/clips/zytimp3>

Which food groups did Amanda mention? Well done if you said: carbohydrates, proteins, sugars and fats.

Let's find out a bit more about them. Have a look at the Science Healthy Eating Lesson 2 Powerpoint.

Talk with your adult helper to check you understand what the Eatwell plate is and how we can use it to help us eat a balanced diet.

**Task** – Your task today is to create a Eatwell Plate for your hockey player's information folder using the 2 resource sheets provided by cutting out, sorting and sticking down the food items and then labelling the sections.

You may want to look back at slide 11: *What is a balanced diet?* to use as a reference. Your Eatwell Plate will really help your hockey players understand the proportions of each food group needed to eat a balanced diet.

Now look at the team member's information folder. Take a look at your chosen player's food table. Discuss their diet with your adult helper. Remember what you discovered about their sugar intake and portions of fruit and veg and what you know about the Eatwell Plate. Is it balanced? I think it will really help the Teignford hockey players to see some good examples of balanced meals. So let's create some model balanced meals for them!

Look at the Task Powerpoint for today. This explains what you need to do for today to show what you've learnt. DO NOT WORRY if you cannot use materials – simply draw your meal designs instead!

I look forward to seeing your meal designs on Class Dojo!

Well done for working hard, and tomorrow afternoon we will continue with art (I will try to do a video if I have time!)

Mr. Smith

