

Work for Foundation Subjects

Week commencing 1st June 2020

Key stage 3 - Years 10 and 11



Theme of the week

Healthy eating



In this topic we will explore:

- The benefits of a healthy diet
- The five food groups and how much to eat of each (The Eatwell plate)
- The consequences of eating an unhealthy diet

Choose some of the tasks to do below:

Can you write down your own definition for the word 'unhealthy'.

Look at the list of healthy and unhealthy foods - Choose 3 to 5 unhealthy items. Find out why they are unhealthy, how many calories they have and why you should only eat them sometimes.

What healthy foods do you enjoy and eat regularly?

Can you find 5 healthy foods/snacks in your kitchen and draw and label them? Could you find out the nutritional information for each one? Fat, Calories, Sugar etc?



Create a fact sheet for young children with 10 tips for eating healthily.

You could use paint, crayons, felt tips or anything else

Could you make something with healthy foods you have in your kitchen? Perhaps you could make a healthy dinner for your family. You could create a menu. Remember to add pictures of what you make with your family.



Can you come up with a healthy song or rap?

Take a close up shot of an item of fruit or vegetable.

Draw a picture of your close-up image adding colour to make it stand out.
Check out some of the images attached to this pack.

Complete a healthy eating journal for the week, based on all the fruit and vegetables you eat.

Healthy Oven Chips Recipe

Potatoes - peeled and cut into thick chips
1 tsp of olive oil
Salt and pepper



1. Pre-heat the oven to 220C/Gas 9
 2. Boil the chips in salt water for 4mins. Drain them in a colander.
 3. Tip them onto a baking tray and drizzle over the oil. Season with salt and pepper
- Bake for 20mins. Turn them and season again. Bake for another 15mins

What other food could you add to this, to make it a balanced meal?



What jobs can you think of that make and serve food?

Make a list of jobs where people have to deal with food.

Which of these jobs do you think you'd like to do?

If you have a computer – you could:

Use it to create poster (You format it with the skills you have learn in ICT lessons).

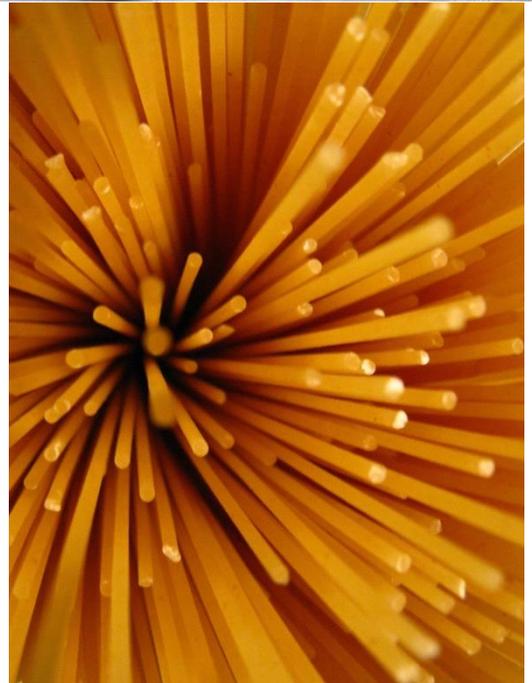
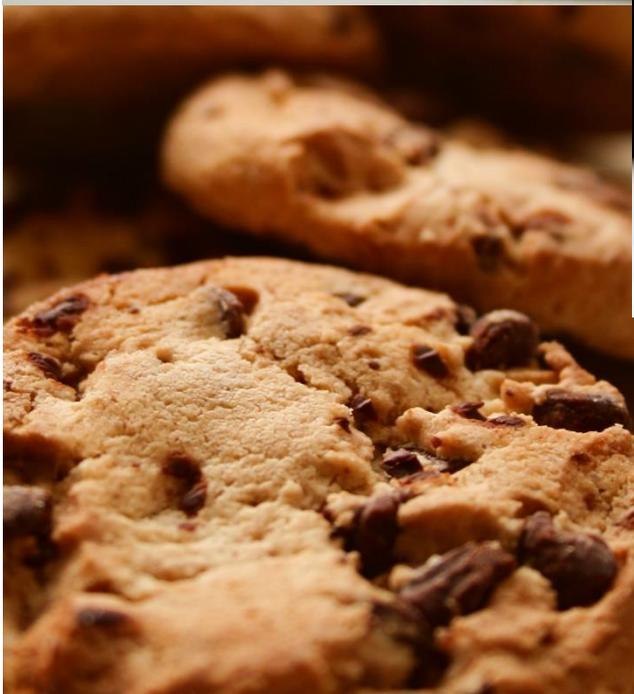
Use it to make a PowerPoint about the topic or additional research.

Useful websites:

Healthy eating quiz - <https://www.highspeedtraining.co.uk/hub/healthy-eating-quiz-kids/>

5 short healthy video clips - <https://www.bbc.co.uk/bitesize/topics/zv4cwmn/resources/1>





Food Photography

Close-Ups



Activity to complete

Choose 3 to 5 unhealthy items. Find out why they are unhealthy, how many calories they have and why you should only eat them sometimes.



Healthy Eating Journal



Think about all the different types of fruit and vegetables you eat during the week. Record them in the table below.

Day of the week	Fruit and vegetables
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Extension: Write down what the term '5 a day' means. Include why it is important to have 5 a day. What are the benefits of this?

Do you think you eat '5 a day', produce a tally chart based on how many items of fruit and vegetables you eat everyday for a week.