

Part 10: Planning a healthy meal

Age 8-9

THEMATIC STATEMENT

God is Provider

Having Jesus in our life is just as important as having food and water. While God provides delicious food from His creation, He also provides spiritual food, the word of God, which is the Bible. God is the sustainer of life.

AIM

To encourage children to explore new possibilities for healthy balanced meals.

OBJECTIVES: The student will -

Knowledge & Understanding Objectives

- understanding the importance of table-eating.
- understand the components of a balanced healthy meal.
- understand food balance according to the food pyramid.

Skills & Process Objectives

- explain the disadvantages of random snacking compared to food planning.
- identify healthy and unhealthy possibilities within the food pyramid.
- design a healthy balanced meal.
- select foods for a healthy breakfast and school lunch.

Attitudes & Values Objectives

- understand the importance of doing their best to maintain a healthy lifestyle.
- appreciate the value of healthy food.
- recognize that provision comes from God.
- value the family meal time.
- understand the importance of spiritual food.

BIBLE STORIES AND KEY PASSAGES

1	Mark 6:30-44 - The loaves and the fishes
2	John 6:47-58 - Jesus the bread of life
3	Matthew 4:4 - Man shall not live by bread alone. (Jesus goes into the desert).

MEMORY VERSES

1	1 Peter 2:2 - As new-born babies need milk, we need God's word as our spiritual food.
2	Psalm 119:105 - Your word is a lamp to my feet and a light to my path.
3	John 6:35 - Jesus said, "I am the bread of life. Whoever comes to me will not be hungry."

ACTIVITIES

week	Learning and Teaching Activities
1	<p>Discussion: What is a 'main meal' and when do we eat it? When does your family come together for a meal? What do you like about family meal times? Why is it better to eat at the table rather than in front of the TV? What do we mean by a balanced meal? What are your family favourites? What are 'processed' and 'unprocessed' foods?</p> <p>Draw the family table. Where does each member of the family usually sit?</p> <p>Classify foods Take a piece of paper and make two columns: plant foods and animal foods. Make a list of healthy foods in each group.</p> <p>Activity Sheet 10a – The food pyramid Children can draw a large food pyramid, filling each section with the best foods, leaving out highly processed foods like white bread, white, flour, sausages, pastries etc.</p> <p>Activity Sheet 10b – A healthy food pie</p> <p>Draw a healthy main meal Children can draw around a dinner plate and draw a healthy meal inside the circle or alternatively, draw a meal on a paper plate.</p> <p>Make some mock meals Children can draw or cut out healthy food items from food catalogues. These can be arranged and glued on to paper plates.</p>
2	<p>Discussion: What makes a healthy breakfast?</p> <p>List and draw a healthy breakfast Children can divide the paper into two columns. On one side, list or draw their usual breakfast. On the other side, they list or draw their ideal breakfast. (What changes could be made to make the breakfast healthier or more balanced?)</p> <p>Make some breakfast foods (See recipe section)</p> <p>Make a place mat with a healthy food design.</p>
3	<p>Discussion: What makes a healthy school lunch? What is the best type of bread? What are some healthy snack foods? When should we snack, and what is wrong with snacking for a long time? e.g. snacking while</p>

watching TV. and snacking from the time we get home from school until dinner time.

Design a healthy school lunch

Discuss some different kinds of healthy foods to be included. Encourage children to think of some more unusual foods like nuts and seed mix; raw vegetables and home-made dip; soup in a flask.

Make a bar graph showing favourite fruits

- Ask children to choose their favourite fruit.
- Go through the class list and record favourite fruit next to each name.
- Collate data. e.g. 5 chose apples, 6 chose oranges etc.
- Record data in graph form by drawing a large grid.
- Write the names of favourite fruits across the bottom of the page, one fruit per square.
- Write numbers going up the left hand side of the page, one number per square.
- Draw a bar to show how many children chose the favourite fruits.

Make some healthy snacks

See recipe section.

ASSESSMENT TASKS

1	List foods for a healthy main meal.
2	List foods for a healthy school lunch.
3	List foods a healthy breakfast.

RESOURCES AND EQUIPMENT

- ingredients for a healthy breakfast.
- cutlery and plates for the meal.
- ingredients for healthy snacks.

SUPPORTING BIBLICAL DOCUMENTS

Themes for Christian Studies Level 3 God is Life

INTEGRATION WITH KEY LEARNING AREAS

Maths – draw a pie graph; draw a bar graph
Art – drawing food; collage of mock food on a paper plate.
Literacy – writing food lists