

Lesson Plan

Supervisor:	Dr LAM Bick Har	
Theme:	Healthy food & diet	
Who it's for:	K2 (20 children)	
Duration:	35 minutes	
Learning area(s):	Language, Art & creativity	
Prior knowledge:	<ol style="list-style-type: none"> 1. Children are able to identify food names. 2. Children are able to classify food in different layers (Grain, vegetables & fruits, milk and alternatives & meat, fish, egg and alternatives, fat/oil, salt and sugar). 3. Children understand what food we should eat more or eat less. 	
Learning objectives:	<ol style="list-style-type: none"> 1. Children are able to initially understand the reasons for eating different kinds of food. 2. Children are able to design a healthy lunch box (3 grains+2 vegetables +1 meat). 3. Children are able to present their ideas in a clear and coherent way. 4. Children can cultivate healthy eating in their daily life. 	
How to teach: (Procedures)		Materials needed

<p><u>Lead-In Activity</u> <u>(5 minutes)</u></p>	<ul style="list-style-type: none"> - The teacher will use video to start off with a story about the fat king, how he worried about his health <p>Story telling: Once upon a time, there was a king who was very fat. Since he was too fat, if he walked too quickly, he would sweat a lot and lose his breath. He finds it difficult to bend down to tie his shoelaces. Sometimes, he fell asleep halfway through a conversation in a meeting with everyone. The king likes to eat and drink more than doing sports. He always feels sick, so he had to see a doctor every day.</p> <p>The doctor said, "Your body is unhealthy. And you will get many diseases such as heart diseases!" He said, "Our king is too fat, oh! No! He is too fat!".</p> <p>The king was very unhappy, because he also wanted to lose weight, but he didn't know how to do it. As the king's supervisors, we need to suggest to the king what food he should eat more or eat less.</p> <ul style="list-style-type: none"> - The teacher will ask children to raise their hands and share their own experiences about what food they eat more or less in daily life 	<p>Story book 'Fat King' Video: https://www.youtube.com/watch?v=FY2pWLO8uEw&ab_channel=%E8%B1%90%E9%A5%92%E4%B9%8B%E6%B5%B7%E5%8B%95%E7%95%AB%E8%A8%AD%E8%A8%88OC EANTADS</p>
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Main Activity 1
(14 minutes)

- Teacher continues the story that the king understood what food should eat more or less
 - However, the king has questions:
~Why should I eat this category of food more/less?
 - Teacher suggests that children as the king's supervisor, they can help children find out reasons of eating different kinds of food
- Group cooperation and discussion
- Teacher first divide children into four groups based on their mixed abilities
 - Teacher will distribute each of the group a kind of puzzle pieces
 - On the puzzle pieces, there are clues of reasons of eating more or less of that kind of food
~Eating more protein food can let us have stronger body (clues: own strong arms)
~Eating more vegetables can let us defecate easier (clues: Intestine)
~Eating more grains can provide us with energy for daily lives (clues: battery)
~Eating more sugar, salt, oil will make us overweight (clues: body become fatter)
 - Children cooperate to complete the puzzle and discuss what are the reasons of eating more or less of that specific kind of food
 - Teacher invite different groups to share their opinion about benefits or disadvantage of that kind of food (protein/vegetables/grains/sugar)
 - One and a half minute will be given to each group of children for presentation
 - Teacher plays the video of each kind of food to show children the answers by watching children precede the answer
 - Teacher summarize what will be the reasons of eating more or less of different kinds of food

Puzzles



Video:
https://www.youtube.com/watch?v=vADto dHhfKU&feature=youtu.be&ab_channel=EatHappyProject

Main Activity 2
(13 minutes)

- Teacher continues the story that the king understood what the advantages and disadvantages are of eating more or less of different kinds of food
~The food King invites us to be his nutritionists and help him design a healthy lunch box

Group cooperation and discussion

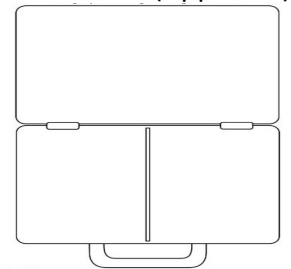
- Children will be divided into four groups based on their mixed abilities, each group will have 5 members, and design a lunch box for the food king with groupmates (draw their ideas on a healthy lunch box)
- Before they design, the teacher will ask questions on what makes a healthy lunchbox, e.g., what food we should include in the lunchbox, grains? vegetables? meat? Anything else? How much should we put?
- The teacher can use the internet to search for healthy lunch box pictures to help Children brainstorm their ideas, giving 2-3 minutes for children to brainstorm their ideas with their group mates
- After that teacher will give them worksheets, papers and crayons to draw their healthy lunch box

Small presentation

- After each group finished their lunch box drawings, the teacher will invite each group to be the king's nutritionists and share their designed healthy lunch box with the whole class
- The teacher will wear a king hat and play the role of the king
~ I heard that you have designed healthy lunch boxes for me. Thank you for your help. Can you present what foods inside your healthy lunch boxes and why you put the food on that section?
- Children will be asked to present what's inside the lunch box and why they put the food on that section
- After children's sharing, teacher will use the children's lunchbox idea, photos of healthy lunch boxes and poster to point out how we can arrange our lunch box into 6 sections and put back their lunch box ideas in to the 6 sections, summarize the principle of 3+2+1 lunch box
~ We can divide the lunch box into six sections, three sections should have grains, two sections should have vegetables, the remaining one section should have meat, you

Internet

Drawing
Worksheet (Appendix)



papers
Crayons

A king hat





















Poster of a 3+2+1 lunch box



Photo of healthy lunch box



	<p>can also add fruits in the lunch box. This is a healthy lunch box.</p>	
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<p><u>Consolidation</u> (3 minutes)</p>	<ul style="list-style-type: none"> - Teacher will ask round-up questions to summarize the lesson of today: ~What food should the king consume more? What food should the king consume less? ~What can the king be benefit through eating more/less special kind of food - Teacher summarizes the lesson: we need to implement the principle of 3+2+1 in our daily life to maintain a healthy diet, in which eating vegetables can enhance the movement of digestion, etc. Teacher asks the children to share with their parents about the principle after the class 																	
<p><u>Follow-up Exercise:</u></p>	<ul style="list-style-type: none"> - <u>Task1:</u> Children will record 5 days of their lunches in the worksheet by drawing or writing - On the following weeks, the teacher will collect the worksheet and provide opportunities for children to share with classmates in the morning assembly - If the children are able to continue to eat healthy lunches for the whole week, they will become the class healthy ambassador and will help promote healthy eating at school - Award of “I am a healthy child’ will be distributed for children that have healthy meal - <u>Task2:</u> Teacher asks children to help the king find out other methods (except eating healthy) to be healthy. - Children need to interview their families to fill in the worksheet - Children write down/draw to record suggestions of their families - The Teacher will collect the worksheet and encourage children to share ways at the lesson after the day. - Teacher will summarize methods to make one healthy and uses the result to introduce the new topic (healthy lifestyle) 	<p>Task1</p> <p>Follow-up exercise: Task 1</p> <p></p> <p>My healthy lunch</p> <p>You will record three days of your lunch either drawing or writing, and circle the answer on how you think about your lunch (healthy or not).</p> <table border="1"> <thead> <tr> <th>Date</th> <th>My lunch</th> </tr> </thead> <tbody> <tr> <td>1.</td> <td> <p>Is it a healthy lunch?</p>  /  </td> </tr> <tr> <td>2.</td> <td> <p>Is it a healthy lunch?</p>  /  </td> </tr> <tr> <td>3.</td> <td> <p>Is it a healthy lunch?</p>  /  </td> </tr> </tbody> </table> <p>Task2</p> <p>Follow-up exercise: Task 2</p> <p></p> <p>How to become healthy?</p> <p>Apart from eating healthy, are there any other methods for us to stay healthy? Try to interview your family members or friends, ask them questions on how to help the fat King King to become healthy again. Then you need to record the information (1-3 methods) either by drawing or writing.</p> <table border="1"> <thead> <tr> <th></th> <th>Methods</th> </tr> </thead> <tbody> <tr> <td>1.</td> <td></td> </tr> <tr> <td>2.</td> <td></td> </tr> <tr> <td>3.</td> <td></td> </tr> </tbody> </table>	Date	My lunch	1.	<p>Is it a healthy lunch?</p>  / 	2.	<p>Is it a healthy lunch?</p>  / 	3.	<p>Is it a healthy lunch?</p>  / 		Methods	1.		2.		3.	
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