

Year 6 Nutrition

National Curriculum objectives

Pupils learn about what constitutes a healthy diet; how to plan healthy meals; benefits to health and wellbeing of eating nutritionally rich foods; risks associated with not eating a healthy diet including obesity and tooth decay.

Key Learning

- To consider food advertising and recognise ways in which this influences choice to have a healthy diet as pupils begin to make more of their own food choices

Key Vocabulary

Advertisement: Something published on paper or online to show you a product and persuade you to buy it.

Persuasion: Tempting or pressurising someone to agree with your view.

Techniques: Tactical ways of doing things.

Equipment and Resources

- [Debate framework](#): Either print (use the download link below) or use on the whiteboard for class discussion – see the Introduction section of the lesson plan.
- [Advertising Techniques poster](#) – Display on the whiteboard or print for groups to refer to.
- Resources for making an advert. This will vary depending upon the chosen advert format but could include video cameras – or devices with a recording facility, poster paper and pens, computers.

Key Questions

Why might a celebrity endorse a product?

Can you find an advert with 'clever words' in?

Do you think fast food adverts should be banned near schools?

What influences your choices of food?

Safety

- Carry out sessions in a quiet area so that pupils can focus on their thoughts with minimal distraction