

Year 4 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 find out about the relationship between diet and exercise

Key Vocabulary

Energy: Keeps our bodies working and moving.

Calorie: A way of measuring the amount of energy contained in food.

Fats: Helps the body to absorb some vitamins, it gives energy, supports the growth of cells and keeps you warm.

Equipment and Resources

- [Nutrition Mind-map](#) – for use on the whiteboard.
- [Balanced Diet Poster](#) - for use on the whiteboard.
- A selection of popular packaged snack foods with either high fat content or high sugar or both and some healthy snack foods. Alternatively, pupils could use the websites for a supermarket that has online ordering to search for products and their nutritional content. Some suggested products are crisps, cookies, sweetened cereal, cheese strings, low fat crisps, crackers, packaged foods that the pupils commonly eat as snacks or bring in their packed lunches.
- [Calorie worksheet](#) – each pair (or individual if not working in pairs) will need a copy of this.
- [Activity calories information sheet](#)
- [Food Labelling poster](#) – for display on the board.

Key Questions

Which vegetable do you enjoy eating most?

When you can, what kinds of food do you choose?

What happens if we eat more calories than we need?

Does it matter how much we eat?

Safety

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