

# Focus on Food - A Healthy Diet

Pupils investigate what constitutes a healthy diet and keep a food diary. They use this information to create a display for their partners, which is swapped and investigated. This activity explores healthy eating and diversity.

## Activity 1 - What makes a healthy diet?

- Pupils investigate what constitutes a healthy diet.
- They make a display to illustrate this.
- This could take the form of pie-charts, drawings, diagrams of different food groups, with explanations and examples of healthy food.

## Activity 2 – The food diary

- Pupils investigate their own diets with a food diary. They keep a diary over one week.
- Pupils then examine how healthy their diet is and make recommendations for improvements. What should they eat more/less of?

## Activity 3 – Discussion and investigation

- This is then exchanged and the partner school's work examined.
- Points for discussion:
  - What sort of diet do Ethiopian pupils have?
  - How healthy is it compared with our diets?
  - What recommendations have Ethiopian pupils made?
  - How does their diet differ from ours? Is there as much variation?
  - What might cause these differences? – *climate/different staple foods/lack of money to buy expensive imports/shopping at a local market instead of a supermarket?*

### Further Work

- How about a campaign to encourage healthy eating in the school community?
- If there is a school canteen, pupils can investigate the food served there? Do they provide balanced meals? If not, what changes can pupils campaign for?

### KEYSTAGE 3 & 4 CURRICULUM LINKS

#### Science/PSHE

- Investigating and documenting
- Health, diet, food groups

#### Geography

- Appreciating the differences and similarities between people, places, environments and cultures to inform their understanding of societies

#### Citizenship

- Exploring diversity in the U.K. and the rest of the world
- Power of the individual to encourage positive change

#### English

- Choosing appropriate language for context and the competent conveying of meaning through writing
- Analysing texts
- Discussion