

## Grade 4

## Lesson 4

### Lesson plan

Lesson theme	Plan a healthy eating day	Grade	4
Duration	40 minutes	Date/week	
Context			
<ul style="list-style-type: none"><li>Improving eating habits</li><li>Ways in which to improve health and wellness.</li></ul>			
Linking with previous lesson		Linking with next lesson	
<ul style="list-style-type: none"><li>Revision of the 5 food groups and planning healthy meals.</li></ul>		<ul style="list-style-type: none"><li>Learning how to lead a healthier lifestyle.</li></ul>	
Core knowledge			
<ul style="list-style-type: none"><li>Knowledge of the 5 food groups</li><li>Understand the concept of the Food-based Dietary Guidelines (FBDGs).</li></ul>			
Learning activities and assessment			
Group work:			
<ul style="list-style-type: none"><li>Discussion: Revise the 5 food groups, introduce the concept of the Food-based Dietary Guidelines (FBDGs) and link them to the food groups, and revise the indigenous foods of South Africa.</li></ul>			
Individual work:			
<ul style="list-style-type: none"><li>Learners do the worksheet for lesson 4 and plan a healthy menu for a day.</li></ul>			
Forms of assessment		Resources	
<ul style="list-style-type: none"><li>Oral/discussion</li><li>Worksheet.</li></ul>		<ul style="list-style-type: none"><li>Coloured pencils</li><li>Activity sheet for each learner</li><li>Worksheets.</li></ul>	
Expanded opportunities		Teacher reflection	
<ul style="list-style-type: none"><li>Learners can share their chosen meals for the day with their families, or have a healthy eating day at school where they share their meals with other learners.</li></ul>		<ul style="list-style-type: none"><li>The activity shows learners that the planning and eating of healthy meals can be fun.</li></ul>	

## Grade 4

### Lesson 4: Plan a healthy eating day (40 minutes)

#### 1 Outcomes

By the end of this lesson the learners should be able to plan a healthy menu for a day that includes all 5 food groups and at least 1 meal that contains an indigenous South African food.

#### 2 Teacher's corner

Make sure you know the Food-based Dietary Guidelines (FBDGs) and food groups for lesson 4. You can find detailed information on these food classifications in the teacher's information guide.

The learners should work individually in lesson 4. You can even organise a healthy eating day at school to make the activity more fun.

#### 3 Activities

For lesson 4 you'll need coloured pencils and an activity sheet for each learner.

##### Activity 1: Plan a healthy eating day

###### Introduction (10 minutes)

- Revise the food groups
- Introduce the concept of the Food-based Dietary Guidelines (FBDGs) and link them to the food groups
- Revise the indigenous foods of South Africa.

###### Main part of lesson 4 (25 minutes)

- Tell the learners that they must plan a healthy menu for a day including breakfast, lunch and supper
- Hand out the worksheets to the learners
- They must include all 5 food groups and refer to the FBDGs
- They must also include at least one meal that contains an indigenous South African food
- Tell the learners to draw each meal they have planned and write what the ingredients of the meals are next to the drawing.

#### 4 Wrap-up (5 minutes)

Make sure that the learners have included all 5 food groups in their menus and that it is in line with the FBDGs.

Encourage the learners to share their chosen meals for the day with their families.



Grade 4

Name: \_\_\_\_\_

## Worksheet: Grade 4, lesson 4

### Task 1: Plan a healthy eating day

- Plan a healthy, balanced breakfast, lunch and dinner for the day
- Remember to include all the food groups and refer to the Food-based Dietary Guidelines (FBDGs)
- Include at least 3 vegetables and 2 fruits in your menu
- Draw each 1 of your meals and list the foods that make up the meals
- Include a drink at each meal.

	My healthy menu	Ingredients	Drawing
Breakfast			
Lunch			
Supper			