

Grade 8

Lesson 10

Lesson plan			
Lesson theme	Portion distortion	Grade	8
Duration	40 minutes	Date/week	
Context			
<ul style="list-style-type: none">Health promotion.			
Linking with previous lesson		Linking with next lesson	
<ul style="list-style-type: none">Learners integrate the nutrition and physical activity knowledge gained in the previous 4 lessons.		N/a.	
Core knowledge			
<ul style="list-style-type: none">The theoretical base for this lesson is the same as for the first 4 lessonsUnderstand the concepts of ‘portion size’ and ‘calories’.			
Learning activities and assessment			
<ul style="list-style-type: none">Learners discuss the concepts of portion size and caloriesThey then complete the worksheet for lesson 5.			
Forms of assessment		Resources	
<ul style="list-style-type: none">See “Learner assessment” in the “Checklist for evaluation” at the end of the lesson.		<ul style="list-style-type: none">Worksheets.	
Expanded opportunities		Teacher reflection	
<ul style="list-style-type: none">Encourage learners to try and eat small portions of food more frequently throughout a day, and to get physically active more often.		<ul style="list-style-type: none">The activities make learners more aware of the importance of physical activity and good eating habits in maintaining a healthy lifestyle.	

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Lesson 10: Portion distortion (40 minutes)

1 Outcomes

By the end of this lesson the learners should be able to:

- Compare how portions of food have changed over time
- Explain and discuss how to maintain a healthy weight
- Explain the importance of physical activity as part of a balanced lifestyle.

2 Teacher's corner

The aim of lesson 5 is to integrate the nutrition and physical activity knowledge gained in the previous 4 lessons. Therefore, the theoretical base for this lesson is the same as for the first 4 lessons.

What is a calorie?

A calorie is the standard unit for measuring energy in nutrition. We get calories from eating food and certain foods contain more calories than others. It is important to balance the amount of calories we take in with those we burn – we gain weight when we do not burn as many calories as we take in. We burn calories through physical activity to maintain our body's functions. We therefore need to balance what and how much we eat, with how much activity we do.

Why physical activity levels have changed in the last 20 years

There are many reasons why children's physical activity levels have decreased in 20 years:

- Many children walked or cycled to school in the past but now get lifts in cars or use public transport.
- Chores such as mowing the lawn have become easier with the development of electronic equipment
- Children spend more time watching TV and playing computer games than in the past when more children played outside for entertainment.
- Opportunities for physical activity have declined at schools.

3 Activities

For lesson 5 you'll need a copy of the worksheet for each learner.

Activity 1 (20 minutes)

Activity 1 starts with a discussion session.

- Discuss what a portion of food is and why portion size is important
- Make sure the learners understand the concept of 'calories'
- Let the learners work in pairs.

Once the learners understand these concepts, you can move onto the practical part of activity 1.

- Hand out the worksheet for lesson 5 and have the learners complete it.

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Activity 2: Healthy lifestyle history (15 minutes)

Activity 2 is a discussion session on the history of lifestyles. Discuss the following questions:

- Why do you think our food portions have become bigger?
- How does eating larger portions affect our health?
- Why is physical activity so important for our health?
- Do you think people today are more or less physically active than people were 20 years ago? Why do you think this is so? Refer to the Teacher's information guide.



4 Wrap up (5 minutes)

Go over the key issues on physical activity and nutrition that have been covered in the Grade 8 lesson plans.

Lesson 10: Checklist for evaluation

Activity	Question	Yes	No
Discussion around portion distortion	<ul style="list-style-type: none">• Can learners explain how food portions have changed over time?• Can learners explain how to maintain a healthy weight?• Can learners explain the importance of physical activity as part of a balanced lifestyle?		
Teacher reflection	<ul style="list-style-type: none">• Do you think the activities made learners more aware of the importance of physical activity and good eating habits in maintaining a healthy lifestyle?		
	If you had to repeat the lesson, what improvements would you make to it?		
Learner assessment	<ul style="list-style-type: none">• Learner completed the entire worksheet with no elements missing (8 to 10 marks)• Learner completed the worksheet with few elements missing (5 to 7 marks)• Learner completed a brochure with a lot of missing elements and no structure (2 to 4 marks)• Learner completed the worksheet with a lot of elements missing (2 to 4 marks)• Learner did not complete worksheet (0 marks).		

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Name: _____

Worksheet: Grade 8, lesson 10

Task 1: The 5 food groups quiz

Work with a partner.

Take turns to answer.

Let your partner check your answers.

1. A bagel 20 years ago had 140 calories. Today's bagel has 350 calories. This is 210 more calories than a bagel 20 years ago. How long will you have to rake leaves in order to burn those extra calories?
 - a. 50 minutes
 - b. 90 minutes (1 hour 30 minutes)
 - c. 120 minutes (2 hours).
2. A cheeseburger 20 years ago had 333 calories. Today's fast food cheeseburger has 590 calories. This is 257 more calories than a portion 20 years ago. Now guess how long you will have to lift weights in order to burn those extra calories?
 - a. 60 minutes (1 hour)
 - b. 90 minutes (1 hour 30 minutes)
 - c. 30 minutes.
3. A portion of spaghetti and meatballs 20 years ago had 500 calories. Today's portion of spaghetti and meatballs has 1 025 calories. This includes 2 cups of pasta with sauce and 3 large meatballs. This is 525 more calories than a portion 20 years ago. How long will you need to do housework in order to burn those extra calories?
 - a. 85 minutes (1 hour 25 minutes)
 - b. 120 minutes (2 hours)
 - c. 155 minutes (2 hours 35 minutes).
4. A fizzy drink 20 years ago had 85 calories. Now it has 250 calories. This is 165 more calories than 20 years ago. Now guess how long you will have to work in a garden in order to burn those extra calories?
 - a. 90 minutes (1 hour 30 minutes)
 - b. 35 minutes
 - c. 50 minutes.
5. A packet of fried chips 20 years ago had 210 calories. Today's portion of fried chips has 610 calories. This is 400 more calories than a portion 20 years ago. Guess how long you will have to walk leisurely in order to burn these extra calories?
 - a. 180 minutes (3 hours)
 - b. 140 minutes (2 hours 20 minutes)
 - c. 70 minutes (1 hour 10 minutes).

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6. A muffin had 210 calories 20 years ago. Today a muffin has 500 calories. That is 290 calories more.
How long will you have to vacuum to burn those extra calories.
- a. 120 minutes (2 hours)
 - b. 90 minutes (1 hour 30 minutes)
 - c. 35 minutes.
7. 20 years ago 2 pieces of pizza had 500 calories. Today, 2 pieces of pizzas are 850 calories. How long will you have to play golf in order to burn off those extra 350 calories?
- a. 60 minutes (1 hour)
 - b. 50 minutes
 - c. 150 minutes (2 hours 30 minutes).
8. 20 years ago a chocolate chip biscuit had 55 calories. Today a chocolate chip biscuit has 275 calories.
How long will you have to wash the car to burn off those extra 220 calories?
- a. 30 minutes
 - b. 75 minutes (1 hour).

Answers

- 1. a
- 2. b
- 3. c
- 4. b
- 5. c
- 6. b
- 7. a
- 8. b