

Lesson	Food for Fuel	50-minute session
Learning Outcomes	<ul style="list-style-type: none"> To be able to understand how food and exercise relate to each other To understand what makes a healthy lifestyle To reflect on existing habits and routines to identify possible areas for change. <i>(Potential links to Science & PE)</i>	
Resources Needed	<ul style="list-style-type: none"> Reflective Diary Food, Calories & Exercise Match Jigsaw Pieces Week Health Diary Food for Fuel – Teacher Resource 1litre Bottle (if required) 	

Adaption maybe required for need and age. Consideration must be given to any allergy or dietary requirements.

	Outline	Resources
Introduction 10mins	<p>Think about how much food you consume in a normal day?</p> <p>Think back to yesterday – complete the Reflective Diary and list everything you ate and drank during the last 24hrs. Remember to include –</p> <ul style="list-style-type: none"> All Snacks Drinks Meals <p>Has making a list made you think about how much you consumed? Now compare it to how much exercise you did, add this to your diary.</p> <p>Do they balance? Do you eat enough of the right kinds of foods? Does your body need everything you are putting inside it? – Class or Group Discussion</p> <p>Our bodies need energy to operate, we get this from our food and drink in the form of calories. If we consume more food and drink than we need or use, our bodies store this as fat, which over time causes weight gain.</p>	Reflective Diary
Activity 1 – Food Calories & Exercise 20mins	<p>Activity</p> <p>Working in small groups or pairs, cut out the Calories v Exercise jigsaw pieces and match 3 pieces together in terms of the relationship between -</p> <ul style="list-style-type: none"> Food Number of Calories Amount of exercise it takes to burn off those calories <p>Having matched the jigsaw pieces the students can then order them from the foods with the highest number of calories to the lowest so they can see clearly the amount of time and physical effort that is required to use the calories contained within each of the foods.</p> <p>Review the answers and encourage the sharing of thoughts and responses. Present the following questions:</p> <p>Looking back at your Reflective Diary – does it make you view this in a different way?</p> <p>If this information was displayed on food like the health labels, would it change what you eat? Why? – Class Discussion (See my comment below)</p>	Food, Calories & Exercise Match Jigsaw Pieces Food for Fuel – Teacher Resource

	<p>We all need calories for our bodies to operate every day, does anyone know how many we roughly need?</p> <ul style="list-style-type: none"> • Average Man – 2,500per day • Average Woman – 2,000per day • Children Aged – <ul style="list-style-type: none"> ○ 4 – 8 – 1,300per day ○ 9 – 13 – 1,600per day ○ 13 – 18 Male – 2,600per day ○ 13 – 18 Female – 1,800 per day <p>These are subjective based on size and how active you are, but they do give us a guideline. Labelling activity and calories could also have the added benefit of reminding us about the importance of being active, which has health and wellbeing benefits beyond a healthy weight. Physical activity is known to boost self-esteem, mood, sleep quality, energy levels and reduce the risk of stress, depression, dementia and Alzheimer’s disease.</p>	
<p>Activity 2 – Creating a Healthy Lifestyle 15mins</p>	<p>Activity The Eatwell Guide, helps us to understand what a balanced diet looks like, but this cannot create a healthy lifestyle on its own, there are 6 things we need to be healthy – does anyone know what they are?</p> <ul style="list-style-type: none"> • Balanced Diet • Hydration – how much should we drink per day? <ul style="list-style-type: none"> ○ Men – 3 Litres ○ Women – 2.2 Litres ○ Teenagers – Male – 2.6 Litres, Female – 1.9 Litres ○ Children – 1.7 – 1.9 Litres (depending on age) <p><i>(A litre bottle might be helpful as a visual)</i></p> <ul style="list-style-type: none"> • Exercise – how much do you think you need per day? <ul style="list-style-type: none"> ○ 30mins minimum every day when eating healthily • Sleep – how many hours do we need each night? <ul style="list-style-type: none"> ○ Adults need an average of 7 to 9 hours per night ○ Teenagers need an average of 8 to 10 hours ○ Children need an average of 9 to 11 hours • Mental Wellbeing – what kinds of things do you do to relax? • Good Routines & Habits – if you are doing all of the above then the likelihood is that you will have good daily routines and habits 	<p>1 Litre Bottle (if required)</p>
<p>Plenary 5mins</p>	<p>Over the next week keep a health diary to see how you are doing in all 6 of these areas. Be honest with yourself! Review it at the end of the week to see how healthy and balanced your lifestyle is. List the adjustments or changes you want to make and record how this makes you feel.</p>	<p>Week Health Diary</p>