

YEAR 1 – LESSON 1



CLASSROOM
KITCHEN

Food Nutrition

To know the names of a variety of fruit and vegetables.

To think about what our bodies need to be healthy.





**WHAT DO WE NEED TO LIVE A
HEALTHY LIFE?**

STAND UP, SIT DOWN...

We're going to play a game. On the next few slides, there will be pictures of different things that we may need to live a healthy life!

STAND UP if you think it is good for a healthy life.

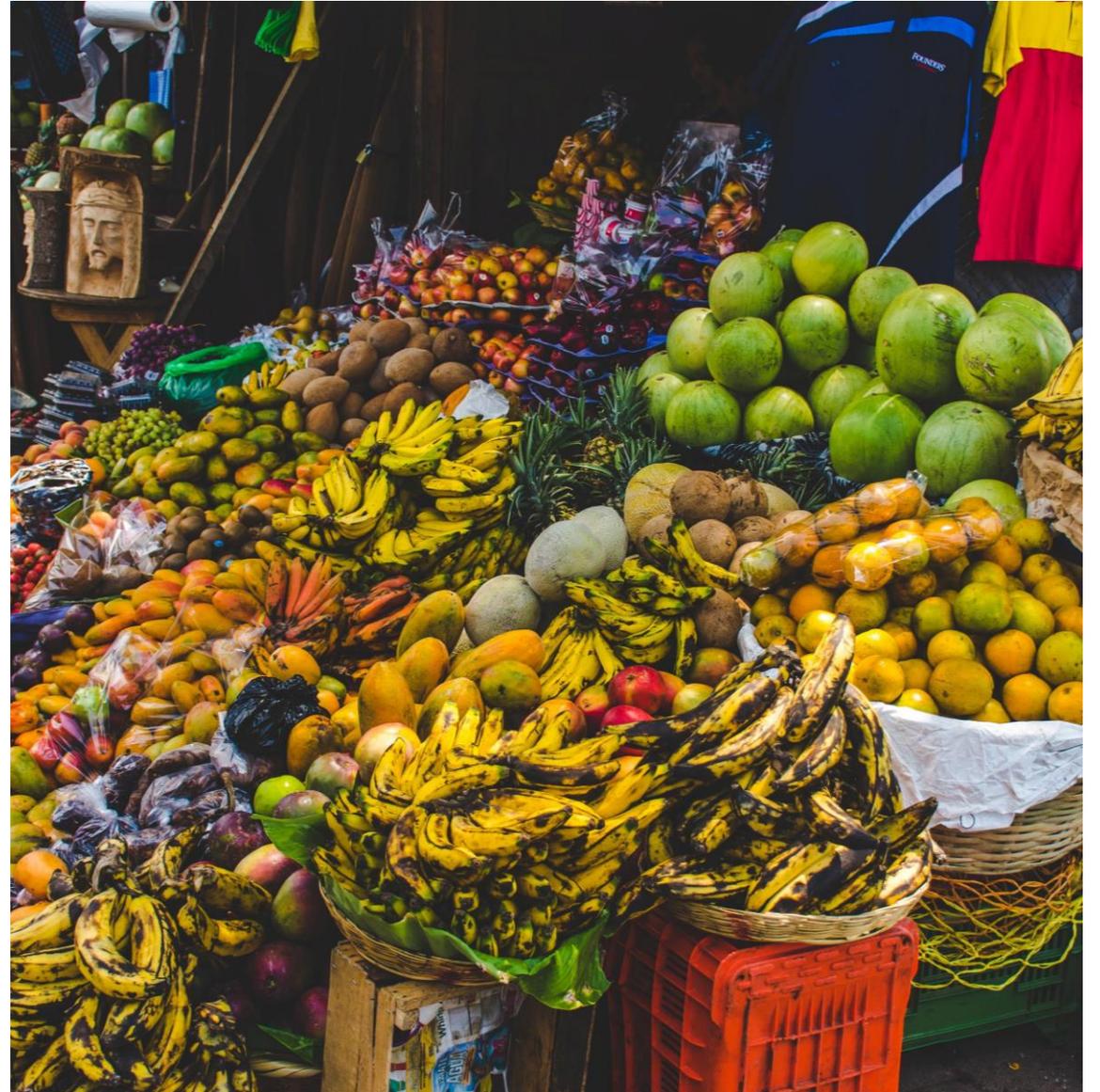
SIT DOWN if you think it isn't good for a healthy life.

We'll then reveal the correct answer! GOOD LUCK!

FRUIT

STAND UP!

Fruit is amazing! It gives us lots of goodness that helps keep us well, helps us to get rid of the bad from our bodies and gives us some energy from their natural sugars!



WATCH TV AND RELAX!

STAND UP/SIT DOWN

Both answers could be right here! Relaxing is super important; we can't always run around! You can relax in lots of ways, watching some TV, by reading a book and spending time with family! It's not good to spend too much time sat down though, we've got to be active too!



CAKE

SIT DOWN!

Cake is a great treat! BUT, we can't eat it all the time and should only have it as a treat every now and again (not everyday!). Don't let the fruit on top trick you. They're healthy but the cake is full of bad sugars and fat!



CHOCOLATE

SIT DOWN!

As much as we love chocolate, it's also full of sugar should only be eaten as a treat.



SLEEP

STAND UP

Sleep is so important! If you are aged between 4 – 7 years of age, then you need about 11 hours sleep every night!



CHICKEN NUGGETS, CHIPS AND BURGERS

SIT DOWN!

It may surprise you because they contain chicken and other meats. Meat can be good for you but the way these foods are prepared makes them bad for you! They're fried in fat! So we should only have our favourite fast foods as a treat and that shouldn't be every week.



WATER

STAND UP!

Super important! Our bodies are made of 60% water! We need to keep ourselves **HYDRATED**. Every time we sweat or go to the toilet, we lose some water, so we need to replace it!

We need to drink about 8 glasses of water everyday (2 litres).

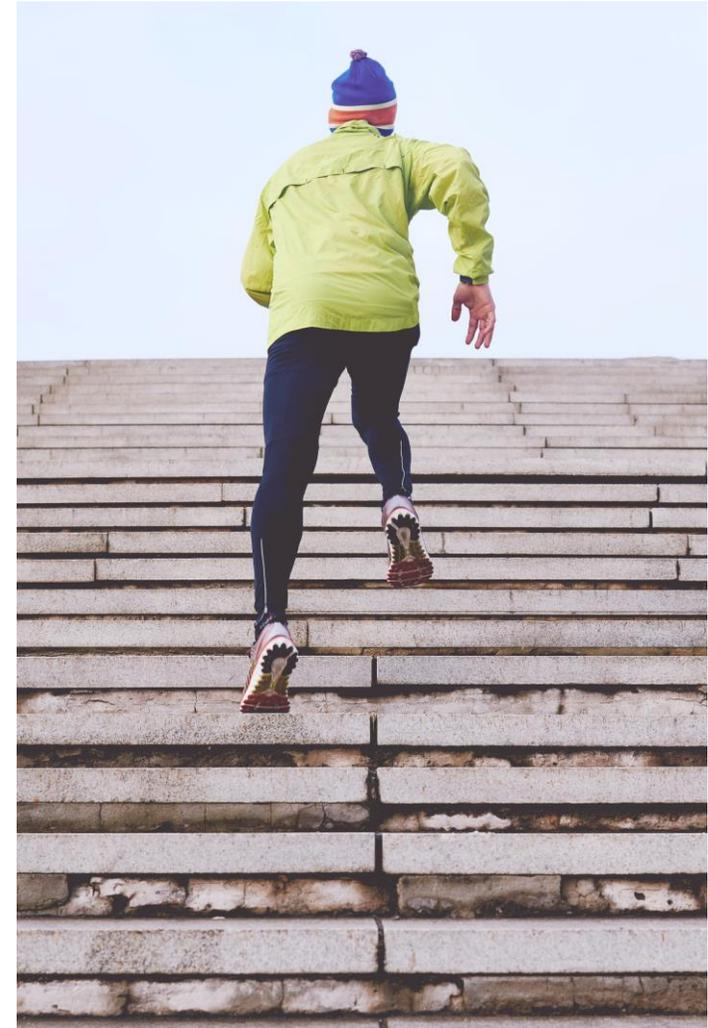


EXERCISE

STAND UP!

Exercise is really important! We need to burn off the energy from the foods that we eat!

As a child, we need to be active for about 60 minutes everyday! We do this when we play games and have PE! It's good to have a run around!



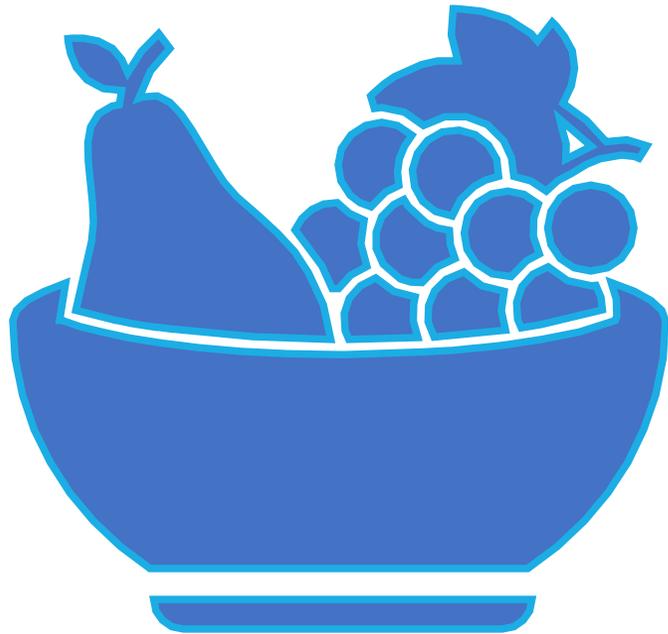
VEGETABLES

STAND UP

Just like fruit, we need to eat plenty of vegetables! We should eat 5 portions of fruit and vegetables everyday!



WHAT DO WE NEED TO LIVE A HEALTHY LIFE?



The game has taught us that we need lots of different things to be healthy! Fruit and Vegetables will not just make us healthy on their own. We have to exercise, rest, sleep, spend time with friends and family, be happy and eat lots of different foods! There's so much to do!

Some questions to finish the lesson...lets think as a class...

1. Do you take part in any clubs or sports outside of school?
What exercises do you like to do?
2. Do you get enough sleep every night or do you sometimes come to school tired?
3. How many fruits and vegetables do you think you eat everyday?



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