



Nutrition and Environment

Lesson plan

Starter activity	Learning objectives
<p>In pairs, students produce definitions for the following terms:</p> <ul style="list-style-type: none">• Macronutrient• Micronutrient• Malnutrition• Obesity <p>Students should give examples of macro- and micronutrients in their responses.</p>	<ul style="list-style-type: none">• To define nutrition related terms (macronutrient, micronutrient, malnutrition and obesity).• To explore what makes a good diet and produce a nutritious daily meal plan.• To consider how to reduce obesity from an individual and government perspective.
Main activities	Resources required
<p>Students watch the video in Step 1.3 (What is a good diet?).</p> <p>In small groups, students complete the PDF exercise from Step 1.3, using the Eatwell Guide Food Plate for reference. As a class, discuss the answers to each of the questions.</p>	<ol style="list-style-type: none">1. Devices for watching video and performing research.2. PDF exercise from Step 1.3.3. Copies of the Eatwell Guide Food Plate for reference.4. Blank 'plate' templates on large paper.
Assessment for Learning	<p>Answers to the exercise questions.</p> <p>Completed plate diagrams with nutrition information and discussions.</p> <p>Responses to obesity question.</p>
Differentiation	<p>SEND: Videos have subtitles.</p> <p>Low ability: Peer-learning.</p> <p>Gifted and Talented: Peer-teaching.</p>
Plenary	<p>In pairs, students write a response to the following question:</p> <p>What could be done reduce obesity on both an individual and government level?</p>