

Staying healthy

Specific focus : Making a healthy sandwich

Wk: 11.5.20



This week you are going to design, make and evaluate a healthy sandwich. Can you remember what it means to be healthy? Can you think of any healthy foods?

Lesson 1: Subject: DT

Activity outcome: Understand the different food groups and create my own food chart.

Explain:

Watch the video: <https://www.youtube.com/watch?v=mMHVEFWNLMc>

Use the slides below to explain and discuss healthy eating and the different food groups.

What do you know already about being healthy?

Remember it is important to have a balanced diet (we have learnt about this in class, see how much you can remember)!

Food chart: Find at least one food from each food group in your home. Draw the food in the correct group on the chart. Label each drawing.

End of lesson discussion: Where do fruits and vegetables come from? Watch the video and discuss.

<https://www.youtube.com/watch?v=CdPRZ3wjCxA>

Lesson 2: Subject: DT

Activity Outcome: Design and label a healthy sandwich.

Explain: Today, you are going to design a healthy sandwich. Which kinds of foods will we need? Can you remember the food groups these come from?

Think of the ingredients you want to use for your sandwich. Remember to decide which bread to use (there is a challenge on the sheet below).

Draw and label your sandwich.

End of lesson discussion:

Things to remember when cooking:

Discuss washing hands correctly and watch the video: <https://www.youtube.com/watch?v=lisgnbMfKvI>

Practise washing hands correctly.

Lesson 3: Subject: DT

Activity: Make a healthy sandwich and write instructions on how to make your sandwich.

Explain: Make your healthy sandwich. Try to remember each important step as you will be writing your instructions. Make sure to take some photos of your sandwich!

Try your healthy sandwich! How does it taste?

Once you have made your sandwich, can you write some instructions on how to make it for someone else?

Can you explain to your grown up what makes your sandwich is healthy?

Lesson 4: Subject: DT

Activity Outcome: Evaluate my sandwich

Explain:

Use the sheet below to identify what you think you did well. This might be your technique, the ingredients or how healthy the sandwich is. Think of something you would do differently next time. Would you use any other ingredients?

Think of one or more adjectives to describe how your sandwich tastes.

Lesson 1 Resources

Eatwell Guide

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.

Check the label on packaged foods

Each serving (150g) contains

Energy 1046kJ 250kcal	Fat 3.0g	Saturated 1.3g	Sugars 34g	Salt 0.9g
13%	LOW	LOW	HIGH	MED
	4%	7%	38%	15%

of an adult's reference intake
Typical values (as sold) per 100g: 697kJ/ 167kcal

Choose foods lower in fat, salt and sugars

eat at least 5 portions of a variety of fruit and vegetables every day.

Choose wholegrain or higher fibre versions with less added fat, salt and sugar.

Choose lower fat and lower sugar options.

oil, & spreads
Choose unsaturated oils and use in small amounts.

6-8 a day

Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.

Eat less often and in small amounts

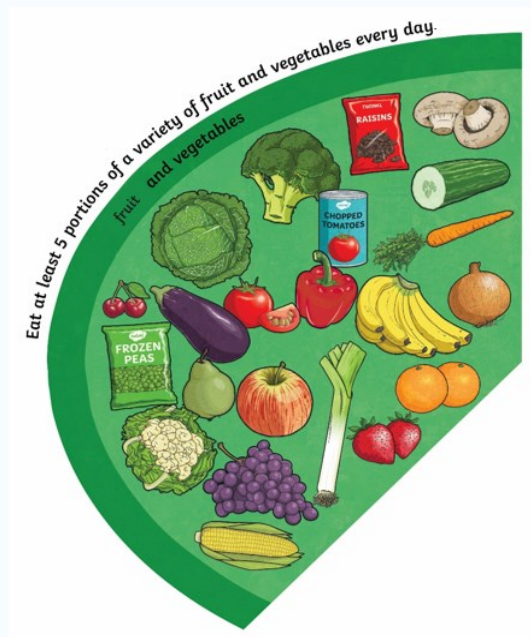
Per day: 2000kcal (men) 2500kcal (women) = ALL FOOD + ALL DRINKS

Carbohydrates

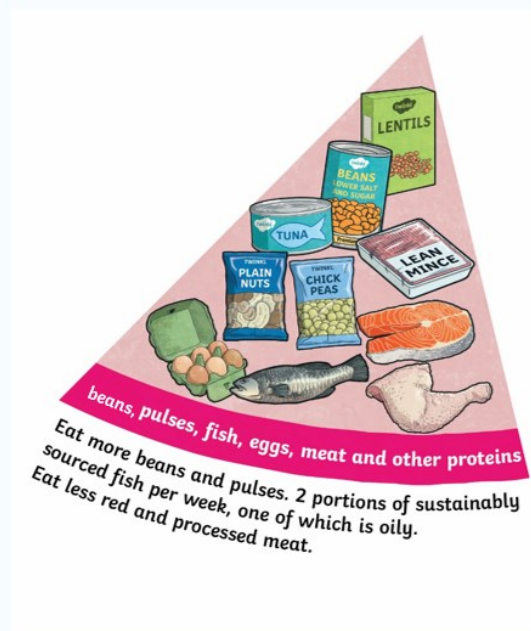
Choose wholegrain or higher fibre versions with less added fat, salt and sugar.

potatoes, bread, rice, pasta and other starchy carbohydrates

Fruit and Vegetables



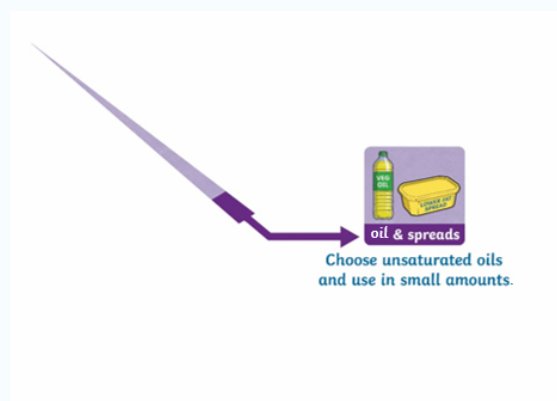
Beans, Pulses, Fish, Meat and Other Proteins



Dairy and Alternatives



Oil and Spreads



Activity: Find at least one item from each food group from your home. Draw the food in the correct group and label.



Lesson 2 Resources: Design a healthy sandwich

Remember you need a balanced diet. Do you think a sandwich just with lettuce in would be a balanced meal?



Challenge: Use google to help you research which type of bread is the healthiest.

Ingredients I am going to use:

-
-
-
-
-
-
-
-

My sandwich will look like:

Lesson 3 resources—Make your healthy sandwich

Things to remember:

- Always wash your hands before cooking
- Get an adult to watch you when you are spreading and cutting.
- Make sure to take a photo of your finished sandwich!



Can you remember the steps you took to make your sandwich? Can you write some instructions for someone else?

Step 1:

Step 2:

Step 3:

Step 4:

Step 5:

Lesson 4 resources—Evaluate your healthy sandwich

My sandwich tasted...

3 things I did well were...

Next time I would...

My favourite ingredient was: