

A-life

'Mr Men Meal Plan'

Learning Objective:

- To understand the nutritional benefits of various food groups.
- To understand that all bodies require a balanced diet in order to function well.
- To think about how diet can be adapted to body type and need.

Success Criteria:

- ✓ I can plan a meal with a specific goal in mind
- ✓ I am beginning to understand the different nutritional values of food

Curriculum Links:

- Science - Humans and other animals
- PSHE - health and hygiene

No. of Children: 30

Age group: Years 5&6

Time: 1.5 hours

Resources:

- Mr Men flipchart (*created by 'ttxny2' TES website*)
- Nutritional values powerpoint (*created by 'seasquid' TES website*)
- Nutritional values prompt sheet
- Blank meal plan sheet

Introduction:

- Read through the nutritional values powerpoint, discussing the different nutritional values of food. Talk about a balanced diet and why we need to eat food from each food group.
- Answer the questions at the end of the powerpoint about which food groups we would need to give to each person according to their need.
- Hand out the nutritional value prompt sheet for pupils to reference.

Main Activity:

- Go through an example on the board of how to create a meal plan for one of the Mr Men. Talk about what he needs in his diet, according to the card.
- Discuss with the pupils which foods we would find those different nutrients in.
- Hand out the Mr Men cards according to pupils abilities. Allow children to work in pairs or small groups. These could be mixed ability.
- Ask the children to plan a meal for the Mr Man they have been given. Children could either write or draw the food that they would give him / her.
- Either ask the pupils to discuss or write down why they chose particular food groups and what they discovered was beneficially about different foods.

Plenary:

- Select several children to explain their meal plan and the thinking behind it. Which was the easiest meal to plan for? Which was the most difficult?
- Discuss with the pupils their findings about the nutritional values of different food groups. Did they find out anything that they didn't know before?

Differentiation:

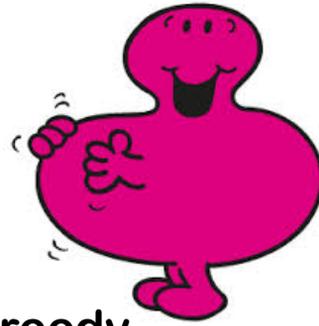
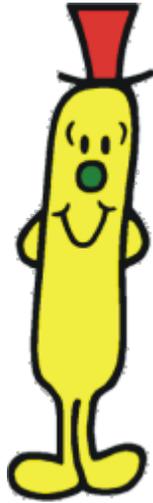
- The Mr Men cards are differentiated: **Green - easy**, **Orange - average**, **Red - hard**. Distribute the character cards (and therefore meal plans) accordingly.
- Allow children to work in pairs or small teams to discuss and generate ideas. These pairings could be mixed ability.

Mr Skinny

Mr Skinny is underweight, his arms and legs are very thin and he regularly feels tired.

He loves healthy, unprocessed foods but often forgets to eat.

He would like to increase his intake of fats, so that he slowly puts on weight.



Mr Greedy

Mr Greedy is overweight. He often feels tired and out of breath.

His doctor says he should start eating more healthily to look after his heart.

He likes foods like chips, cheese and mayonnaise.

Mr Strong

Mr Strong is a bodybuilder. He is competing in The World's Strongest Man competition in a few months.

He would like to build as much muscle as possible.

He also needs lots of energy because he goes to the gym every day.



Mr Perfect

Mr Perfect is completely perfect in every way.

He is a healthy weight, has no medical problems and likes all foods.

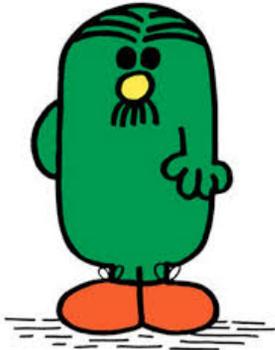
He would like to continue his healthy diet, with a few small treats of course.

Mr Fussy

Mr Fussy will only eat 1 meal a day.

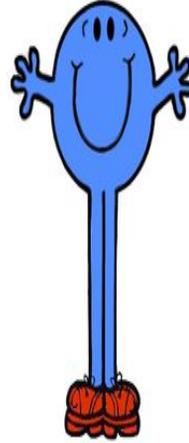
He needs a lot of calories because he enjoys a 10 mile run every day.

He does not like cheese or potatoes.



Mr Tall

Mr Tall has diabetes, he needs small and regular amounts of sugar.

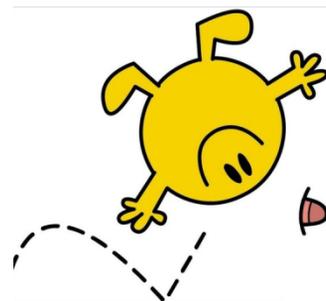


Mr Bounce

Mr Bounce hasn't been very bouncy recently.

He has lost a lot of weight and has had sickness and diarrhoea.

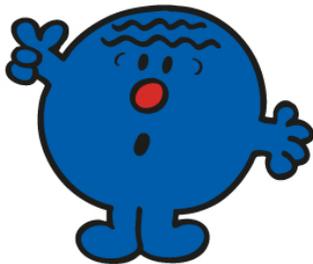
His doctor has said that he has Coeliacs Disease which means he is intolerant to gluten.



Mr Worry

Mr Worry is very worried about the welfare of animals.

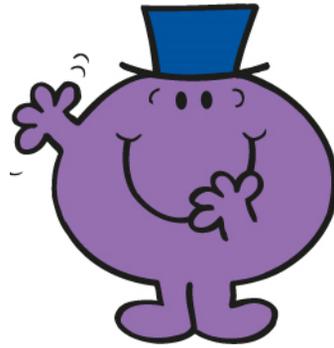
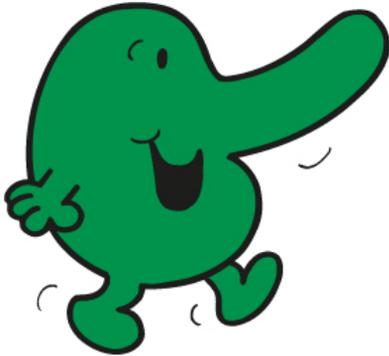
He does not eat meat or dairy, he is a vegan.



Mr Nosey

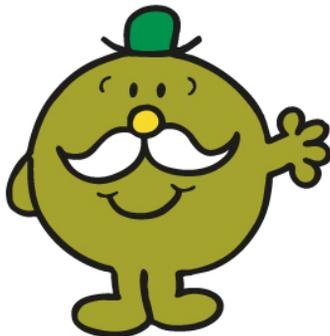
Mr Nosey likes to know all about his food and how it is prepared.

He will only eat organic food, this means it has not been treated with any chemicals, such as fertilisers or pesticides.



Mr Impossible

Mr Impossible aims to have less than 200g of carbohydrates, 60g of protein and would like his diet to have about 20% of his diet to be fat.



Mr Slow

Mr Slow is 80 years old today. He is concerned about keeping his bones healthy and strong.

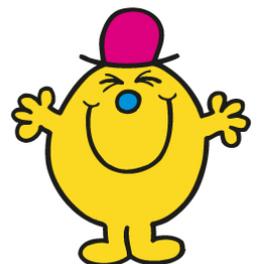
He is also interested in keeping his salt intake lower than 5g.

Mr Mischief

Mr Mischief has spent the past year on a boat pretending to be a pirate.

He has developed Scurvy, a deficiency disease caused by a lack of vitamin C.

He needs to eat at lots of vitamin C every day





Food groups



LO: I can list the main food groups and describe their role in the body.

Starter: Write down what you ate yesterday for breakfast, lunch and tea

Our bodies need a variety of different foods so that they can keep working properly.



Let's look at the sort of foods we should be eating and why they are good for us.

Carbohydrates are

Carbohydrates



ce

po

pasta

Meat & Fish

Proteins help your
pair



nts

eggs

fish

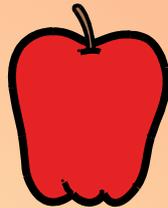
Vitamins & Minerals are found in fruit & vegetables

They help your bodies to work properly.

These are really good for us.



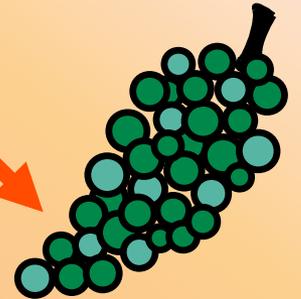
carrot



apple



corn



grapes

Foods containing



Oil



cheese

butter

chips

We also need...

Fibre



Helps to clean
your digestive
system

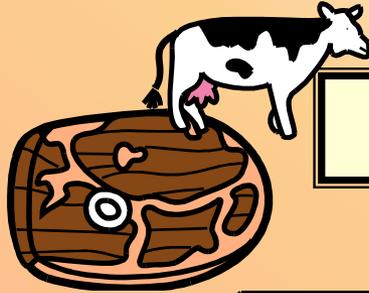
Water



Needed for
chemical
reactions in
your body

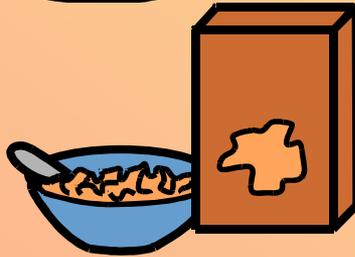
Check your understanding!

Protein



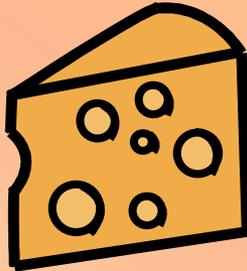
Acts as an energy store

Vitamins &
Minerals



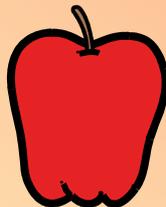
Give us energy.

Carbohydrates



Help our bodies to
grow.

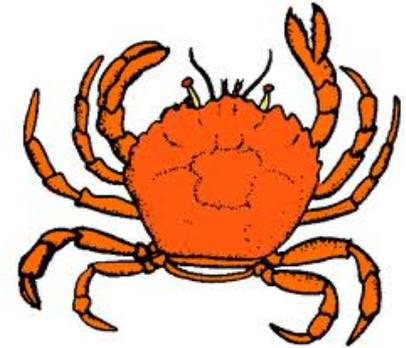
Fats & Oils



Help your body get
better.

Your Task

Complete the worksheet to match the food type to its function and give some examples



Come round the front

Can you help
these
people??



What food do they need?



Carbohydrate

Protein

Vitamins & Minerals

Fats & Oils

What food do they need?



Carbohydrate

Protein

Vitamins & Minerals

Fats & Oils

What food do they need?



Carbohydrate

Protein

Vitamins & Minerals

Fats & Oils

What food do they need?



Carbohydrate

Protein

Vitamins & Minerals

Fats & Oils

What food do they need?



Carbohydrate

Protein

Vitamins & Minerals

Fats & Oils

What food do they need?



Carbohydrate

Protein

Vitamins & Minerals

Fats & Oils

What food do they need?



Carbohydrate

Protein

Vitamins & Minerals

Fats & Oils

Check your Learning

Look back at what you wrote down for breakfast, lunch and tea in the starter:

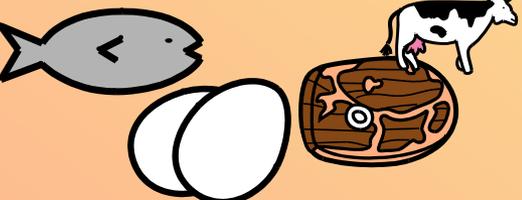
Circle **Carbohydrates** in Green

Proteins in Blue

Vitamins & Minerals in Yellow

Fats and Oils in Red



Type of Food Group		Function		Examples
Vitamins & Minerals		Helps your body work properly		
Carbohydrates		Gives you energy		
Fats and Oils		Acts as an energy store		
Water		Needed for chemical reactions in our body		
Protein		Helps your body grow and repair itself		
Fibre		Cleans our digestive system		