

Objectives

1. To learn about teeth and eating [QCA 3a - 1&2]
2. To understand the need for food for growth and an adequate and varied diet for health [SC2 - 2b]
3. To appreciate what makes a healthy lifestyle, including the benefits of healthy eating [Cz 3a]

New Words

Carbohydrate
Protein
Food groups

Resources

- Food groups information
- Food groups pie-chart
- Paper, coloured pencils
- Five hoops
- Wool

Starter

Time: 5

- Ask table groups of pupils to write down on a whiteboard or scrap paper, five single items of food that the group often eat.
- Put a tally chart on the board after they have done this with the group headings from the Food Group Sheet and fill in which group each item fits into. *(They may see the pattern emerging and understand the groups as you fill these in).*

Lesson

Discussion

Time: 20

- Explain to the class that we need food from all of these groups to help up have healthy bodies and stay well.
- Go through each of the five food groups with the class, asking questions and sharing information from the Food Group Sheet.
- Use the example of a type of pizza (*e.g. Ham and pineapple, cheese and tomato*) with a glass of Cola and ask pupils to place five different ingredients into the groups.

Lesson

Practical

Time: 20

- Ask pupils to work in groups of five to choose, draw and cut-out an item each from one of the five groups (*preferably making up a whole meal or lunch box*).
- Using five hoops to represent the food groups, get each pupil group to place their food into the appropriate hoop. Reinforce with the rest of the class.



- Discuss with the class how much of each type of food they think they need. *Should they eat the same amount of each food type?*
- Show the class the Food Group Percentages to show how much of each food they should eat. *Do they think that they have what s called a balanced diet ? Do they eat enough fruit and vegetables?*
- The number five has been mentioned a lot to emphasise eating five portions of fruit and vegetables every day, 5 a day – a portion is about the same size as a handful. *Do they eat five portions a day? What could they do to make sure that they do?*
- Another important point is that fluids like water help the body to absorb nutrients in food, so they should also drink six glasses of water a day.

- Explain to pupils that to be able to grow up healthily they need to make sure that they are eating the right kinds of food.
- Tell pupils to bring in an item of fruit or a vegetable for a tasting session next lesson.
- To consolidate on learning as an extension activity, cut out the boxes from the Food Group Sheet and ask pupils to sort and arrange into the correct columns.

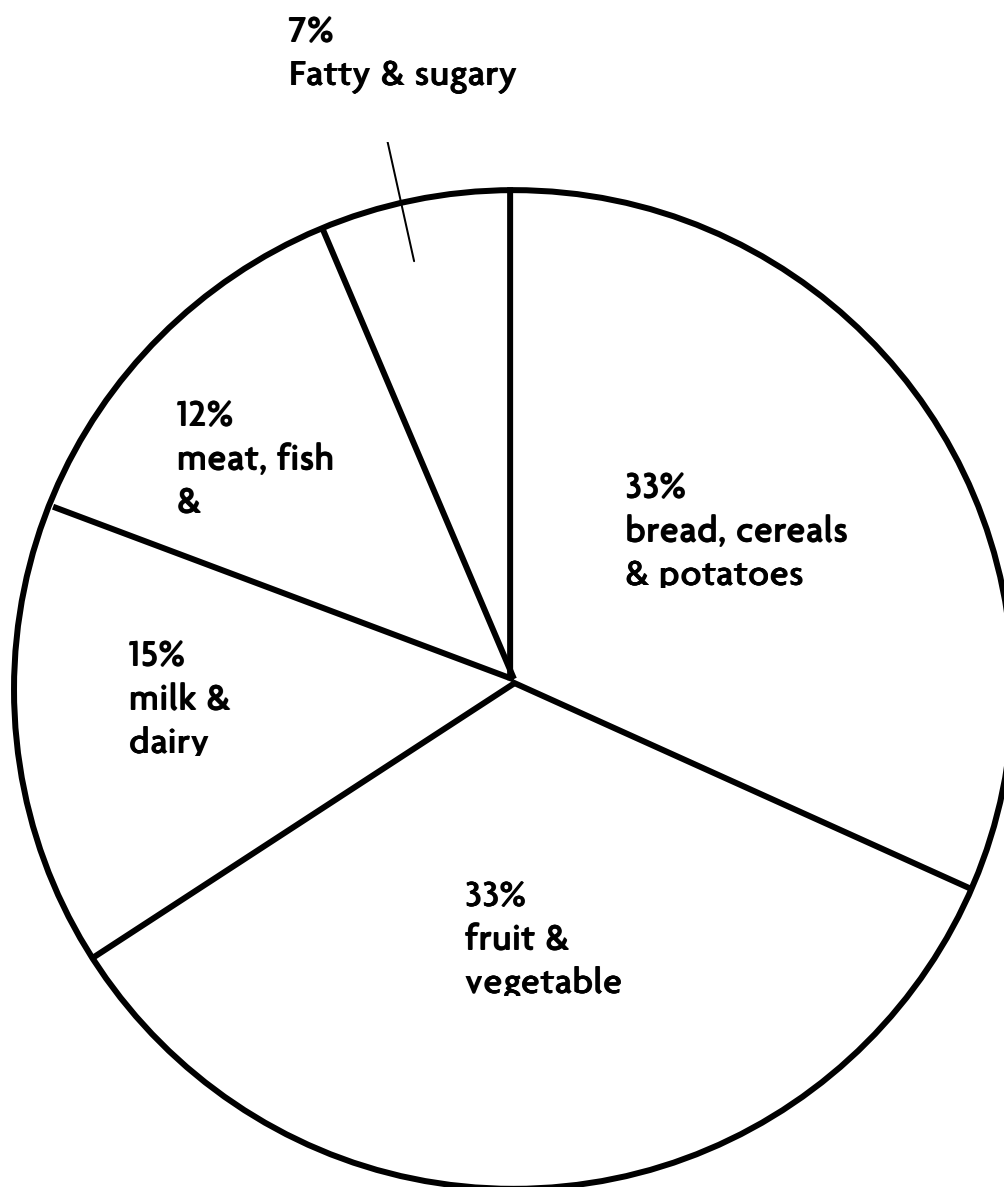
or

Create a poster of the food groups pie chart, with the food cut-outs that the children have made.



Group name	What do they do?	What s in them?
Bread, Cereals and Potatoes Also pasta, rice and noodles	They give you energy that is quickly or slowly released.	Starchy carbohydrates.
Meat, fish, eggs and alternatives Also poultry, beans, nuts, soya and vegetable protein like quorn	They help your body grow and repair itself.	Rich in protein.
Fats and sugars	They provide energy and can help in building cells.	Energy, but few nutrients. Some fat is important for good health.
Milk and dairy Also cheese, yoghurt and fromage frais and dark green leaf vegetables like spinach - but not butter, margarine or cream.	Help bones grow and the nutrients maintain muscles and nerves.	Many types of nutrients, but particularly calcium.
Fruit and Vegetables	Help to digest food and keep organs functioning properly, reduce risk of heart disease and some cancers, low in calories.	Fibre, plus a whole range of vitamins and minerals.





Objectives

1. To explore diversity in foods [QCA Cz Unit 5 – Living in a diverse world]
2. To understand the need for food for growth and an adequate and varied diet for health [SC2 - 2b]
3. To appreciate what makes a healthy lifestyle, including the benefits of healthy eating [Cz 3a]

New Words

Lesotho
Malnutrition
papa

Resources

- Elias & Julia/Mpho Case Study
- Bag Garden/Mpho Powerpoint
- Before and after
- Coloured pencils
- Plates, knife
- Washed fruit & vegetables

Starter

Time: 5

- Put washed fruit and vegetables on a table at the front of the class and ask pupils for examples of how you could eat or cook these items.
- Remind pupils about five a day and the five food groups.

Lesson

Activity

Time: 15

- Explain that eating five a day is often a choice for us, but many people in the world don't have that choice and get ill (malnourished) and can die from not being able to eat enough of the right foods.
- Mention the effects of severe malnutrition: *joint problems, bones growing in irregular shapes, blindness, diarrhoea, poor immune system and death.*
- Introduce the country of Lesotho and read one of the case studies supplied.
- Ask pupils to underline in colour any words about food and where it comes from. *What do they notice?*

Lesson

Discussion

Time: 10

- Look at Mpho and Julia's diet sheet - before and after. Ask pupils to place each of the foods under the food group headings and comment on her diet, before and after being helped by Send a Cow. *Do they eat five a day now? How does their diet compare to the food group percentages from last lesson? Are any of the foods the same as those brought in?*

Lesson

Practical

Time: 15

- Ask groups to look at Mpho & Julia's diet and create a day's menu using the different ingredients – like the TV program Read, Steady, Cook.
- The menu should be as creative as possible, with some adventurous ways of cooking the food – some old recipe books may help with this.
- While pupils are doing this, ask a table up at a time to taste some of the food that has been brought in – the children could vote for their favourite.



- Explain to pupils that to be able to grow up healthily they need to make sure that they are eating the right kinds of food to be properly nourished.
- Go back over the importance for all children in the world to eat their five a day. And that charities like Send a Cow are helping to make this happen in African countries – many Africans may actually be eating more fresh fruit and vegetables, when they are able to grow their own, than families in the UK.





Keyhole Gardens in practice

Mpho's story



Mpho (Mm-poh) is a four-year-old boy who lives in a tiny African country called Lesotho – known as the kingdom in the sky because it is so mountainous. He lives on the side of one of the mountains with his mum, grandma and next door to his friend Rafiri in a small village called Ha Maphathe (Ha-ma-patay). Mpho loves spending time with his grandma, staying by her side and watching her do the gardening and cook – her name is Mamatseliso (Mamat-say-leeso) Moji.



Ha Maphathe is a typical village in Lesotho, it is very rocky and mountainous and the temperature can get very cold at night. Mpho and Rafiri stay warm by wearing blankets, which is the national dress in Lesotho. You can see all sorts of colourful blankets with food designs being worn by locals there. In the daytime, however, it is usually sunny and sometimes it doesn't rain for months. When it does, it can be very heavy with thunder and lightning and giant hailstones fall from the sky. In the highest areas people even have to put car tyres on their roofs to protect them from the lightning!

The people in Mpho's village try to grow their own food in small gardens, but with all the rocks, hailstones and months without rain this can be very difficult. Villagers in Ha Maphathe sometimes go very hungry and some even die when they can't grow enough food. So, being able to grow as much food as possible in your garden is very important.

Luckily, Mpho's grandma was given help by the charity Send a Cow. You may think from the name of the charity that Mpho's grandma was given a cow - but she wasn't. In fact, she wasn't given any animals at all! That's because cows and other livestock can be difficult to look after on the mountains of Lesotho. Instead, Mpho's grandma needed help to grow more food in her small garden and to save rainwater.



Send a Cow taught her how to make special gardens that grow lots of food, called Key Hole gardens, good compost for her plants, a natural pesticide to kill insects and a pit to collect rainwater in. Everything they need to grow vegetables can be found where they live; they use old washing up water to water the plants, vegetable peelings to make compost, ash from the fire which is good for the soil and special leaves that grow locally can be mixed together to kill insects.

Since Mpho ' s grandma started to use her training the garden is full of plants growing really well like spinach, tomatoes, beetroot, peppers, onions, lettuce and cabbage. The family can go to the garden and pick food whenever they want to eat; they have so much food now that they can give some away to their neighbours, including Rafiri. A hailstorm won't ruin their lovely garden either because they have been given a net that protects it – the hailstones just bounce off! When it does rain, the family collects the water in a dam that their friends helped them to dig, meaning that they can still water the plants when they have had months of sun and everywhere else is dry.

Now the family and neighbours very rarely get ill. Mpho has a really healthy diet with lots of good food from the garden like spinach, tomatoes and his favourite, beetroot. He often eats his meals with his friend Rafiri – who also loves beetroot! They play together on the rocky ground and have lots of energy thanks to all the vegetables.

The people in the village often come and visit the family after seeing their garden and how healthy Mpho is. They ask how to grow such amazing vegetables and Mpho ' s grandma tells them about Send a Cow and offers to teach them what she learnt on her training. Now that many people in the village are starting to use the techniques taught by Send a Cow they can be confident that there will be enough food all year round - and Mpho can help more friends like Rafiri to have some healthy food too!





Bag Gardens in practice Elias & Julia's story



Elias and Julia live in the tiny African country of Lesotho - meaning the kingdom in the sky because it is so mountainous. They live on the side of one of the mountains with their mum, Ma Elias, in a small village called Ha Maphathe (Ha-ma-patay).

Sadly, Julia and Elias' dad died a few years ago and so their mum has brought them up on her own ever since. This means that she has had to provide them with food, shelter and medicine – which has been really difficult as there aren't many jobs in Lesotho and it can be really tough growing your own food there.



Ha Maphathe is a typical village in Lesotho, it is very rocky and mountainous, often with cold temperatures at night and very hot temperatures in the day. Sometimes it doesn't rain there for months, but when it does rain, it can be very heavy with thunder and lightning and giant hailstones can often fall.

The people in Ha Maphathe try to grow their own food in small gardens, but with all the rocks, hailstones and months without rain this can be very difficult. Villagers, including children like Elias and Julia, sometimes go very hungry and some people even die when they can't grow enough food. So, being able to grow as much food as possible in your garden is very important.

Their mum, Ma Elias, needed help to grow more food in her small garden so that she could feed the children. Thankfully, Send a Cow worked in their area and taught her how to make special gardens that grow lots of food, called bag gardens and keyhole gardens. They also showed her how to make good compost for her plants, a natural pesticide to kill insects and a pit to collect rainwater in. Elias, Julia and Ma Elias then got together with neighbours to build the new types of gardens.

Once they were built, they learnt how to use things that were nearby to help the plants grow, like: old washing up water to water the plants, neighbours' goat manure for the soil, vegetable peelings to make compost, ash from the fire for certain plants and special local plants that can be mixed together to kill insects.



Elias and Julia didn't just leave it to their mum to do all the gardening though – they have been working as a team to look after the plants and feed them. The bag garden is just the right size for seven-year-old Julia to look after. It's easy to weed and water and it's her job to pick the spinach and beetroot in time for dinner. And because she helped to make it with Elias, she is proud of her work and keeps an eye on the plants every day after school before she plays with her friends. Elias also helps to look after the gardens by making natural fertilisers and pesticides from plants they grow or find on the hillside – he knows that one day he will have to look after himself and grow his own food, so learning all about gardening is really useful.

Their gardens are full of plants growing really well and the children can go out and pick food whenever it's time to cook; they have so much food now that they can even give some away to their neighbours. And a hailstorm won't ruin their lovely garden either because they have been given a net that protects it – the hailstones just bounce off!

Now the family and neighbours have enough healthy food to eat. The children have a good diet with lots of food from the bag garden like spinach, beetroot and lettuce and they get tomatoes, onions and cabbage from their keyhole garden. They now play football and other games together on the rocky ground near their house and have lots of energy thanks to all the healthy vegetables they have been eating.

The people of Ha Maphathe often come and visit the family after seeing their garden and how healthy the children are. They ask how they can grow such amazing vegetables and Ma Elias tells them about Send a Cow and offers to teach them what she learnt on her training. Now that many people in the village are starting to build bag and keyhole gardens they can be confident that there will be enough food all year round to keep people alive and well.



Mpho & Julia ' s diet before they were helped:

Breakfast: watery, ground-sweetcorn (papa) porridge.

Lunch: papa with a few wild leaves and berries.

Evening meal: chunk of bread.

Mpho & Julia ' s diet after they were helped:

Breakfast: ground-sweetcorn (papa) porridge and dried apricots, with a glass of milk.

Lunch: papa with chopped spinach, cabbage and beetroot and an onion, tomato and pepper stew, with corn oil.

Evening meal: rice and the stew from lunch with chilli and some chicken put in, with a chunk of bread, followed by an orange.

