



NUTRITION

Topic: My Healthy Plate

LESSON ONE



TARGET GROUP: K2 students



DURATION: 30 to 40 minutes

✱ Healthy nutrition is especially important in the childhood years as this is a critical period for growth and development. Food preferences are also generally acquired during these early years so it is essential to inculcate positive dietary habits among the young. Teaching the children 'My Healthy Plate' can help them consume a healthy and balanced diet.

Learning Objectives

After completing the lesson, students will be able to:

- ✓ Understand the importance of eating healthily
- ✓ Understand what constitutes a balanced diet

Materials Needed

- Some examples of food/pictures of the four food groups (brown rice and wholemeal bread, fruit, vegetables, meat and others).
- 'My Healthy Plate' activity sheet
- Pens
- 'My Healthy Plate' (see Placard 1A)

Suggested Activity

1. Introduction:

- a) Read any story on fruit and/or vegetables.
- b) Ask the students to share with their friends about the food that they eat every day.

2. Explain to the students that it is important to eat healthily because it can help them look and feel good, as well as give them the energy to do the things that they want to do (e.g. playing at playground and riding bicycle).
3. Show the 'My Healthy Plate' (use Placard 1A) and explain to the students that it teaches them what to eat and how much to eat at each meal to be healthy.
4. Show examples of fruit and vegetables. Explain that fruit and vegetables are rich in fibre, vitamins and minerals and can keep them healthy so that they will not fall sick easily. Encourage the students to eat different types of fruit and vegetables and fill up half of their plates with fruit and vegetables every meal.
5. Show examples of food from the brown rice and wholemeal bread food group such as brown rice, wholemeal bread, rolled oats and wholemeal biscuits. Explain that food from this food group is high in carbohydrates which can give them energy to study and play. These food are made of whole-grains so they also contain a lot of vitamins, minerals and fibre which can keep them healthy. Encourage the students to fill up a quarter of their plates with these food every meal.
6. Show examples of food from the meat and others food group such as lean meat, fish, beans, milk and tofu. Explain that these food contain protein that can build and repair tissues in the body. Milk, tofu and calcium-enriched soya bean milk are also rich in calcium which is needed to build strong bones and teeth. Encourage the students to fill up a quarter of their plates with these food every meal.
7. Point to the section of water of the 'My Healthy Plate' and encourage them to choose water instead of sugary drinks such as soft drinks and cordial.
8. Ask the students to complete the 'My Healthy Plate' activity sheet by drawing food items that belong to the correct section of the 'My Healthy Plate'.
9. Conclude the lesson by telling the students to eat food from the 4 food groups in the right amount to be healthy. Also remind them to eat less food that is high in fat, sugar and salt such as chocolates, cakes and potato chips.

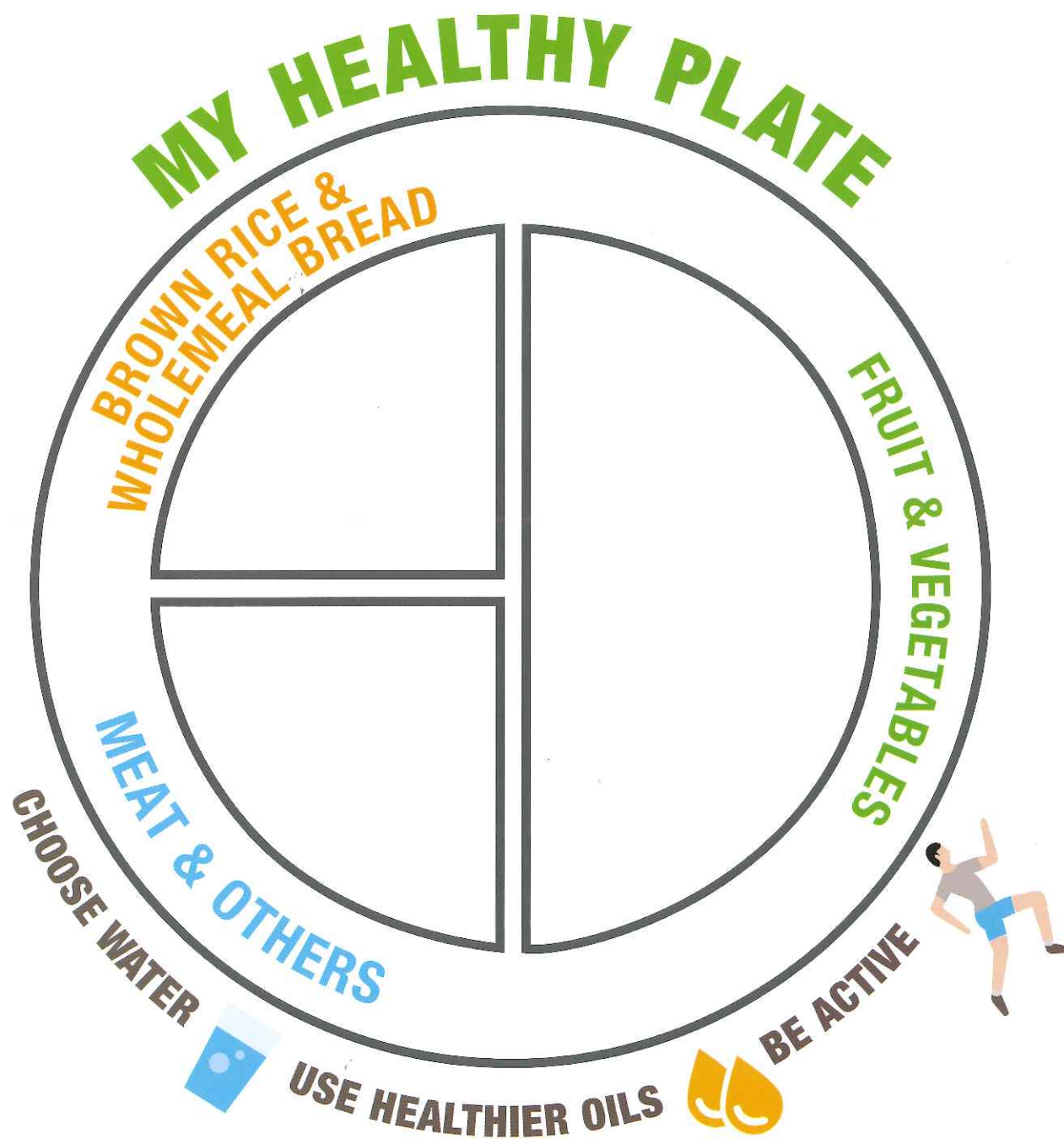
Extended Activity

- Pointers for parents
- The children were introduced to the 'My Healthy Plate' – a food guide that helps them understand what to eat and how much to eat to be healthy. The children learnt that they should fill up half of their plates with fruit and vegetables, one quarter with whole-grains and the other quarter with meat and others every meal.
- Parents can serve meals to your child in the 'My Healthy Plate' format (fill up half of their plates with fruit and vegetables, one quarter with whole-grains and the other quarter of their plates with meat and others) to reinforce the message of 'My Healthy Plate'.

Teachers can set up a 'café' or a 'restaurant' that serves healthy food. Prepare paper plates and divide the plates as per the 'My Healthy Plate'. Students can serve replicas of a variety of food items in these paper plates by putting them in the corresponding section of the plates.

Activity Sheet: My Healthy Plate

Draw food items that belong to the correct section of 'My Healthy Plate'.



Topic: Healthier Choice Symbol

LESSON TWO



TARGET GROUP: K2 students



DURATION: 30 to 40 minutes

Learning Objectives

After completing the lesson, students will be able to:

- ✓ Recognise the Healthier Choice Symbol (HCS)
- ✓ Understand why products with the HCS are healthier






Materials Needed

- Wrappers/packaging of food products. For each type of product, collect one wrapper/packaging with HCS and one without HCS. Suggested food products are:
 - 1) Bread
 - 2) Cow's milk
 - 3) Juice
 - 4) Tomato sauce
 - 5) Soy milk
- Two trays for sorting
- 'Healthier Choice Symbol' logo (see Placard 1B)
- Flip chart paper
- Pen
- Song Chart: Healthy Food (see Song Chart 1)

To help consumers make informed food choices, the Health Promotion Board has developed the Healthier Choice Symbol (HCS). Teaching the children to choose products with HCS can help them make healthier food choices when they go grocery shopping with their parents.

Suggested Activity

1. Sing a song 'Healthy Food' (use Song Chart 1)
2. Show the students the Healthier Choice Symbol logo (use Placard 1B)
3. Ask the students to describe what they see in the symbol.
4. Ask the students if they have seen the HCS logo. If the answer is yes, ask where they have seen it. Write their answers on the flip chart paper.
5. Show them the food wrappers/packaging that you have prepared.
6. Ask them to sort the wrappers/packaging into the two trays – one with HCS and one without HCS.
7. Tell the students that food products with HCS are healthier options and explain to them the reasons using the table on the following page. (For more information, please go to <http://www.hpb.gov.sg/HOPPortal/health-article/7498>)
8. Conclude the lesson by encouraging the students to choose food products with HCS. Also remind them to eat all food in moderation including food products with HCS.

Food product	Healthier Choice Symbol shown on food wrappers/packages	Why are they healthier?
Bread		Bread carrying this logo contains more whole-grains than other bread such as white bread. Whole-grains are high in vitamins, minerals and fiber.
Cow's Milk		Milk carrying this logo contains less fat than other milk.
Juice		Juice carrying this logo contains less sugar than other juice.
Tomato sauce		Tomato sauce carrying this logo contains less salt than other tomato sauce.
Soy milk		Soy milk carrying this logo contains more calcium than other soy milk. Calcium helps build strong bones and teeth.

★ Pointers for parents

- The children were introduced to the Healthier Choice Symbol (HCS) and were encouraged to choose food products with HCS.
- Parents can ask your child to help look out for products with HCS when grocery shopping with them at the supermarket.

Extended Activity

Bring the students to supermarket and buy ingredients with HCS. Cook a healthy meal or prepare a healthy snack using these ingredients with the students.