

# VIBE

## Session Title: Nutrition & Food Hygiene

Duration: 2 x 45 minute sessions

### Resources:

- Whiteboard/flipchart & pens
- 'Last Meal on Earth', 'Eatwell Plate', 'Symptoms - True Or False', 'Causes Of Food Poisoning', 'Nutrition & Food Hygiene Quiz' resources
- Free supermarket catalogues & scissors
- Paper plates
- Blu tac

### Aims:

- To provide learners with an introduction to a balanced diet
- To build learners' knowledge of food safety

### Outcomes:

- Learners will be able to identify sections of the Eatwell Plate, the different foods in each section and compare the recommended diet to their own.
- Learners will be able to explain the causes and symptoms of food poisoning, and have a reasonable knowledge of kitchen hazards.

### At a Glance:

- Session 1 : Nutrition  
(What is a balanced diet & cutting and sticking)
- Session 2 : Food Hygiene  
(True or false & quiz)



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## Session Title: Nutrition & Food Hygiene

Timings: 45 minutes

Subject: Nutrition

### Resources:

- Whiteboard/flipchart & pens
- 'Last Meal On Earth' & 'Eatwell Plate' resources
- Paper plate & pens
- Free supermarket catalogue
- Blu tac

### Activity:

Icebreaker activity: your last meal on earth

- Ask the learners to draw or write their response to the prompt on the handout. Share meals!

Nutrition

- Ask the learners to shout out the 5 food groups that make up a balanced diet (protein, carbohydrates, fruit & veg, dairy, fats/oils)

Learners should then divide the paper plate into the 5 sections to represent their current diet (you could model this on the board using the last day of meals, and show how this translates into ratio)

Finally, give each learner a copy of the current Eatwell Guide and see how it compares.

### Categorising Exercise

Draw the Eatwell Plate/show a slide on the whiteboard.

Ask the learners to cut out food from the supermarket catalogue and blu tac in the appropriate section

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Timings: 45 minutes

Subject: Food Hygiene

### Resources:

- 'Symptoms - True Or False', 'Symptoms Of Food Poisoning' & 'Food Hygiene & Nutrition Quiz'
- Paper and pens
- Optional food-based prize

### Activity:

#### Symptoms of Food Poisoning

Ask the learners to divide the food poisoning symptoms into true/false piles

False = sore throat, spots, rash,, stiff joints, coughing, collapse

#### Causes of Food Poisoning – Challenge

Set a timer – each learner must come up with as many causes of food poisoning as they can within the time. Share any from the list they didn't get.

#### Food Hygiene Quiz

Complete the quiz questions – optional food-based prize for the winner.