

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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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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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.