

EaD Comprehensive Lesson Plans



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BASIC 8

WEEKLY LESSON PLAN – WEEK 2

Strand:	Health Education		Sub-Strand:	Nutrition and Physical Activity	
Content Standard:	B8.1.1.1 Demonstrate understanding of factors that influence choice of food and feeding habits in relation to participation in physical activity				
Indicator (s)	B8.1.1.1.1: Examine the factors that influence the choice of food and feeding habits in relation to participation in physical activity.		Performance Indicator: Learners can adopt good eating habits.		
Week Ending	20-09-2024				
Class	B.S.8	Class Size:		Duration:	
Subject	Physical Education				
Reference	Physical Education Curriculum, Teachers Resource Pack, Learners Resource Pack.				
Teaching / Learning Resources	Poster, Pictures and Video.		Core Competencies:	<ul style="list-style-type: none">• Critical thinking• Problem Solving	
DAYS	PHASE 1 : STARTER	PHASE 2: MAIN			PHASE 3: REFLECTION
MONDAY	Discuss the meaning of ‘Food Choice’ with the Learners.	<div>1. Learners brainstorm to identify examples of good food choices.</div> <div>2. Discuss with Learners the types of Food choices</div> <div>3. Assist Learners the identify 5 importance of food choices.</div> <div>Food Choice;</div> <div></div> <div>Food choice refers to how people decide on what to buy and eat. A complex set of factors that vary from person to person and depend on culture, heritage and up-bringing all influence food choice. We may look for price if we need to stick to a budget, or look for allergen information if we have a food allergy.</div> <div>Examples of Good Food Choices;</div> <div><div>1. Fruits</div><div>2. Vegetables</div><div>3. whole grains</div><div>4. fat-free or low-fat milk and milk products.</div><div>5. Seafood</div><div>6. lean meats and poultry</div><div>7. eggs</div><div>8. legumes (beans and peas)</div><div>9. soy products</div></div>			<div>Reflect on the benefits of food choices.</div> <div>Exercise</div> <div><div>1. What is Food Choice?</div><div>2. State 5 examples of Food Choices.</div><div>3. Explain 3 types of Food choices.</div></div>

		Food Types; <ul style="list-style-type: none"> • Carbohydrates. • Proteins. • Fats. • Vitamins. • Minerals. • Dietary fibre. • Water. 	
THURSDAY	Review Learners knowledge on the previous lesson through questioning and answering.	<ol style="list-style-type: none"> 1. Discuss with Learners 5 factors that influences food choices. 2. Assist Learners to explain Eating habits. 3. Learners brainstorm to identify factors that affects eating habits. 4. Learners in small groups to discuss and report to the class how religion and culture affects eating habits. <p>Factors that influence Food Choices;</p> <ol style="list-style-type: none"> 1. taste preference 2. sensory attributes 3. Cost 4. Availability 5. Convenience 6. cognitive restraint 7. cultural familiarity. <div data-bbox="603 1077 1117 1435"> <p style="text-align: center;">Personal Factors</p> <p>Gina: Taste: Loves spicy food, loves watermelon and strawberries. Age: At the age where children are typically resistant to trying new foods. Personal knowledge: Heard that some foods help you run fast. Genetic factors: Has a gene that makes cilantro taste bad.</p> <p>Matt: Taste: Loves spicy food, hates cilantro. Hunger: Didn't eat breakfast and is very hungry by lunchtime. Health factors: Allergic to strawberries. Personal knowledge: Knows that carrots are good source of vitamin A. Genetic factors: Has a gene that makes cilantro taste bad.</p> <p><small>Learner 11, Understanding Influences on Food Choices</small> <small>Slide 15</small></p> </div> <p>Examples of Good Eating Habits;</p> <ul style="list-style-type: none"> ○ Eating breakfast every day. ○ Sleeping seven to eight hours every night. ○ Choosing healthier snacks such as a piece of fruit or a handful of unsalted nuts. ○ Brisk walking at least 20 minutes every day or 150 minutes per week. <p>The Four Types Of Eating</p> <ul style="list-style-type: none"> • The four types of eating are Fuel, Fun, Fog, and Storm. • Fuel Eating is when you are eating foods that support your body and its needs. • Fun Eating is eating any foods that you love to eat that don't necessarily give you anything back • Fog Eating is anytime you eat without 	<p>Through questions and answers, conclude the lesson.</p> <p>Exercise;</p> <ol style="list-style-type: none"> 1. Explain 5 factors that influence food choices 2. What is Eating habit?

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School:

District: