

# Circle of Hope Project

Healthy Body, Healthy Mind, Healthy World

Socrates—Comenius

# Diet Module Outline

VM Ingleton Middle School, England

For: Year 7

Duration: 2 x 3 hours

<b>1</b>	<b>Good Foods, Bad Foods</b>			
	Good Foods, Bad Foods-thought shower	—Group Activity		10 minutes
<b>2</b>	Recipe for a Healthy Life	—Presentation	1.10	10 minutes
	Nutrition Notes for above	—Notes	1.20	
<b>3</b>	Government Guidelines Discussion	—Teacher Led		10 minutes
	Planning Information Packs	—Paired Work	1.30	10 minutes
	Preparing Information Packs	—Paired Work		80 minutes
	Planning Meals for a Day	—Paired Work	1.40	35 minutes
	Meal Planning Sheet for above	—Paired Work	1.50	10 minutes
	Writing a Shopping List	—Paired Work	1.60	10 minutes
	<b>Additional Resources:</b> coloured paper and card large sheets of paper for thought showers selection of recipe books laptop computers			
<b>4</b>	<b>Preparing Meals</b>			
	Hygiene & Safety in Food Preparation	—Teacher Led		10 minutes
<b>5</b>	Students to Make Meals	—Group Work		70 minutes
	Presentation & Serving Meals			
<b>6</b>	Washing Up & Clearing Away			
	Development of Information Packs	—Paired Work		20 minutes
	Evaluation of Meals, Discussion &	—Teacher Led		20 minutes
	Investigation of Information Packs			30 minutes
	Summing Up &	—Class Plenary		20 minutes
	Discuss Attitudes, Responsibility, Choices			
	Discuss Cause & Consequence	—Class Plenary		5 minutes
	<b>Additional Resources:</b> coloured paper and card selection of recipe books laptop computers digital camera for recording meal presentations			