

Lesson Plan

NEUROHEADWAY

Neuroscience Into Education

PSHE in photography

Producing a still life photograph of a healthy plate of food LEARN WITH SNAPPER

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LEARN WITH SNAPPER



1/ We are what we eat!

- What are the food groups

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- Go to this website
http://www.bbc.co.uk/northernireland/schools/4_11/uptoyou/healthy/choosingfood.shtml
- Now click on to A Balanced Diet and then Junk Food
Listen to Maxine's interview with Senior Community Dietician, Grainne McMacken - North West Belfast Health & Social Services.
- Complete the gapped hand out after listening to this interview



<i>harmful</i>	<i>fat</i>	<i>teeth decay</i>	<i>Protein</i>
<i>fish</i>	<i>nutritious</i>	<i>balanced diet</i>	<i>food groups</i>
<i>Fruit</i>	<i>cancer</i>	<i>burgers and chips</i>	<i>Junk food</i>

“A _____ means getting the right variety of foods in the right amounts. We would normally describe a balanced diet in terms of the different _____ that there are. Foods like bread, cereal and potatoes they would be very important providing energy, and that would give us the energy for growth, the energy to run round to do your normal activities, or the energy to go out and play. _____ and vegetables would give us lots of important vitamins and minerals which we need and some of these can help protect us against heart disease and _____. As for milk and dairy foods go they would be very important from the point of view of providing enough calcium. Calcium is needed for bone development and growth. Meat and foods like chicken and _____ and eggs, they are important for protein and also for some minerals and especially iron. _____ would be very important again for growth and the development

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of muscles and tissue which makes our body grow and iron is also important for healthy blood.”

“ _____ is usually a term used to describe foods that are not particularly good for our health and in fact they can be _____ to our health. Junk food is usually used to describe foods like sweets, 10p mixes, crisps, corn snacks, but it could also be used to describe things like _____ as well. Not many junk foods are _____, in fact some of them could really cause problems in terms of making our _____ and this would be the sugary snacks or sugary drinks. Things like burgers and chips, they do contain some nourishment but the important thing is that they are high in _____ and it's important to keep them to a minimum and not to eat them too many times.”

[Source of information

http://www.bbc.co.uk/northernireland/schools/4_11/uptoyou/healthy/choosingfood.shtml]

2/ Fruit and Vegetables research

- You will now get given some fruit and/or vegetables
- But first let's look on Google images at some arrangements
- Get into pairs, what can you find on the internet?

3/ Get snapping

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- You must take it in turns to arrange the fruit and/or vegetables how you wish for a photograph
- Use different settings on your camera
- Get artistic – focus on one part of the bowl and see the effects
- Beware of distracting backgrounds



4/ Present your results

- Choose the best shots and prepare to present them to the rest of the class
- What did you think of your classmates work?
- What did and didn't work?

Extension activity

- Let's get silly.... Now arrange the fruit and veg in a funny face or some other funny way and photograph it!

Homework

- You are aware of the different food groups.
- Go into your kitchen at home and group items in each food group, now photograph them. Make sure you include all food categories!



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- Make a short PowerPoint presentation or poster on the food groups and use your pictures