

# Diet and nutrition

Year Group 8

Experience **In the kitchen**

24 Alcorn Close, Sutton, SM3 9PX

T: 020 8296 1287, F: 020 8296 1284

E: SLC@sutton.gov.uk, W: suttonlifecentre.org

SuttonLifeCentre

An essential learning experience



## Setting the scene...

In this scenario you heard a radio discussion from a news show about a new teenage health magazine.

- Male radio presenter** Today a new publication hits the shelves called *'Your Teenage Life'* it deals with diet and nutrition for young people. With me is the editor – Sai Pinker.
- Sai Pinker** Hello.
- Presenter** This newspaper has created quite a stir. The article on page 2 is called *'Why Chocolate Is Good for You'*. Yet it's all about nutrition for young people. What's going on?
- Sai** Well chocolate IS good for you.
- Presenter** Well we'd all like to believe that...
- Sai** What it's saying is that a little bit of what you like every now and again – whether it's chocolate or chips – IS good for you. It's all about having a balanced diet. It's okay to eat treats, as long as you don't eat them every day, and make sure you eat plenty of healthy food too.
- Presenter** Ah! The healthy stuff. By that I assume you mean the five daily portions of fruit or veg... or is there more to it than that?
- Sai** Well for young people – as well as fruit and vegetables there are other important food groups too that can get overlooked.
- Presenter** Such as?
- Sai** During the teenage years, you grow a lot and gain a lot in terms of bone and muscle. This means that there are some foods that teenagers really need.
- Presenter** Ah yes, that's where you talk about calcium for bone growth. You recommend green leafy vegetables, but also dairy produce like cheese and milk.
- Sai** Yes milk is particularly important – one of the best starts you can have as a teenager is a breakfast of healthy cereal and milk. The milk provides the calcium and many cereals have added iron. You need to read the label to check it's a healthy cereal, without lots of sugar and salt but with added iron. Iron is something that lots of teenagers don't get enough of.
- Presenter** Why's iron so important?
- Sai** The article on page 4 talks about this. Up to 13 per cent of teenage boys and 27 per cent of girls were found to have low iron stores. This can give you anaemia, which makes you tired. To stop this, make sure you eat food with iron, like leafy green vegetables or red meat.
- Presenter** How important is a healthy diet to teenagers?
- Sai** Extremely. As well as building your muscles and giving you energy it affects your brain too. Eating a balanced diet definitely boosts your brain power.
- Presenter** Is that true, or is it just an old wives tale? I mean, how can you know that?
- Presenter** Bringing us back to the topic we started with... tell us, exactly how much chocolate is good for you?
- Sai** Oh, just a little. I think that if you eat regular healthy meals, you're allowed a treat every now and then, don't you?
- Presenter** You certainly are... as long as it isn't every day.

# Diet and nutrition

Year Group 8

Experience **In the kitchen**

24 Alcorn Close, Sutton, SM3 9PX

T: 020 8296 1287, F: 020 8296 1284

E: SLC@sutton.gov.uk, W: suttonlifecentre.org

SuttonLifeCentre  
An essential learning experience



## Diet and nutrition lesson plan

### 1 Review the scenario in small groups and discuss the following questions:

- What do you think are the key messages?
- What do you think could be the consequences if young people choose to eat an unhealthy diet?

Feed back to the main group three key points from your discussion.

### 2 What would encourage you to eat a balanced and healthy diet?

In small groups design an advert/story board for children and young people promoting healthy eating.

Things to consider:

- What would be the strap line?
- What would be the key messages?
- What would make the advert attractive to children and young people?

Ask each group to present their ideas to the whole class.

### 3 Plenary

Review the lesson and the key knowledge learnt.



approximately 1 hour