

student will learn about the food pyramid and healthy eating using the usborne first encyclopedia of the human body pages 50 and 51. student will watch video at <https://www.bbc.co.uk/bitesize/topics/zqbxqfr/articles/zsfj4xs> and take the coordinating multiple choice quiz. / Lesson Planner / LearningCorner.co

## Objective

By the end of this lesson, the student will understand the food pyramid and the importance of healthy eating. They will be able to identify different food groups and explain how they contribute to a balanced diet.

## Materials and Prep

- Usborne First Encyclopedia of the Human Body (pages 50 and 51)
- Access to the internet for the video on BBC Bitesize
- Pencil and paper for notes
- Access to the multiple-choice quiz after watching the video

Before the lesson, make sure the student has access to the Usborne book and the internet for the video and quiz. Familiarize yourself with the content on pages 50 and 51 to guide the student effectively.

## Activities

- **Reading and Discussion:** Have the student read pages 50 and 51 of the Usborne First Encyclopedia of the Human Body. After reading, discuss the different food groups in the food pyramid and what foods belong to each group.
- **Video Viewing:** Watch the video on the BBC Bitesize website together. Pause the video at key points to discuss what is being shown and reinforce learning.
- **Quiz Time:** After watching the video, take the multiple-choice quiz together. Encourage the student to think about the answers based on what they learned from the video and the book.
- **Food Pyramid Art:** Have the student draw their own food pyramid, labeling each food group and including examples of foods they enjoy from each category.

## Talking Points

- "What do you think the food pyramid tells us about the types of food we should eat every day?"
- "Can you name the different food groups in the pyramid? Let's see if we can list them together!"
- "Why do you think it's important to eat a variety of foods from each group?"
- "How do you feel when you eat healthy foods compared to when you eat junk food?"
- "What is one new healthy food you would like to try this week?"