

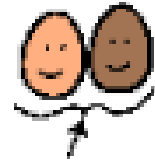


Life Skills Online Lesson

Wk. beg. 01.06.20

ASD Summer 2Term





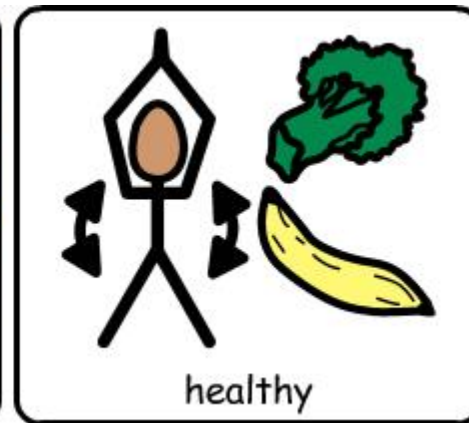
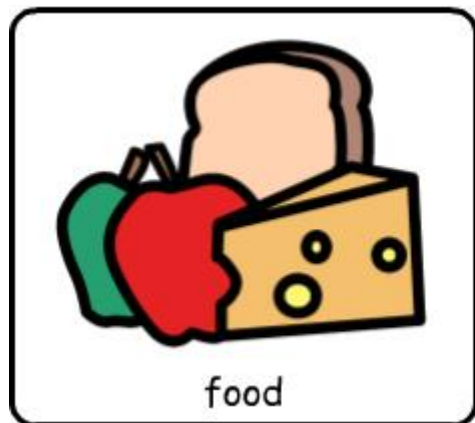
What are we learning today?



I can understand what foods to eat to make me healthy



Key words:



Starter:

Interactive games

http://resources.hwb.wales.gov.uk/VTC/healthy_eating/eng/Introduction/StarterActivity.htm


<http://www.freddyfit.co.uk/kids/games/lunch-box-maker.php>

<https://pbskids.org/games/healthy-habits/>



Life Skills Activity

How to use - Find the slides that best suit your child and help them to complete the activity.

 I can understand what foods to eat to make me healthy



What kinds of food have you been eating at home?

What is your favourite food?

Why is food so important?



Healthy Food

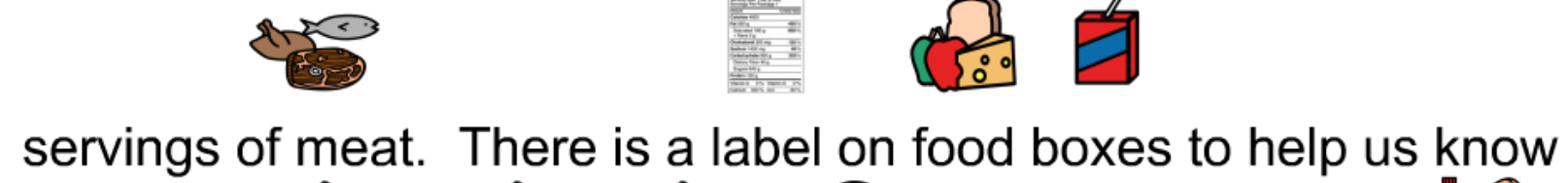
There are many different kinds of food. It is important to make



good choices and eat healthy food. Healthy foods are low in fat



and sugar. Healthy foods are like fruit and vegetables and small



servings of meat. There is a label on food boxes to help us know



if food is healthy or not. Healthy food keeps us from getting sick



and helps us live a long time.



I can understand what foods to eat to make me healthy

Can you investigate your kitchen cupboards or fridge?

Can you find the labels on the food?

What does it say?

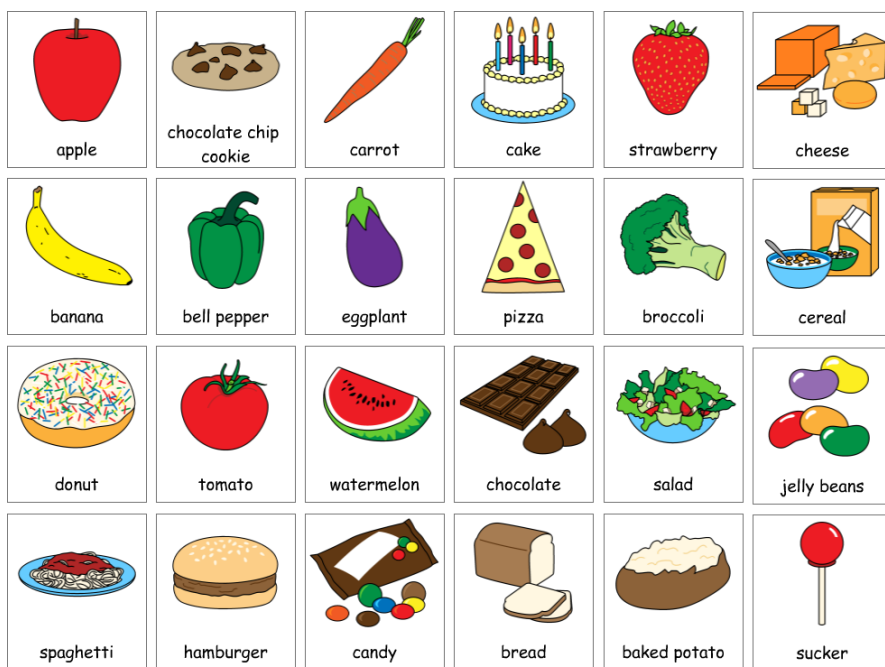


I can understand what foods to eat to make me healthy

Can you sort the foods in to the groups?

Healthy Food

Unhealthy Food



Can you sort the foods into the correct food groups?



egg



chocolate



apple



rice



oil



pasta



cabbage



fish



chips



broccoli



grape



milk



cheese



beans



chicken



cake



carrot



banana

Fruits &

Protein

Fats

Carbohydrates

Dairy



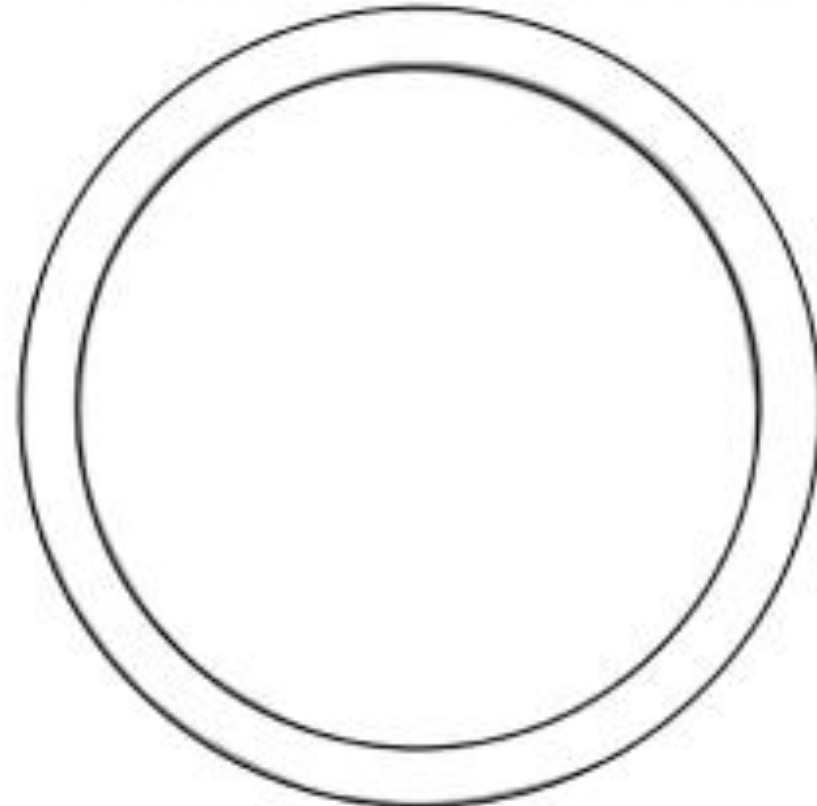
I can understand what foods to eat to make me healthy

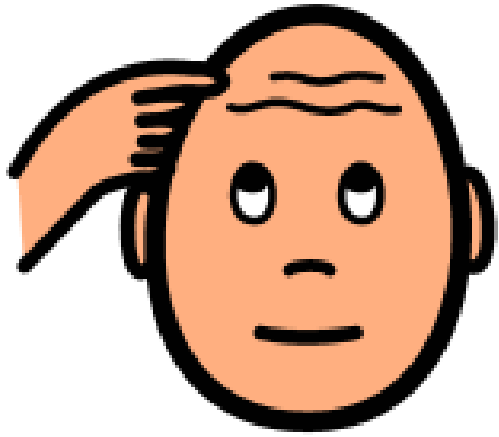


Can you use a plate and food from the kitchen to make a healthy food plate?

Can you draw your healthy food plate with the different foods on it?

Healthy Eating Meal Activity





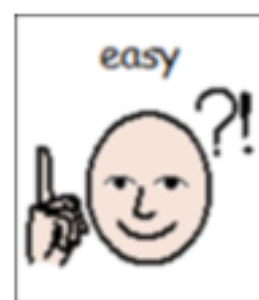
Do you like the healthy food plate you have created?

Do you enjoy eating all the foods on the healthy food plate?

Why did you choose those foods?



Self-assessment





Please show us know your work, send us a tweet on twitter!

@NorthRidgeSch

