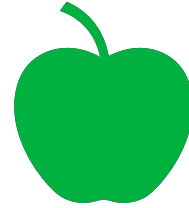


DIGITAL LESSON

PLANNING FOR A HEALTHIER YOU



OVERVIEW

Through an exploration of the national dietary guidelines, students will learn how to apply the recommendations to achieve their own healthy, balanced diet. As they explore the five food groups, students will discover the benefits of healthy eating as well as the risks of poor nutrition. Students will then apply what they have learned to create a nutritious and balanced meal plan that follows dietary guidelines.

USE OF PRESENTATION

The accompanying presentation was created with PowerPoint so that it can be used in a variety of classrooms. If you are using a laptop with an LCD projector, simply progress through the PowerPoint by clicking to advance. All of the interactive aspects of the presentation are set to occur on click. This includes images, text boxes, and links which will appear in your web browser. If you are using an interactive whiteboard, tap on each slide with your finger or stylus to activate the interactive aspects of the presentation. In the notes for each slide, there will be information on how to proceed.

CONTENT AREAS

Health, Physical Education

ACTIVITY DURATION

45–60 minutes

AGE RANGE

10–13

ESSENTIAL QUESTIONS

- What does *healthy eating* mean? What does it look like?
- How can nutrition affect my overall health?
- How does my nutrition affect my risk for developing non-communicable diseases?

For more information about the Future Well Kids programme, please email
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