

Introduction

Good to Eat is an introductory interactive resource illustrating the principles of healthy eating in the context of a footballer's diet. Pupils make changes to a player's favourite meal, and receive simple feedback on the nutritional content. The resource also contains background information on food groups and their sources.

Diet is a sensitive issue for many children. Throughout the activity general principles such as balancing a diet over the course of one week, the need for some fat as part of a balanced diet, and the importance of restricting rather than banning some foods are emphasised.

Running the activity

In its simplest form the resource could be used to research information about food types and sources. However, this is best done within the interactive context.

An introductory discussion could include questions such as 'Is everybody on a diet?' 'Do professional footballers eat the same things as non-athletes?' 'Why might their diet be different?'

The activity home page introduces the question, 'What is a balanced diet?', and pupils have the opportunity to research this question, and gather background information on different nutrients and sources of them in a balanced diet. Ask pupils to gather their background information before amending the player's menu. The worksheet *Good to Eat* is provided to help pupils organise their work if you wish to use it.

In the Player Menus section pupils are invited to amend a player's favourite meal. When they make a change the NUTRIGAUGE bar shifts, and a Feedback message appears highlighting the impact of their choice. It is important to emphasise to pupils that it is not necessary for them to produce the healthiest NUTRIGAUGE score. The player will still want a meal that includes some of their favourite foods, and balancing a diet should be considered in terms of a day rather than in one meal.

Pupils may print off a summary of their Feedback messages, and then go on to send further comments to the Study Support Centre website, as outlined below.

Safety

Care should be taken when discussing diet with pupils, emphasising the importance of receiving enough nutrients, particularly whilst growing, as an unfortunately growing number of pupils may at some point suffer from eating disorders.

More ideas

- Pupils may consider their favourite meal, and whether they could incorporate changes that would make it a healthier everyday choice.
- They may send feedback comments about their meal, which could include a photograph of themselves cooking or eating the meal, to the Manchester United Study Support Centre. Feedback will appear on the Study Support Centre website. Photographs must be sent by post, as they must be accompanied by a signed parental permission slip.
- Older pupils, in particular those studying Food Technology, can explore the Singapore Links section, which gives access to an on-line database to calculate nutritional content of a range of common Singapore dishes.

Learning outcomes

Pupils should understand the need for food for a balanced diet containing carbohydrates, proteins, fats, minerals, vitamins, fibre and water, and about foods that are sources of these.

Prior learning

None, although pupils will have considered the principles of healthy eating.

Where the activity fits in

QCA Unit 8A Food & digestion

GOOD TO EAT

A balanced diet will give you all the different **nutrients** that you need. **Nutrients are chemicals that the body needs for life.**



Complete the following sentences about balanced diets.

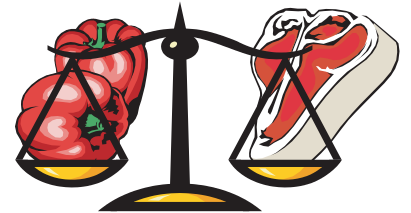
A balanced diet includes a _____ of food from the four main food groups.

These food groups are:

- ◆ Bread, _____, potatoes, rice and _____.
- ◆ Fruit and _____.
- ◆ _____ and dairy products.
- ◆ Meat, _____, pulses, soya, tofu and _____.

We cannot always balance our diet in one meal.

We should aim to balance it over a _____.



There is another group of foods that are not needed for a balanced diet:

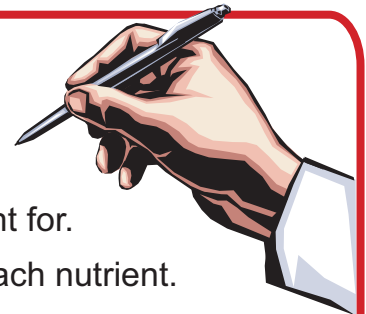
- ◆ Fatty foods and sugary foods, for example, fried foods, cakes, biscuits and sugary drinks.

It is OK to eat foods from this group occasionally (once or twice a week), but a diet will not be balanced if someone eats them every day.



A balanced diet will give you all the different nutrients that you need.

- 1 Look at the information about different nutrients.
- 2 Complete the table to show: (a) What your body uses each nutrient for.
(b) Foods that are good sources of each nutrient.



Nutrient	Use in the Body	Sources
carbohydrate		
protein		
fat		
vitamins and minerals		
fibre		
water		