

Basics: Healthy diet

Approximate time: 20 minute tutor time session

Materials: sheets of paper, felt tip pens, paper plate

Aim/outcome: To discuss favourite food and explore whether that food is healthy

Explanation:

- Ask students to draw and colour in their favourite meal on a paper plate or sheet of paper
- Put a sign up at one end of the room saying 'healthy meal' and one on the other side of the room saying 'unhealthy meal'. In the middle of the room put a sign 'part healthy'.
- Ask students to position their plates in the three areas making sure everyone can see what is on their plate.
- Ask students to then look at all the different plates around the room.
- Discuss with the group whether there are a lot of similarities or differences in what students like for their favourite meal.
- Ask students if they think any of the plates are in the wrong category and to put the paper plates in the right categories if they should be moved.
- Ask them if they think most people in their tutor group like food that is healthy or unhealthy and the reason why this may be the case.
- Ask them if they feel pressured into eating healthy food. What healthy food they enjoy eating?

Expansion activity:

Make a collage of food that is healthy and unhealthy from pictures from magazines or the internet. They could do this on their iPad. Look at diet leaflets and discuss what meals you could have, that are both healthy and enjoyable at the same time. Look at a list of healthy food. What is healthy and not healthy? Discuss why they like food even if it is not healthy.

One-to-one:

Using a sheet of A4 paper, divide it into four. In the first section ask them to write or draw their favourite food, in second section food that they hate, in third section what they like for breakfast, in the fourth section food that is healthy. Basics: Healthy diet Exercise 5

Students say: Students have suggested they do not want to be made to feel ashamed if they eat the wrong food. This exercise needs to be done sensitively with acceptance that some students have an unhealthy diet and the aim is to promote discussion and get students to think about why people like unhealthy food.