

Lesson Plan

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Programme of Study: YSBR	Year Group: 7 - 10	Date:
Knowledge, Skills and Understanding: Learning about carbohydrates – food sources, key functions, classifications (types of carbohydrate), place in Eatwell guide, how much we need in the diet	Grouping: 6 – 20	Duration: 1 – 2 hours
	Activity:	

Learning Intentions: To understand what carbohydrates are, which foods contain them, why we need them and how much we should have.

Progression of Learning and Teaching:

Key Teaching Points

Introduction

- Which foods contain carbohydrates
- Locate carbohydrates on the Eatwell Guide
- Understand different types of carbohydrates (starchy, fibre, sugars)
 - Learn what they are made up of (sugars and starches)
 - Learn key functions of carbohydrates
 - Find out how much carbohydrate we should eat

Watch web animations and complete on line quiz
Note carbohydrates in own diet from food intake noted on work sheet
Make plans for dietary changes as required

By the end of the session students should understand:

- Which foods contain carbohydrate
- What the different types of carbohydrate are

Points to Remember:

Key Learning & Teaching Strategies

Resources:

Essential nutrients – Carbohydrates worksheet
Carbohydrates, starchy carbohydrates, non-starch polysaccharides (NSPs), sugars, energy

Key Vocabulary:

What are carbohydrate rich foods? What do they do in the body?
Does each meal include starchy carbohydrates? Do I consume enough carbohydrate?

Key Questions:

Group discussion, different ways of learning, class quiz
Formative feedback and student activities

Differentiation:

Assessment Methods:

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Conclusion / Plenary:

- Key functions of carbohydrates
- What carbohydrates are made of (sugars/starches)
- How much carbohydrate we should have in our diet
- What carbohydrate foods they have in their own diet.

Evaluation / Next Steps:

Cross Curricular Links:

Students should have completed the Essential Nutrients – Carbohydrates worksheet, Watched the animations and taken part in the class quiz.

Success Criteria:

Extra Notes: