

Lesson Plan

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

Learning Intentions: To understand what fats 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 fats
- Locate fat rich foods on the Eatwell Guide
- Understand different types of fat (saturated, unsaturated)
 - Learn what they are made up of (triglycerides)
 - Learn key functions of fats
 - Find out how much fat we should eat
 - Good fats/bad fats

Watch web animations and complete on line quiz

Note types of fat 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 fats
- What the different types of fat are

Points to Remember:

Key Learning & Teaching Strategies

Resources:

Essential nutrients – Fats worksheet

Fats, saturated, unsaturated

Key Vocabulary:

Which foods are high in fats? What do they do in the body? Does their diet contain saturated or unsaturated fats? Do I consume enough fat? Is it good fat or bad fat?

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 fats
- What fats are made of (triglycerides)
- How much fat we should have in our diet, including limitation on saturated fat
- What types of fat-rich foods they have in their own diet.

Evaluation / Next Steps:

Cross Curricular Links:

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

Success Criteria:

Extra Notes: