

# Lesson Plan

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

**Learning Intentions:** To understand what fibre is, which foods contain it, why we need it and how much we should have.

## Progression of Learning and Teaching:

### Key Teaching Points

#### Introduction:

- Learn key functions of fibre
- Find out how much fibre we should eat

Watch web animations and complete on line quiz

Note types of fibre in own diet from food intake noted on work sheet

Activities and Experiences changes as required

By the end of the session students should understand:

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

## Points to Remember:

### Key Learning & Teaching Strategies

#### Resources:

Fibre, soluble, insoluble  
**Key Vocabulary:**

Which foods are high in fibre? Why do we need fibre? Does their diet contain soluble or insoluble fibre? Do they consume enough fibre?  
**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 fibre  
How much fibre we should have in our diet

**Evaluation/Next Steps:**

## Cross Curricular Links:

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

## Success Criteria:

## Extra Notes: