

# Lesson Plan

f @beachrangers

🐦 @YSbeachrangers

📷 @beach\_rangers

www.beachrangers.com  
#beachrangers



<b>Programme of Study:</b> YSBR	<b>Year Group:</b> 7 - 10	<b>Date:</b>
<b>Knowledge, Skills and Understanding:</b> Learning about vitamins and minerals – sources, some functions, which foods are rich in vitamins and minerals, difference between micronutrients and macronutrients	<b>Grouping:</b> 6 – 20	<b>Duration:</b> 1 – 2 hours
	<b>Activity:</b>	

## Learning Intentions:

To understand why we need water, how much we should have, and which fluids/foods provide it.

## Progression of Learning and Teaching:

### Key Teaching Points

**Introduction:** Which foods are nutrient-rich  
What are the key vitamins and minerals?

Watch web animations and complete on line quiz  
Check own diet on work sheet for nutrient-rich list of foods

**Make plans for diet changes as required**

By the end of the session students should understand:

- What the main vitamins and minerals are
- Why they are important

## Points to Remember:

### Key Learning & Teaching Strategies

**Resources:** Essential nutrients - Micronutrients worksheet

Micronutrients, macronutrients, vitamins, minerals

### Key Vocabulary:

Which foods are high in micronutrients? Why do we need vitamins and minerals?

### Key Questions:

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

### Differentiation:

### Assessment Methods:

# Lesson Plan

f @beachrangers

t @YSbeachrangers

o @beach\_rangers

www.beachrangers.com  
#beachrangers



Which foods have a high micronutrient content  
**Conclusion/Plenary:**

**Evaluation/Next Steps:**

**Cross Curricular Links:**

Students should have completed the Essential Nutrients – Micronutrients worksheet, checked their own diet to see if they regularly eat nutrient-rich foods, watched the animations and taken part in the class quiz.

**Success Criteria:**

**Extra Notes:**