

Lesson Plan

f @beachrangers

🐦 @YSbeachrangers

📷 @beach_rangers

www.beachrangers.com
#beachrangers



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

Learning Intentions: To understand what protein foods 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 protein
- Locate protein rich foods on the Eatwell Guide
- Understand different types of protein (complete, incomplete)
 - Learn what they are made up of (amino acids)
 - Learn key functions of proteins
 - Find out how much protein we should eat

Watch web animations and complete on line quiz

Note proteins 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 protein
- What the different types of protein are

Points to Remember:

Key Learning & Teaching Strategies

Essential nutrients – Proteins worksheet

Resources:

Protein, complete, incomplete, amino acids

Key Vocabulary:

What are protein rich foods? What do they do in the body? Am I eating complete or incomplete protein? Do I consume enough

Questions:

Group discussion, different ways of learning, class quiz

Formative feedback and student activities

Differentiation:

Assessment Methods:

Lesson Plan

f @beachrangers

🐦 @YSbeachrangers

📷 @beach_rangers

www.beachrangers.com
#beachrangers



Conclusion / Plenary:

- Key functions of protein
- What protein is made of (amino acids)
- How much protein we should have in our diet
- What types of protein-rich foods they have in their own diet.

Evaluation/Next Steps:

Cross Curricular Links:

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

Success Criteria:

Extra Notes: