



TEACHER NOTES

SPHE

MODULE

7

TO BE USED IN CONJUNCTION WITH WORKSHEETS 7A TO 7F

Lesson 1: A Balanced Diet

Strand Unit: Taking Care Of My Body - Food And Nutrition.

Aims:

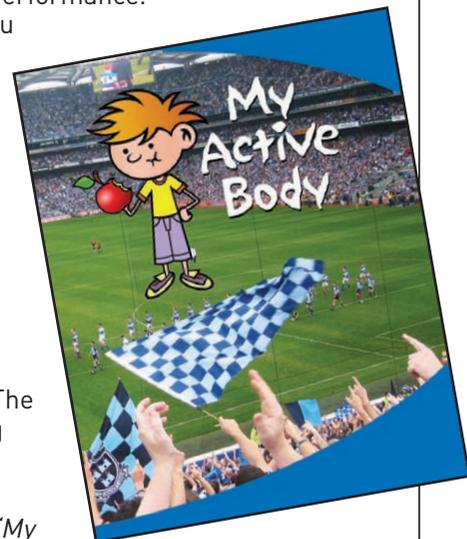
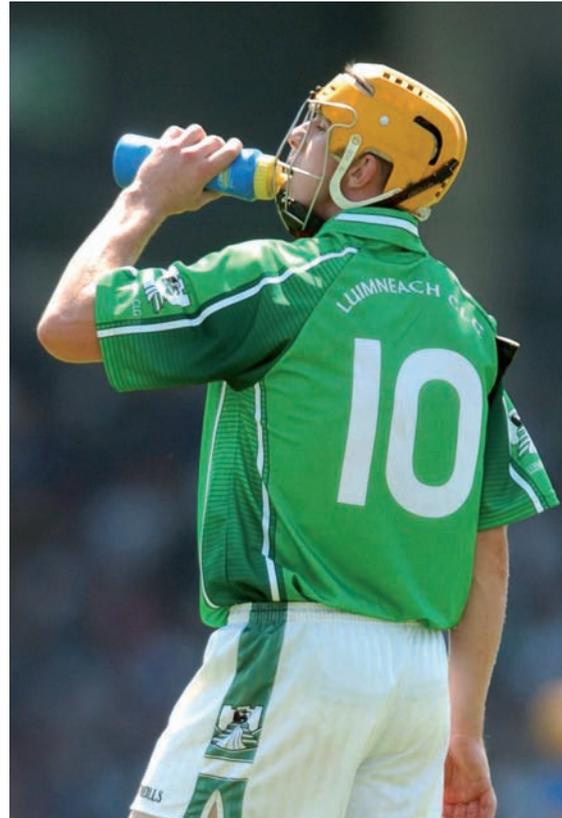
1. To explore the importance of food for promoting growth, keeping healthy and providing energy.
2. To appreciate that balance, regularity and moderation are necessary in the diet.
3. To develop an understanding that different foods have different benefits.

Resources: DVD SPHE-Eat Well, Play Well, Worksheets 7A, 7B and 7C, www.safefood.eu, www.bordbia.ie/Consumers/Schools/.

This lesson could be taught over one week.

Suggested Activities:

1. A variety of factors influence what children eat. Explore these factors with the children under the following headings; taste, friends, parents, money, advertising, availability, culture and special occasions. Emphasise that unhealthy foods are advertised more than healthy foods. The children could use **Worksheet 7A**.
2. Watch the short piece which is entitled "Eat Well, Play Well". This shows interviews with male and female GAA players who outline the importance of food and fitness and the inter-relationship between health and performance. There is also an interview with a nutritionist who identifies what you should eat and what you should avoid.
3. Examine the children's views on their diet once more. Using the food pyramid or balance of good health model, allow the children design a healthy diet for their favourite GAA star for a day. It should involve three main meals; breakfast, lunch and an evening meal. They must ensure that the correct proportions of the above food groups have been included. Ask the children to work together to complete **Worksheet 7B**. (**Worksheet 7C** should be used for schools in Northern Ireland.)
4. The children could visit www.safefoodonline.eu which contains fun games and information about food hygiene.
5. Stress the importance of hand washing after sports and exercise. The children should also be reminded about the importance of washing out drinks bottles and lunch boxes.



Céim ar Aghaidh Pupils Book

A supplementary pupils reading book for classroom libraries called, "My Active Body" was included with the Céim Ar Aghaidh Middle Cycle pack. It contains fun information about the importance of a balanced diet and exercise, covering the themes of the different meals, snacks, hydration and exercise. It was developed by Model Education in conjunction with Bord Bia and Safefood.



7 SPHE

GAA Grassroots to National Programme (GNP)

Lesson 2: A Balanced Lifestyle

Strand Unit: Knowing About My Body.

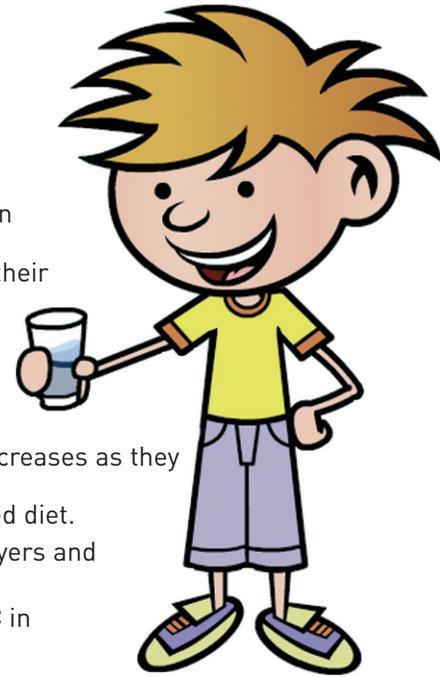
Aims:

1. To appreciate the need and understand how to care for the body in order to keep it strong and healthy.
2. To realise that each individual must take some responsibility for their own health.

Resources: Worksheet 7D, DVD-Be Wise-Exercise.

Suggested Activities:

1. The children should realise, through discussion, that they have some responsibility for their health and that this responsibility increases as they get older. Explore and recognise the importance of regular exercise, regular sleep, rest and relaxation and a balanced diet.
2. Show the DVD piece to the pupils. This shows interviews with players and coaches on fitness and exercise and the role it plays in the game.
3. The children could work in groups to complete **Worksheet 7B (7C in Northern Ireland)**.
4. The children could design a weekly exercise plan for a healthy lifestyle in their SPHE copy.



Lesson 3: Safety First

Strand Unit: Safety And Protection.

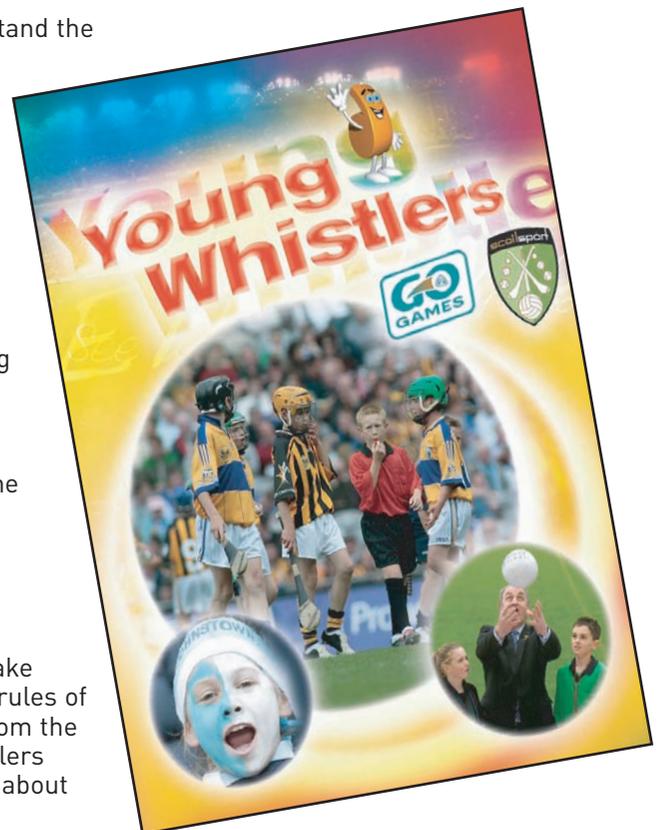
Aims:

1. To recognise places where it is safe to play and understand the importance of adopting responsible and equitable behaviour when playing.
2. To become familiar with and understand the need to adhere to safety rules.

Resources: DVD, Worksheet 7E, Cumann na mBunscol Young Whistlers Programme.

Suggested Activities:

1. Use mind mapping to explore the importance of safety on the pitch and while practicing skills with friends. (Emphasise the role of the referee and checking playing equipment, goalposts etc). Promote other elements of safety such as wearing a helmet when cycling etc. The pupils could complete **Worksheet 7E**.
2. DVD, SPHE-Safety on the Pitch. This piece highlights the importance of the referee with an interview with Barry Kelly and participants from The Young Whistlers Programme.
3. Cumann na mBunscol have developed an excellent education resource to support The Young Whistlers Programme. Young Whistlers encourages children to take part in refereeing Go Games matches and to learn the rules of the games in a non-competitive environment. Pupils from the senior classes who have taken part in The Young Whistlers Programme could be invited to speak to junior classes about their experiences.





Lesson 4: Teamwork

Strand Unit: Self-awareness And Developing Self-confidence.

Aims:

1. To develop an appreciation of and talk about personal strengths, abilities and characteristics.
2. To identify and talk about personal preferences, dreams for the future and hopes.

Resources: Worksheet 7E.

Suggested Activities:

1. The children should be encouraged to reflect on their positive traits as well as areas where they would like to improve.
2. Have a draw where each child selects a piece of paper with a classmate's name written on it. The children should write a positive comment about the person they have selected and return the piece of paper.
3. Allow the children to research their favourite camogie, Gaelic football, handball, hurling or ladies football personality by using the internet, interviews or newspaper articles. The children could make a collage of their GAA personalities or design a poster of their chosen star using pictures and headlines from the newspapers. **Worksheet 7F** (This topic can be integrated with drama.)



7 SPHE

GAA Grassroots to National Programme (GNP)

Teacher Information: Healthy Eating

People are becoming increasingly aware of the fact that a healthy diet is important. The Food Pyramid and The Balance of Good Health model make healthy eating easier to understand by showing the types and proportion of foods need to make a well-balanced and healthy diet. It shows that people don't have to give up the foods they most enjoy – just eat some in smaller quantities or less frequently. Variety and a change towards more fruit, vegetables, bread, potatoes, rice and pasta are what matters.



The Food Pyramid (**Worksheet 7B**) is used in the Republic of Ireland to learn about different food groups. It is divided into five shelves, each representing a different food group. Choosing a variety of foods from each shelf ensures that you have a balanced and healthy diet. You should select most of your foods from the bottom two shelves of the Food Pyramid. Smaller amounts of food should be chosen from the next two shelves, while foods at the top of the pyramid should be taken sparingly.

The Balance of Good Health (**Worksheet 7C**) is used in Northern Ireland to learn about different food groups. It is a pictorial guide showing the proportions and types of food that are needed to make up a healthy balanced diet. The guide is divided into five food groups: bread, other cereals and potatoes; fruit and vegetables; milk and dairy foods; meat, fish and alternatives; foods containing fat and foods containing sugar. Foods from the largest groups should be eaten most often and foods from the smallest group should be eaten least often. The guide is shaped like a dinner plate which has been designed to make healthy eating simpler to understand and interpret.

BREAKFAST TIPS

Break that Fast!

Breakfast is the most important meal of the day. After a long night's sleep you need to "break" the "fast" to help restore the energy you lost during the night. You've just spent around eight hours with no food or water. Your body is dehydrated, your blood sugar is low and you have very little energy. Getting up a few minutes early to have a healthy breakfast will help keep you buzzing during the morning

Eating breakfast gives you the energy you need to be alert and active during the morning

FRESH START
Pour deliciously cool low-fat milk over your cereal in the morning to kickstart your day

Some brekkie tips

- Bowl of fruit salad containing fruits in season, yoghurt and slice of toast with low fat spread
- A bowl of cereal with low fat milk
- A slice of toast with low fat spread and teaspoon of jam
- Two slices of wholemeal toast with low fat spread, poached egg, slice of grilled bacon, grilled tomato, mushrooms and a glass of milk

A WHOLE NEW WORLD
Beef up your breakfast by including dairy and whole grains, such as a wholegrain cereal topped with banana, porridge and fruit, jam spread over whole wheat toast, a whole wheat bagel topped with honey, or a tub of yoghurt and a slice of whole wheat toast

