



Lesson Plan

Class level: Lesson suitable for primary school children from first to third class

Subjects: The Food Pyramid

Competition: Closing date 28th February 2022

Lesson Overview

This lesson asks students to think about the **Food Pyramid**, developing their understanding of which foods they should choose to fuel and nourish their bodies with, in order to follow a healthy diet.

Students can discuss the importance of eating with regularity and in particular focus on **breakfast as a key meal** in their daily eating routines, nourishing their bodies and providing energy for the day ahead.

The lesson focuses in on **wholegrain cereals**, which are located at the lower end of the Food Pyramid along with breads, potatoes, pasta and rice (3-5 servings from this group are recommended per day). In particular we're aiming to discuss **wholegrain oats**, as one of the healthy foods within this category, which can be used as a nutritious porridge breakfast or for baking and snacking. Grown in Ireland in perfect conditions, due to the temperate climate, wholegrain oats are natural, wholesome and nutritious.

This lesson asks students to think about **where their food comes from** in more detail, and as part of that process to take **Irish family food producer, Flahavan's**, as a case study.

By taking Flahavan's as a case study, the students can gain a better understanding of **how the food on their breakfast table is produced from "farm to fork"**. Themes such as **local-sourcing, environment and sustainability** can all be explored as part of this case study.

Content Objectives

Students will

- discover where the porridge oats they eat come from
- learn more about the health benefits of eating oats and wholegrain cereals
- discover all the ways you can use oats in recipes
- gain an understanding of the life cycle of a cereal grain like Oats
- learn more about how a company like Flahavan's can play an important role in their community, through local sourcing and minimizing their impact on the environment

- become more aware of the environmental impact of their everyday choices/behaviours

Learning Activities

- Ask students to discuss what they eat for breakfast and what a healthy breakfast should include
- Have students discuss the Food Pyramid and what food choices they make each day
 - o Optional – Cut out and place food in correct categories of the Food Pyramid
- Discuss the importance of eating meals at regular intervals and how this can help provide the body with energy
- Focus on the importance of breakfast as a key meal in fueling the body for the day ahead
- Encourage them to focus in on wholegrain porridge oats and explore how they're made from being grown in a field to reaching their breakfast table, through providing a case study on Flahavan's
- Examine how oats can be incorporated into daily/weekly meal plans for their families
 - o Optional – Make porridge in a slow cooker and give a taster to the class
- Encourage students to select and try simple recipes at home
- Discuss how a company like Flahavan's can play an important role within its community and environment, through local-sourcing and self-generating its own energy. Think about other ways it can make improvements
- Encourage students to make one positive and healthy change to their breakfast/eating routines
 - o Optional – New Year's Resolutions and deciding to make one positive change to their eating routine each week

Differentiation

To support the lesson, students can be encouraged to participate in The SuperOats Colouring Competition. The infographic-style colouring sheet can be downloaded on the Flahavan's Website and the prize includes €500 One4All Voucher for the student and €500 cash for their school. **Competition runs from 15th Jan – 28th Feb 2022**

Assessment

Teacher observation and questioning based on the content of the lesson

Linkage & Integration

SPHE

Myself – Taking Care of My Body

- Discover the importance of food for promoting growth, keeping healthy and providing energy
- Discuss and explore some qualities and categories for food
- Appreciate that balance, regularity and moderation are necessary in a diet

- Identify some of the sources of food derived from plant and animal sources
- Try new recipes – look at the ways oats can be used in a variety of recipes and see which ones you think would work for your family. Discuss food hygiene as part of this

Geography

Environmental Awareness and Care (Caring for my Locality)

- Develop an understanding that there is both individual and community responsibility for taking care of the environment
- Becoming aware of the environmental impact of the consumer choices we make everyday

Science

Living Things (Plants and Animals)

- Appreciate that living things have essential needs for growth (light; water; heat; soil conditions etc)
- Understand that seasonal changes occur in living things and examine the changes in plants (/cereals such as oats) during the different seasons

Resources

Websites:

www.flahavans.ie

<https://www.flahavans.ie/happenings/superoats-colouring-competition/>

Materials & Equipment

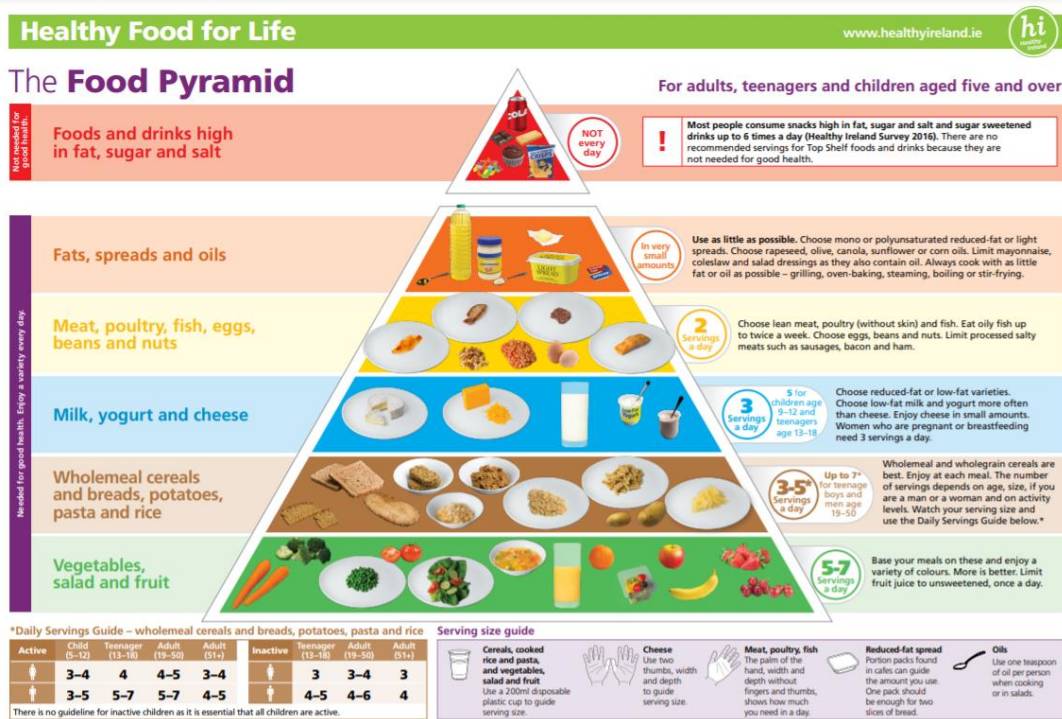
Art materials

Ipad/Smart phone/Computer

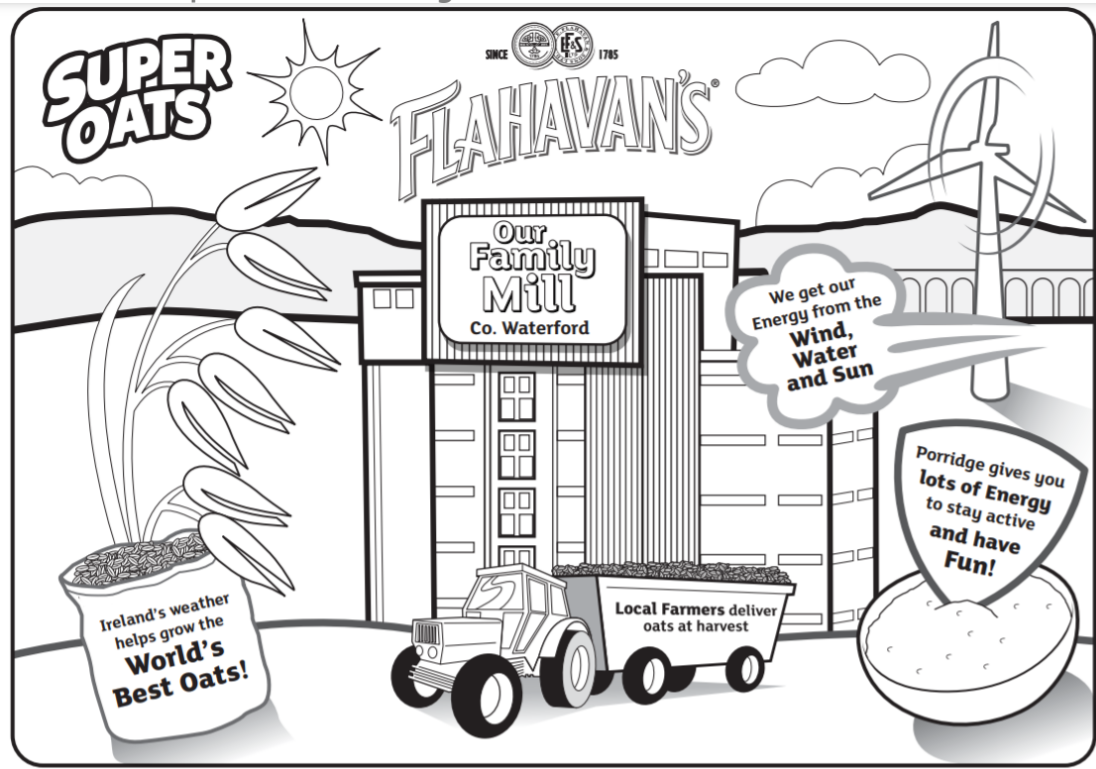
Whiteboard

THE FOOD PYRAMID – download poster at

<https://assets.gov.ie/7650/f3249adoc7284211b3fa41c69b33c8e2.pdf>



Flahavan's Super Oats Colouring Sheet:



Other helpful pages on the Flahavan's Website:

RECIPES:

<https://www.flahavans.ie/recipes/>

HEALTH BENEFITS OF OATS:

<https://www.flahavans.ie/superfood-oats/>



Aveen Bannon's Benefits of Oats

Oats are one of the foods that are delicious, versatile and extremely nutritious! Oats first made health history in 1997 when they became the first food with an FDA health claim label which was that eating soluble fibre from oats could help lower the risk of Heart disease.

Heart Health

And 20 years later the evidence to support that claim is stronger than ever! So there is a fibre in oats called beta glucan that forms a gel like structure and helps the body excrete cholesterol. Research shows that 3g of beta glucan a day can help reduce total cholesterol by 5% and LDL 'bad' cholesterol by 10%. A 40 g serving of oats will provide you with 2g of beta glucan.

Digestive Health

Fibre is not only good for the heart but also for our digestive health. Adults need approx 25-35g of fibre per day. Fibre is like a natural sweeping brush for the gut and helps the body eliminate waste. Starting the day with a high fibre breakfast can be a great way to help regulate the bowel. Oats are a naturally high fibre food and one bowl of porridge will provide approx. 4g of fibre.

Healthy weight

Oats help you feel fuller for longer. The reason is because they are high in fibre, contain protein and are considered a low Glycemic Index (GI) food which basically means they don't cause a rapid spike to your blood sugar levels. The energy from oats is released slowly into the gut helping you feel satisfied for longer.

Blood Pressure

New research indicates that the antioxidant avenanthramide, which is present in oats, may help reduce blood pressure when eaten... so another reason to include oats in your diet!

Benefit of breakfast

The right breakfast can really help set you up for the day. Breakfast as it implies breaks the fast from overnight and is the first meal of the day so a perfect opportunity to provide your body with good nutrition. We know that those who eat a healthy breakfast tend to be leaner, reduce their risk of type 2 diabetes and have better digestive health. Also research has shown that kids who eat a healthy breakfast perform better academically. So no excuses!

HISTORY OF FLAHAVAN'S

<https://www.flahavans.ie/inside-flahavans/timeline/>

LOCAL SOURCING; OAT MILLING PROCESS:

<https://www.flahavans.ie/inside-flahavans/our-oats/>

SUSTAINABILITY STORY:

<https://www.flahavans.ie/inside-flahavans/sustainability-journey/>