



CAVEMAN

Fill Ya Tum with Good Mood Food Worksheet

TEACHER GUIDANCE SHEET

Required Material:

- ▶ Pens /Pencils
- ▶ Fill Ya Tum with Good Mood Food worksheet

L.O:

- ▶ To understand the benefits of healthy eating to my mind.
- ▶ To be able to identify some healthy foods and their benefits.

STARTING ACTIVITY (5mins)

GROUP DISCUSSION – Together speak about how we all change when we are hungry and how this impacts our day to day life.

MAIN TEACHING (10mins)

Ask for volunteers to share what they had for their previous meal (breakfast, lunch or dinner), how they felt beforehand and afterwards. Now ask if anyone can suggest how different foods can make us feel, and why they think that is.

Tell the children that there are certain foods that can influence our minds, moods and memory, which where possible can be ideal additions to our diets. We are going to explore some of those foods today.

Work through these five different food types, introduce each to the children, ask who likes them and who doesn't and see if they can guess the benefits of each one before telling them.

- ▶ **Fatty fish** such as salmon contains Omega-3 fatty acids which are essential to any diet as they play a key role in brain development.
- ▶ **Dark chocolate** is awesome not just because it is chocolate but also because it can increase blood flow to the brain, which can improve our moods.
- ▶ **Bananas** are high in vitamin B6 which encourages

feel good chemicals to be released into the brain making you feel happier.

- ▶ **Oats** in any form such as porridge or granola slowly release sugars into the body which keeps your energy levels up over a period of time.
- ▶ **Nuts and seeds** such as almonds, cashews, peanuts, pumpkin, sesame and sunflower seeds can also help to boost our moods by providing us with amino acids.

MAIN TASK - (15mins)

Now the children know how different foods can help to boost our moods, have them design a poster that shares this message with other people.

They can use the worksheet as a template, which has the slogan "Fill ya Tum with Good Mood Foods" displayed. Or if you/they can think of a different slogan, use that instead on a new piece of paper, and design around it. They can feature different types of food, the names of vitamins and minerals, how these foods make us feel, what they make us think of.

You can display these posters at school or at home to share the message with other people, and maybe encourage them to eat more healthily.

PLENARY (2mins)

Ask for volunteers to share their posters with the other children and why they think it will help others see the benefits of healthy eating.



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CHILDREN'S SHEET

Now you know how different foods can help to boost our moods, share this with other people by creating a poster that promotes the benefits and encourages others to eat healthily as well. Use the slogan "Fill Ya Tum with Good Mood Foods" and design around that. You can stick this poster up at school or even at home to help others realise the benefits of healthy eating.

FILL YA TUM

WITH GOOD

MOOD FOOD