



PDHPE

Early Stage 1

Celebrity Foods

Activity context

This activity could be used as part of the *Personal Health Choices* content strand. It provides students with the opportunity to consider the classification of foods they know. The activity could be used as a fun, interactive activity for a small group of students. It is modelled on the Celebrity Head game.

This activity has been adapted from the *Crunch and Sip®* resource package.

Syllabus links:

PHES1.12 Displays basic positive health practices.

- identifies a range of foodstuffs and groups them accordingly

DMES1.2 Identifies some options available when making simple health choices

- classifies foods as healthy for you, not healthy for you

Notebook page



Activity

Choose three students to be a part of the activity. These students sit in front of the board with their backs to the board. As the students sit down, drag down the screen to reveal the foods. The students then take turns to ask the rest of the class questions that need a yes or no answer.

The first to guess the correct food is the winner.

Encourage students to consider ways of categorising foods and appearance of foods. Examples of questions could include:

- Am I a fruit/vegetable/type of meat?
- Am I an everyday food or a sometimes food?
- Am I red/green/orange/brown?
- Is this food a fruit/cereal/dairy product?
- Am I eaten hot/cold/frozen?
- Am I crunchy/soft/hard?

At the end of the activity, summarise the details that enabled the students to guess the foods e.g. taste, smell, colour, shape, size.

Assessment strategies:

The teacher:

- observes student classification of foods and involvement in discussion of the details of the food.

Assessment criteria:

The student:

- identifies a range of foodstuffs and groups them according to their sources
- talks about different foods that keep them healthy
- classifies foods as healthy for you, not healthy for you

These criteria relate to outcomes PHES1.12 and DMES1.2.

The Notebook files for each student can form part of your assessment to inform your teaching and captures "point in time" learning.

