

PRIMARY SCHOOL

NUTRITION LESSONS

Please note: The nutrition team will need sufficient notice to plan sessions into their diaries, so please bear this in mind. The maximum number of education session will be three per day.



Balanced Diets!

A fun and informative lesson which will teach pupils about the different food groups and what a healthy, balanced diet looks like. Pupils will then design their own balanced meal, before ending the session with a fun quiz!

KEY STAGE: KS1 OR KS2
LESSON LENGTH: 1 HOUR
LESSON CAPACITY: ONE CLASSROOM

Foods from around the world

This session will showcase the different foods and recipes that people enjoy all over the world, and how this is translated into nutrition information. We will also take a look at the global foods on the Caterlink menu, and do some fun activities!

KEY STAGE: KS1 OR KS2
LESSON LENGTH: 1 HOUR
LESSON CAPACITY: ONE CLASSROOM



Where food comes from

In this lesson we will learn where each type of food comes from, and the different processes it goes through to end up in our supermarkets! We will look at where the food on the Caterlink menu comes from and discuss a couple of case studies.

KEY STAGE: KS2
LESSON LENGTH: 1 HOUR
LESSON CAPACITY: ONE CLASSROOM

What is seasonal food?

In this engaging lesson, pupils will learn which foods are in season during which months, and the environmental benefits of eating seasonal foods. We will also look at the Caterlink menu and see which seasonal foods we have on there!

KEY STAGE: KS2
LESSON LENGTH: 1 HOUR
LESSON CAPACITY: ONE CLASSROOM



PRIMARY SCHOOL

NUTRITION LESSONS

Please note: The nutrition team will need sufficient notice to plan sessions into their diaries, so please bear this in mind. The maximum number of education session will be three per day.



Food Waste

This session teaches pupils about the issues of food waste and the steps we can take to prevent it. The session includes a class discussion for pupils to share ideas and an activity that teaches practical ways we can reduce our food waste day-to-day. There are optional extended activities to supplement each lesson and gets kids involved in a real-time, hands-on experiment within the classroom.

KEY STAGE: KS2

LESSON LENGTH: 1 HOUR

LESSON CAPACITY: ONE CLASSROOM

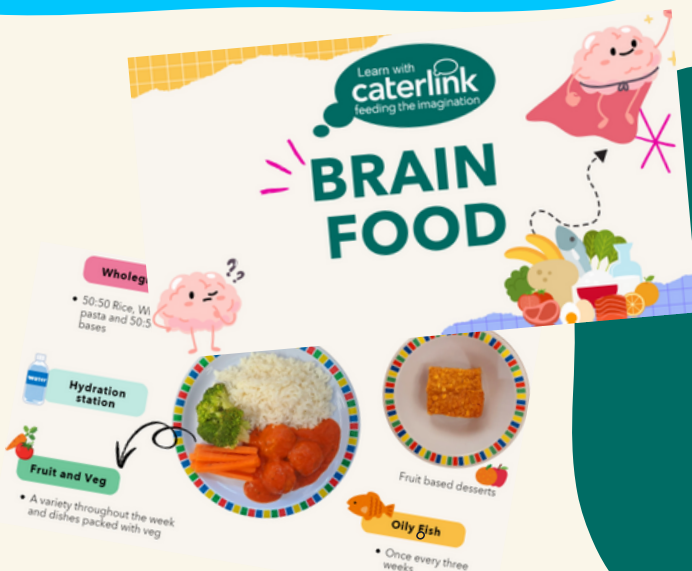
Sustainable Eating

With more focus than ever on the environmental impacts of food, this lesson teaches pupils which foods have a bigger negative impact, and why! Once pupils have an understanding of what makes up a more sustainable diet, they can make their own sustainable food pledge!

KEY STAGE: KS2 - YEAR 5 OR YEAR 6

LESSON LENGTH: 1 HOUR

LESSON CAPACITY: ONE CLASSROOM



Brain Foods & Mindful Eating

An exciting session all about which foods are the best to help mental health and brain function. Pupils will also learn the importance of eating mindfully and how to practice this when they sit down for their next meal. The session will end with a fun quiz, and a task to design their own brain-boosting meal!

KEY STAGE: KS2

LESSON LENGTH: 1 HOUR

LESSON CAPACITY: ONE CLASSROOM