

Change4Life

KS2 Lesson Plan 2



AREA OF LEARNING/FOOD COMPETENCE: Consumer Awareness	DATE:	CLASS:

LEARNING INTENTIONS:
<ul style="list-style-type: none"> • Be aware that advertising can influence what they choose to eat
OBJECTIVES:
<ul style="list-style-type: none"> • To discuss the key messages of the Change4Life campaign • To report the results of the family survey • To design a poster around one of the key messages • To take up a Change4Life family pledge

RESOURCES/PREPARATION:
<ul style="list-style-type: none"> • Access to the Change4Life website or a Change4Life Poster (from the Schools toolkit available free of charge from the website) • Poster paper • Art materials • Change4Life Family Pledge Sheet

DIFFERENTIATION:
Support – Some children may need support in starting points for poster ideas
Extension – Some children might like to start work on their take home activity by deciding what each family pledge might mean to them as individuals.

ASSESSMENT OPORTUNITIES

EVALUATION	
TEACHING OBJECTIVES	LEARNING INTENTIONS
TEACHING DELIVERY	FUTURE TARGETS

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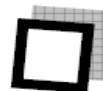


	LEARNING ACTIVITY	TEACHING POINTS
INTRODUCTORY ACTIVITY Time: 5 minutes	Recap the previous lesson, remind the pupils that Change4Life is a 'social marketing' campaign which aims to 'sell' the idea that a healthy lifestyle is achievable for everyone. Ask the pupils if they remember the eight challenges. Recap on the eight challenges.	
WHOLE CLASS ACTIVITY Time: 20 minutes	Ask the class to report back the results of their family survey. Make a tally of responses, discuss which were the most frequent answers, any unusual replies, whether the overall message is positive or negative and why the pupils think that their families responded the way they did. What is their response to the survey results? Are they surprised by the results? Do they wish that the results were different? Do they think they could change the opinions of their families? Ask the class what they would do to make Change4Life more appealing to families, how would they persuade their families to take on challenges?	
INDIVIDUAL ACTIVITY Time: 30 minutes	Present the Change4Life eight challenges to the class again. Ask the pupils to choose one of the key Change4Life messages and design a poster around that message, designed to persuade families to make a Change4Life and take up one particular message.	
CLOSING ACTIVITY Time: 5 minutes	Ask the pupils to show and tell their posters to the rest of the class. Ask the class to comment on which ones are their favourites and why. Which ones would encourage them to take up a Change4Life challenge?	
TAKE HOME ACTIVITY (OPTIONAL)	Ask the pupils to choose one of the key Change4Life messages that they can pledge to take up as a family challenge. Ask the pupils to think about how they would achieve this challenge as a family and how it would fit into their daily lifestyle. Pupils should take home a Change4Life Family Pledge Sheet and ask their families to sign it.	

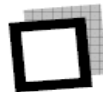


The family promise to join
Change4Life by accepting the following
challenge...

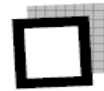
up & about



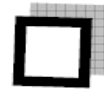
60 active minutes



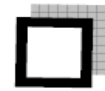
5 A DAY



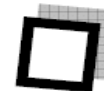
meal time



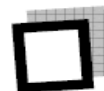
snack check



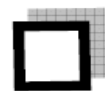
me sized meals



cut back fat



sugar swaps



Signed:

Date:.....

