

Oak Specialist

# Independent Living

## Unit 2- Personal Care

Applying Learning



# Unit 2- Personal Care

## Lesson 1- Self-care and Hygiene

Developing healthy hygiene habits and routine.

## Lesson 3- Daily Recommendations

Learning about calories and what the daily recommendations are for boys and girls..

## Lesson 5- Celebrating Ourselves

Recognising and celebrating our accomplishments and those of others.

## Lesson 2- Balanced Plate of Food

Understanding the 5 main food groups and what to eat to stay healthy.

## Lesson 4- Balanced Leisure Activities

Thinking about activities to do in our free time and what is available in our local area.

## Lesson 6- Managing our Emotions

Identifying and understanding negative emotions and learning strategies to help.



# Lesson 3- Daily recommendations



# Teacher notes- Lesson 3

Learning intention: to understand what calories are and how much we should consume daily for our age/gender.

1. Learning about calories as a unit of measurement for energy that we consume. Understanding why we need calories and how much our body needs to function normally and perform day to day activities. Where information on how many calories a food item contains can be found.
2. Learning what the daily recommended calorie intake is for your age/ gender and why it is different depending on size, age, gender and how active you are.
3. Using google search to find out how many calories are in different foods that make up the 3 main meals of the day. Adding the calories to see if we meet the daily recommended intake for our age/ gender.

Additional resources needed: calculator, pen and paper.



Personal Care

# Daily recommendations

Applying Learning



# Lesson Activity Stages

This lesson will be taught in 3 stages:

1. What are calories?
2. Recommended daily intake of calories for your age/ gender.
3. Find out how many calories are in daily meals.



# What are calories?



Images teachers own

Calories are units of energy found in the food we eat. They can be used to measure how much energy we consume (eat) in a day. Our bodies use this energy to function, but particularly when we move or exercise. If we eat more energy (calories) than our body can use up then our bodies store it as fat and we gain weight. Having too much fat in your body can lead to health problems. This is why we have a daily recommended intake of calories. The amount of calories in a food item is found on the packaging.



# Daily recommendations for men and women (Including teenagers).



The daily recommendation for men is **2500** calories.



The daily recommendation for women is **2000** calories.



# Daily recommendations for boys and girls



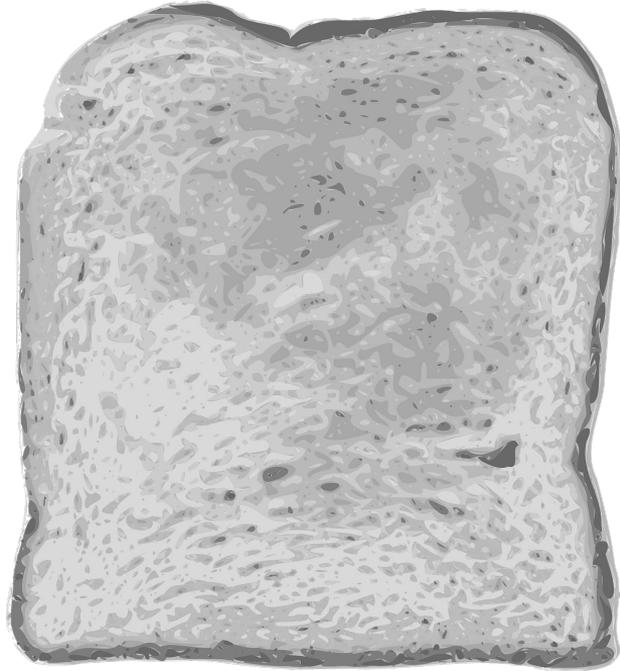
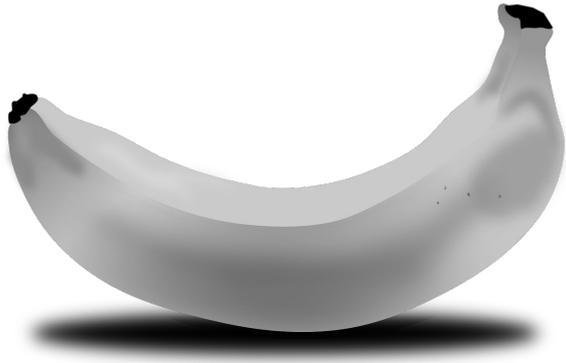
The daily recommendation for boys and girls aged between **6 - 8** is **1600** calories.

The daily recommendation for boys and girls aged between **8 - 10** is **1800** calories.

The daily recommendation for boys and girls aged between **10 - 12** is **2000** calories.



# Breakfast

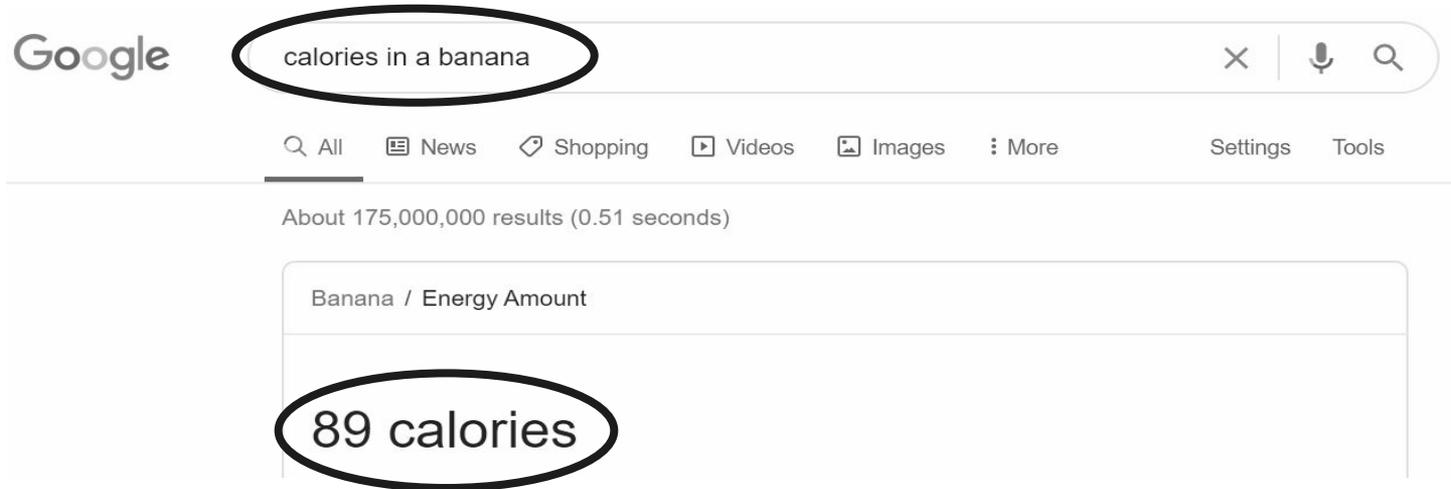


# Activity

How many calories are in my breakfast?

1. Google calories in a **banana, 1 piece of toast** and **a glass of milk**.

Example below:



The image shows a Google search interface. The search bar contains the text "calories in a banana". Below the search bar, there are navigation links for "All", "News", "Shopping", "Videos", "Images", and "More". To the right of these links are "Settings" and "Tools". Below the navigation links, it says "About 175,000,000 results (0.51 seconds)". A search result is displayed in a box titled "Banana / Energy Amount". Inside this box, the text "89 calories" is circled in black.

2. Use a calculator to add them up.



## Activity - Answers

How many calories are in my breakfast?

Banana - **89 Calories**

1 piece of toast - **313 Calories**

A glass of milk - **42 Calories**

$89 + 313 + 42 = \underline{\underline{444 \text{ Calories}}}$



# Lunch



# Activity

How many calories are in my lunch?

1. Use Google search to find out how many calories are in **a jacket potato, 1 portion of baked beans and 1 portion of cheese.**
2. Add them up using a calculator.



## Activity - Answers

How many calories are in my lunch?

A jacket potato - **93 Calories**

1 portion of baked beans - **155 Calories**

1 portion of cheese - **402 Calories**

$93 + 155 + 402 = \underline{\mathbf{650\ Calories}}$



# Dinner



# Activity

How many calories are in my dinner?

1. Use Google search to find out how many calories are in a **chicken breast, a portion of broccoli, a portion of rice** and a **portion of greek yoghurt.**
2. Add them up using a calculator.



## Activity - Answers

How many calories are in my dinner?

A chicken breast - **239 Calories**

A portion of broccoli - **34 Calories**

A portion of rice - **130 Calories**

A portion of greek yoghurt - **59 Calories**

$239 + 34 + 130 + 59 = \underline{\underline{462 \text{ Calories}}}$



# How many calories did I consume in a day?

Breakfast = **444 Calories**

Lunch = **650 Calories**

Dinner = **462 Calories**

$444 + 650 + 462 = \underline{\underline{1556 \text{ Calories}}}$

Is this enough for your age/ gender?



# Independent Living

## Daily Living Skills

### Daily Recommendations

#### Make it easier

Find out the calories for one meal, or some of your favourite foods.

Look at food items in your home and find the calories on the packaging.

#### Make it harder

Create a food diary for a day and research the calories in each of the foods you eat during the day. Add them up to see if you were over or under the daily recommended allowance for your age/ gender.

#### More ideas

Research the calories in your favourite takeaways, sweets and treats.

Learn about the way exercise uses calories and why athletes eat more than their recommended daily allowance of calories.



# Signposting

## Independent Living:

- Applying Learning- Balanced plate of food (Unit 2)
- Applying Learning- Daily meals for different times of the day (Unit 3)
- Applying Learning- Preparing a simple meal (Unit 3)

## Numeracy:

- Building Understanding/ Applying Learning- Number (Unit 1)



# References

Slide 8- Man, Pixabay / Smile happy people, Pixabay

Slide 9- Children playing exercise, Pixabay

Slide 10- Banana, Pixabay / Toast, Pixabay / Glass milk, Pixabay

Slide 13- BakedPotatoWithButter, Renee Comet, Wikimedia Commons / Baked beans, Pxhere, Baked beans in tomato sauce, Mk2010, Wikimedia Commons / Grated cheese, Pikrepo

Slide 16- Cooked chicken breast, Steve Johnson, Flickr Attribution 2.0 Generic (CC BY 2.0) / Broccoli, Pixabay / Cooked rice, Pickpik / Natural Yoghurt, Tiia Monto, Wikimedia Commons

