

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 2- Balanced plate of food



## Teacher notes- Lesson 2

Learning intention: to understand the difference between healthy and unhealthy food and what makes a balanced, healthy meal.

1. Learn about healthy and unhealthy food.
2. Introduction to the five main food groups and how much to eat to help us stay healthy and well.
3. Drawing or computer activity; creating a balanced meal.

Additional resources: pen, paper, colouring pencils



Personal Care

# Balanced plate of food

Applying Learning

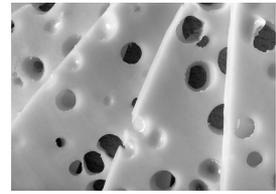


# Lesson Activity Stages

This lesson will be taught in 4 stages:

1. Identifying and sorting healthy and unhealthy foods.
2. Sorting foods into the 5 main food groups.
3. Understanding the role of each food group in keeping us healthy and how much we need to eat of each.
4. Create your healthy plate of food.





# Activity

Using the images separate the foods into healthy and unhealthy.

1. Divide your page into two, put the unhealthy food on one side and the healthy food on the other.



# Healthy Food



Broccoli



Chicken



Carrots



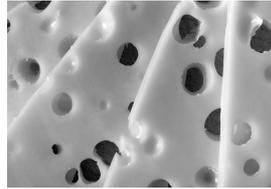
Meat



Milk



Yoghurt



Cheese



Bread



Pasta



Vegetables



Rice



Fruits - Berries



Fish



# Unhealthy Food



Chips/Fries



Processed Meat



Ice-cream



Fizzy Drinks



Sweets



Chocolate

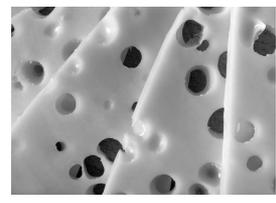


Biscuits



# The 5 Food Groups





# Carbohydrates



Potatoes



Rice



Bread



Pasta



# Protein



White Meat



Red Meat



Milk



Yoghurt



Fish



# Fruits and Vegetables



Broccoli



Carrots



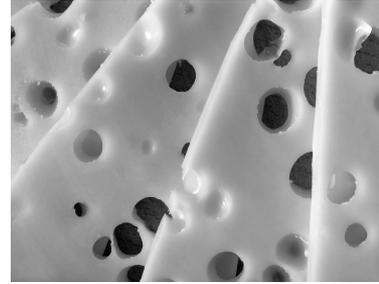
Berries



# Dairy



Ice cream



Cheese



Yogurt



Milk



# Fats and Sugars



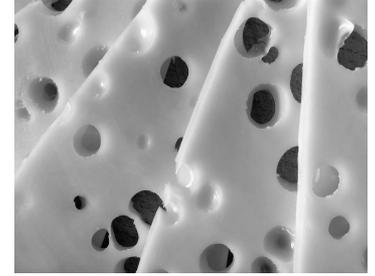
Fries



Fatty Meats



Ice Cream



Cheese



Sweets



Chocolate



Biscuits



Fizzy Drinks



# The 5 Food Groups



# Activity

1. Design your own healthy plate of food.  
Things to think about:
  - How will you balance your plate?
  - Will you have more of one type of food than another?
  - Remember to choose something from each food group.



# Independent Living

## Personal Care

Balanced plate of food

### Make it easier

Create a plate of food including three of the five food groups.

### Make it harder

Design a daily meal plan including breakfast, lunch and dinner.

### More ideas

Get a Parent/Carer to help you practice shopping for these foods online using a supermarket website.



# Further Learning with Oak National

Independent Living:

- Building Understanding- Daily meals for different times (Unit 3)
- Building Understanding- Following a simple recipe (Unit 3)
- Applying Learning- Daily recommendations (Unit 2)
- Applying Learning- Daily meals for different times of the day (Unit 3)
- Applying Learning- Preparing a simple meal (Unit 3)



# References

Slide 7- Chips, Pixabay / Carrots, Pixabay / Ice cream cone melting, Pixabay / Grill party, Pixabay / Chocolate, Pixabay / Coca cola, Pixabay / Cookie biscuit, Pixabay / Cheese, Pixabay / Caramel candy / Milk glass, Pixabay / Natural Yoghurt, Tiiia Monto, Wikimedia Commons / Rice, Pixabay / Pasta, Pixabay / Bread, Pixabay / Broccoli, Pixabay / Berries, Pixabay / Salmon, Pixabay / Chicken roasted, Pixabay / Vegetables, Pixabay / Steak beef, Pixabay

Slide 11- Food3, bigbrand, Flickr Attribution 2.0 Generic (CC BY 2.0)

