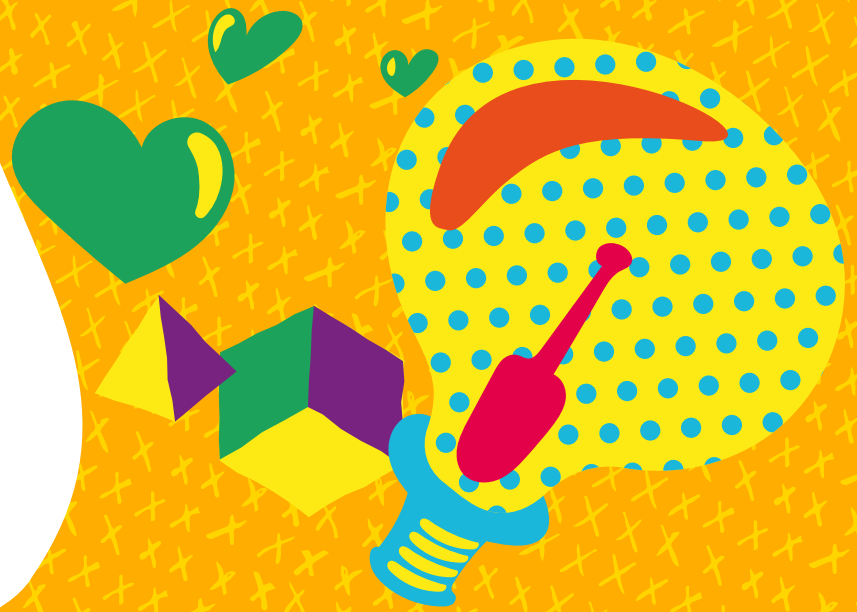


STEAM Festival

For Young Learners

An UNTAME Event



Healthy Body, Happy Me!



Organised by



Brought To You By
Science Centre Singapore

'EAT MORE' OR 'EAT LESS'?

Synopsis

A healthy body starts with a healthy meal. Let's learn to identify nutritious food items that we should eat more of, and food items that we should avoid eating excessively!



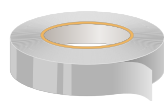
Learning Objectives

1. Classify food items into 'Eat More' and 'Eat Less'
2. Learn about the nutrients from the 'Eat More' plate
3. Understand why we should cut down on eating the food items from the 'Eat Less' plate

Materials Needed



Printables



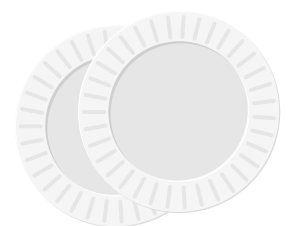
Double-sided tape



Wooden pegs



Scissors



2 Paper plates

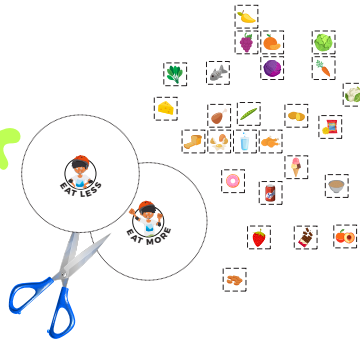
Instructions

1



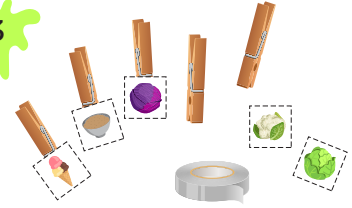
Print all the printables provided (pages 6 - 9).

2



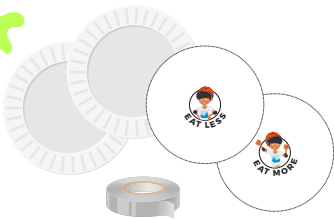
Cut out the different food items and food plates.

3



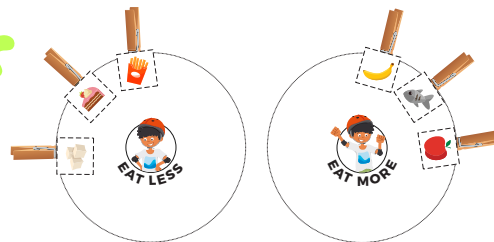
Stick the food items onto the different wooden pegs using double-sided tape.

4



Stick the food plate printables onto paper plates using double-sided tape.

5



Match the items to the correct food plate! Use the guiding questions and information provided to facilitate this activity.

Guiding Questions

1

How are the food items in the 'Eat More' plate good for us?

2

What other 'Eat Less' food items can you name?

3

What may happen if we eat too much of the food items from the 'Eat Less' food plate? What should we do?

FIND OUT MORE!

Visit KidsSTOP™'s *Supermarket* exhibit to shop for ingredients and whip up your own healthy and well balanced meal!



Science Facts

'Eat Less' plate

Food items like fries, ice-cream and soft drinks are low in nutritional value. They also tend to contain high amounts of sugar, salt or saturated fats.

Eating too much of these food items may cause excess weight gain and increase the risk of health problems.



'Eat More' plate

Fruit and vegetables

Vitamins and minerals found in fruits and vegetables prevent us from falling sick. They are also high in fibre which helps in the process of digestion.



Meat, beans, tofu, egg, low-fat cheese

They contain protein, which helps to build muscles and promotes healthy growth in children.



Wholemeal bread, brown rice, potato

These food items give us carbohydrates, which provide us with energy to stay active throughout the day.



Tips

Choose healthier alternatives



Fried chicken



Baked chicken



Fried potatoes



Steamed potatoes



Soft drinks



Plain water

Eat a variety of healthy food items to get different nutrients and eat all food items in moderation.

SCIENCE AT HOME



Cooking can be a fun and engaging way to teach children about food. Whip up a healthy meal with your children and encourage them to choose healthier ingredients which are lower in saturated fats, sugar or salt.



SMALL GROUP LEARNING



Print-outs:

Print the food plates for each child and ask them to draw the food items in the white spaces.

Show and Tell:

Print out pictures of a variety of food items. Let children take on the role of a chef and choose the dish they will cook for their friends. Ask them how they will prepare the dish and share their reasons for doing so.



'EAT LESS' PLATE PRINTABLE



Cut along dotted line



'EAT MORE' PLATE PRINTABLE



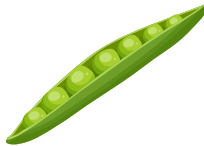
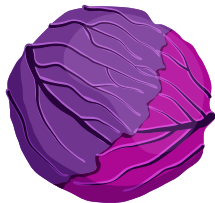
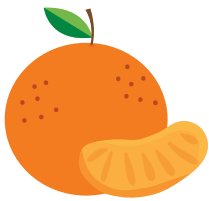
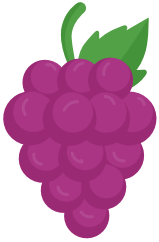
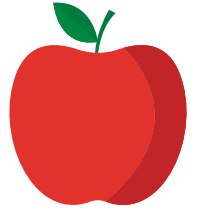
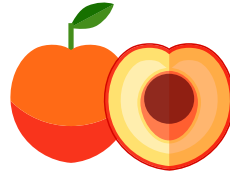
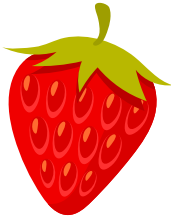
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'FOOD ITEMS' PRINTABLE 1



Cut along dotted line



'FOOD ITEMS' PRINTABLE 2



Cut along dotted line

