**Droitwich Spa High School Lesson Planner**



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| **Teacher** |  | **Topic** |  |
| **Date** |  | **Group** |  |
| **Subject** |  | **Context** | Lesson 2 of a dual lesson on Nutrition and energy. Previously students have looked at what makes a healthy balanced diet. |

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| **SEN Information** | This section may not be needed and can be deleted if you can |
| **Gifted and Talented** | provide a detailed pen portrait of the class which allows the |
| **Other student info** | observer to see SEN, G&T and other relevant information |

**Lesson Plan**

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| **Prepare for Learning** | Last lesson pupils discussed a balanced diet and suggested dietary advice to patients based on current Gov advice. | |
| **Setting Objectives** | LO: How much energy do I get form my food?  Outcomes:  (ALL) Recognize that different groups of people have different energy demands  (Most) Interpret data on energy  (Some) Design their own lunch bar targeted at a group of people based on their energy needs | |
| **Presenting Information** | What is the new information and how will it be conveyed?  What are you teaching/ what are the students learning?  Are you using technologies to illustrate/demonstrate/explain? | |
| **Activities** | Hook: Teacher runs laps of the classroom whilst pupils are entering etc. Acting very energetically!  Starter: What do we use energy for? Ask pupils to match data to activity level.  Task1 Pupils’ produce bar chart of energy requirements (optional)  Task 2: pupils design their own lunch bar to be targeted at one of the key groups of individuals discussed in the starter activity. | Ongoing Review  Outline in these sections the way you will monitor and adjust the lesson dependent on the progress being made by each group of students. |
| **Demonstrate New Understanding** | Pupils will present work on the Lunch bar to the rest of the class and demonstrate the ability to link ideas of energy demands and nutrition | Ongoing Review |
| **Review** |  | |