

Spotlight Session 2 Plan - Wales



Title	Chartwells Spotlight Session 2	Term	Date:
	Digestion		

Curriculum Links for Welsh National Curriculum:

Health and Well-being Area of Learning and Experience AoLE:

- Balanced diet and role in health:
 - Pupils are expected to understand how nutrition influences health and well-being. This includes learning about balanced diets, the function of the digestive system, and oral health.
- Oral health and well-being:
 - Oral health is part of promoting overall well-being, and pupils explore the importance of proper eating habits and hygiene, such as dental care, to maintain physical health.

Science and Technology AoLE:

- Body systems and nutrient processing:
 - Pupils study the human body, including the digestive system, exploring how food is broken down and nutrients are processed to fuel bodily functions.
- Numeracy in relation to food:
 - Pupils are encouraged to apply numeracy skills to practical situations, such as measuring portion sizes and calculating nutrient intake, including fibre content, linking math concepts to real-life health contexts.

Cross-curricular Skills:

- Literacy: Pupils develop health-related vocabulary, especially in areas like digestion and nutrient functions.
- Numeracy: This involves tasks like measuring food portions, fibre intake, and nutrient levels, helping pupils engage with real-world data and measurements linked to health.

Key Vocabulary	Key Concepts	Key People
Types of teeth – molar, incisor, pre-molar, canine, saliva, enzymes, taste buds.	Health and Wellbeing: Understanding how nutrition and oral health impact well-being.	Presenter (Katy Ashworth) Nutritionist Chef
Digestion – Digestive system, enzymes, mouth, oesophagus, stomach, small intestine, large intestine.	Science and Technology: Describe the digestive system and how food is broken down for nutrients.	Dental hygienist – if talking in more depth about oral health
Balanced Diets – Balance, fibre, carbohydrates, fruit, vegetables, beans, pulses, legumes, seeds, nuts, protein, fat.		

If you feel unsure on any of these topics, here are some links that may help you have wider conversations with your pupils during discussions:

Oral Health

<https://www.nhs.uk/live-well/healthy-teeth-and-gums/taking-care-of-childrens-teeth/>

<https://www.bbc.co.uk/bitesize/articles/z8784xs#zmqgtrd>

Digestion

<https://www.bbc.co.uk/bitesize/articles/zr84g7h>

<https://www.bda.uk.com/resource/fibre.html#:~:text=Fibre%20is%20essential%20for%20your,2%20diabetes%20and%20bowel%20cancer.>

Healthy Balanced Diets

https://assets.publishing.service.gov.uk/media/5ba8a50540f0b605084c9501/Eatwell_Guide_booklet_2018v4.pdf

<https://www.nhs.uk/live-well/eat-well/how-to-eat-a-balanced-diet/eating-a-balanced-diet/>

<https://www.nutrition.org.uk/creating-a-healthy-diet/a-healthy-balanced-diet/>

Resources Available for Activities:

We have prepared a range of different activities which are ready for you to use. You will be able to choose the activities (and activity level) that will fit your pupils the best to help engage them in learning about their digestive system.

Paper-based Activities

- Teeth/ Oral Health/ Taste Buds (4 options for different learning styles)
- Digestive System Basic Organs (3 options for different learning styles)
- Healthy Diets and Foods High in Fibre (3 options for different learning styles)

Practical Activities

- Seeing your taste buds (permission from parents required)
- Eggs in acid
- Digestive system visual experiment
- Taste testing high fibre foods

Knowledge Retention Quizzes

- Basic – Teeth Quiz, Organ Identification Quiz and Highest Fibre Content Quiz
- Advanced – Recap of Part 1, Part 2 and Part 3 with expansion into new topics

Recommended Session Structure

Spotlight Session 2: The Digestive System

BEYOND the
Chartwells
KITCHEN



Objective: Can I investigate the digestive system?

Part 1

Start the lesson by asking: "What do you think the digestive system is? Does anyone know what the first stage of the digestive system is?" Discuss how the digestive system works as a team of organs to process food, and they are going to learn all about the processing of food in the following videos.

- **Engage Pupils with a Video:** Show Part 1 Video
- **Recommended Activity:** Worksheet for Teeth, choose the worksheet that best suits their needs.
 - Explain that different teeth have different jobs (e.g., molars grind food, incisors cut).
- **Recommended Activity:** Teeth Identification Quiz.
 - You can use the Teeth Identification Quiz to reveal the answers to your pupils (or to help you with these conversations, as it contains prompts) and get them to self-mark their answers from the worksheet (or pass to a classmate).

Part 2

- **Engage Pupils with a Video:** Show Part 2 Video
- **Recommended Activity:** Organ identification quiz
 - Recap the basic organs that are important for digestion with this quiz, this will be important to reinforce your pupil's knowledge.
 - Discuss the route our food takes through our body and remind them that all these organs have an important role in processing our food so that we can absorb the energy and nutrients our food contains.
 - After this, test the knowledge they have learnt using one of the worksheets for the digestive system.
- **Recommended Activity:** Worksheet for the digestive system
 - Provide Pupils with the worksheet where they will correctly label the parts of the digestive system. Key vocabulary is listed on the worksheets, to different learning levels, and scalable options are available too.
 - Answers to written questions should involve the following themes:
 - The digestive system is important because it helps break down food into nutrients our body can absorb. These nutrients give our body energy, fuel us, help us grow, and keep us healthy.
 - A balanced diet helps the digestive system because it gives the body nutrients to help provide us with the energy and fuel we need to grow. Eating foods high in fibre is important as it helps prevent constipation and feeds the good bacteria in our digestive system.

Part 3

- **Engage Pupils with a Video:** Show Part 3 Video
- **Recommended Activity:** Fibre Identification Quiz
 - **Discuss Quiz:** Gather ideas from pupils on how they could improve their fibre intake at lunchtime, record them on the interactive whiteboard (IWB).
 - All information is recorded in portion sizes that would be offered to them at lunch time, for example, 1 of their 5 a day would be 60g of a vegetable. This can be used to show how eating vegetables and wholegrains can easily help you reach your fibre target!
- **Recommended Activity:** Practical Activity – Tasting - **Please be aware of any allergies or intolerance and avoid those foods**
 - Before the activity begins, remind the pupils that it is okay if they don't like any of the ingredients, and that no-one is going to force them to try anything. However, it is really important that we actively try new foods, as our taste buds change with time, and foods they used to not like may taste different now.
 - It is okay to not like a food, but it is not okay to put other pupils off trying the food because of our personal opinion.
 - If you plan this activity in advance, you may be able to source some of the ingredients through the catering team at the school.
 - We recommend that you pick foods from different groups for your pupils to try (pick at least 3 ingredients):
 - **Beans and pulses:** Baked beans, chickpeas, peas
 - **Seeds:** Sunflower seeds or pumpkin seeds
 - **Vegetables:** Broccoli, carrots, sweetcorn
 - **Carbohydrates:** Wholegrain pasta, wholegrain rice, wraps (cut into small pieces)
 - Ask the pupils to evaluate the tastes and flavours of the foods. We recommend letting pupils sip water between each food they taste, to help clear their palate.
 - Provide our sensory evaluation sheet to ask pupils to explain the look, smell, taste and texture of what they try. Recommend 1 per pupil.
 - Alternative activity is 'Worksheet for Healthy Diets'

Plenary

- Record any worksheets in their books (you can use the worksheets as follow up activities)
- Discuss as a class: "What can we do to increase the amount of fibre we eat during lunchtime?"