

PROJECT TITLE: CREATE A FOOD PYRAMID

Module	Module 5 Eating Right
Content standard	1.1 By the end of the 6- year primary schooling, pupils will be able to pronounce words and speak confidently with the correct stress, rhythm and intonation. 3.3 By the end of the 6-year primary schooling, pupils will be able to write and present ideas through a variety of media using appropriate language, form and style.
Learning standard	1.2.2 Able to listen, follow, and give instructions. 1.2.4 Able to participate in conversations with peers. 3.3.1 Able to create simple texts using a variety of media with guidance: (a) non-linear (b) linear
STEAM Integration	Science - Learn about food nutrition. Technology - Create a food pyramid creatively. Engineering - To create the food pyramid using fun materials. Art - Design the food pyramid creatively. Mathematics - Determine the nutrition of each food.
Equipment and materials	• Cardboard • Scissors • Ruler • Coloured papers • Marker pens or coloured pens • Glue • Picture of food (Provided by teachers)
Resources	• A sample video of how to make the food pyramid. • Website or articles related to the food pyramid.
Summary of activity	1. Students will watch videos and read detailed instructions on how to build a food pyramid. For example:- - https://www.youtube.com/watch?v=VbEiEY17HxQ - https://www.stem.org.uk/elibrary/resource/31867#&gid=undefined&pid=1 2. Students will be separated into a few groups. 3. Each group will construct a food pyramid to represent the food groups in a healthy and balanced diet. 4. Pupils must take note on how many portions are needed in a day. 5. Calculate the number of nutrition of each food in the pyramid. Pictures of the food will be provided by the teacher. 6. Once done, the teacher will determine which group has the healthiest and balanced diet.
Knowledge, skills and values	• Learn how to create a healthy and balanced diet. • Improve the student's science and mathematics skills. • Learn the importance of teamwork. • Listen, respond and follow instructions appropriately.
Experience acquired by students	• Design and build a food pyramid creatively. • Improve their creativity skills. • The importance of food nutrition. • The importance of having a balanced diet.