



Age range

8-14 years

Total time

30 mins

Plate PioneerZ

(Online or at home learning)



Now that many children are learning from home, there's a great opportunity to combine learning with real-life activities like cooking and eating with family. This lesson plan asks students to redesign a healthy meal they would like to eat, draw it and then discuss with family members or classmates online.

Objective

Understand why making the right food choices is an action for the Global Goals

Top tips for learning online:

- Remind students to mute their microphones whilst the teacher is talking and giving instructions
- Remind students not to interrupt each other whilst people are talking
- Ask students to post questions in the group chat

Extended learning:

Start a conversation with students or your child about the need to be thoughtful about the food we are eating at all times, but especially during times of uncertainty. Many people may be struggling to access food because they are currently self-isolating. One way in which students can take action to support this is by playing Free Rice.

<https://beta.freerice.com/categories>

As students play Freerice and answer questions right, advertisements appear on your screen. When you see one of these advertisements, you trigger a financial payment to the World Food Programme (WFP) to support its work saving and changing lives around the world.

Step 1:

- Ask students to read [Rise of the Plate PioneerZ](#) comic. This can be done together online as a guided reading activity or students can work independently.

Step 2:

- Ask students throughout reading; *What's the message of this comic? What kind of food does Manon like to eat? What about Sophia? How do the characters change by the end?*

Step 3:

- Explain to students that they will be designing and creating the ultimate "Plate PioneerZ meal". A meal that when eaten, would leave a person feeling full, healthy and satisfied. *Ask students to think about their favourite meals – would they need to make any adjustments to these? Invite students to refer back to the Plate PioneerZ comic, what foods were suggested as healthy and nutritious? Which foods should be avoided in this meal?*

Step 4:

- After students have had some time to respond (through whichever online learning platform you are using), ask them to design their own Plate PioneerZ meal using the template below.

Step 5:

- Ask students to share their drawings with others – what meals have they created and why?

Appendix 5: Plate PioneerZ activity sheet

Name



Ingredients in my meal...

My Plate PioneerZ Pledge is...

#PlatePioneerZ