

Key Stage : 1

Lesson Coverage: NSMW – Get Thanking

**Personal, Social
And Health
Education**

Develop confidence

1a To recognise what they like and dislike, what is fair and unfair, and what is right and wrong

Preparing to play an active role

2c Recognise choices they can make, and recognise the difference between right and wrong

Developing good relationships

4a To recognise how their behaviour affects other people

5c Take part in discussions

5d Make real choices – healthy choices in school meals

5f Develop relationships through work and play

Developing a healthy, safer lifestyle

3a How to make simple choices that improve health and well-being

**Design &
Technology**

Developing, planning and communicating ideas

1a Generate ideas

1d Communicate ideas

English

En3 Writing

1b Broaden vocabulary

1c Use language and style appropriate to reader

2e Present neat and clear copy

9a To communicate to others

12 The range should include lists and messages

Science

Sc2 Life processes and living things

2c Taking exercise and eating the right types and amounts of food helps humans to keep healthy

Lesson Plan

Before activity

Additional Resources

Mini whiteboards

Whiteboard pens

Paper

Clipboard

Access to

www.iloveschoolmeals.co.uk

Note paper

Pen/pencil

1. Talk to the children about how we thank people:
 - o Why is it important to say 'Thank You'?
 - o How do we say 'Thank You'?
2. Ask the children to think about all the times they say 'Thank You', during the school day.
3. Make a class list to display to the children.
4. Remind children of the National School Meals Week website: www.iloveschoolmeals.co.uk

5. Discuss the importance of a healthy school meal and who is responsible for making this.
6. Discuss the 'School Caterers'.
7. Ask children to create a list of all the jobs involved in making their school lunch. If available ask them to write the answers on mini whiteboards, if not use paper and a clipboard.
8. Discuss the list with the children and highlight the importance of the School Caterers.
 - Why is it essential to eat well at lunchtime?
 - Why do we need a balanced meal in the middle of the day?
 - How long is it from lunchtime to tea time at home?
 - Can you think of some foods we have for school lunch?
 - How many meals are cooked every day?
 - Why is it important to be polite?
 - What should we say every day?
9. Encourage the children to think about the role of the School Caterers.
 - What needs to be done in the kitchen every day?
 - How does the kitchen stay clean?
 - Who plans what we will eat?
 - Who orders the food?
 - How will the School Caterers remember to do everything?
 - Will they use a 'To do' list?
 - What would be written on the list?

Group activity

- Split the class into groups of 5-6 children.
- Ask the children to invent their own 'To do' list, for the School Caterers.
 - What needs to be done every day?
 - Which foods will be used?
 - Is the food balanced?
 - Is the dining area clean?
 - Are the children eating vegetables and fruit?
 - How much does the food cost?
 - Who orders the food?
 - How long will the meal take to cook?
 - What time do they need to start cooking?
- Allow the groups 10-15 minutes to complete their 'To do' lists.
- Invite the children to share their ideas with the class and compile a whole class list. Outline the School Caterers' responsibilities.
 - Did you know that the School Caterers had so many jobs to think about?
 - Do you think we need to say 'Thank You'?
- Talk to the children about feelings:
 - How do the School Caterers feel if the children forget their manners?
 - How do the School Caterers feel when the children say something nice?
 - How can we ensure the School Caterers are happy every day and feel good about their job?
 - Could you tell the School Caterers about your favourite school meal?

Following online activities

Additional Resources

Card templates
Paper
Pens
Art materials

Saying 'Thank You' to the School Caterers

Please ensure you have downloaded the 3 National School Meals Week card templates for KS1 from www.iloveschoolmeals.co.uk. You should decide if your class will all work from the same design or if you will let the children select their favourite design. Make sure you print/copy the outside and inside of the thank you card on to card.

- Ask the children to create a 'Thank You' card for the school catering staff.
- Get the class to include a picture of their favourite school meal.
- Ensure the children have included the names of the School Caterers and their own name on the card.
- Invite the more able children to choose the design with space for writing:
 - Can you write a lovely 'thank you' phrase to personally thank your School Caterers?
- Ask the children to decorate the card with art materials available.

Support/Extension Ideas

The ideas below are given to support the less able and extend the more able children in KS1.

Support Ideas

- To work with support, where available.
- To be given a word bank for spellings.
- To use the simple template with limited writing required.

Extension Ideas

- To work independently at all times.
- To construct own spellings, where appropriate.
- To write a phrase for their 'Thank You' card.

Plenary

- Teacher to download certificates from the www.iloveschoolmeals.co.uk website and use this plenary to commend pupils for their efforts during NSMW.