

Key Stage : 2

Lesson Coverage: NSMW – Get Thanking

**Personal, Social
And Health
Education**

Develop confidence

1b To recognise their worth as individuals by identifying positive things about themselves and their achievements, seeing their mistakes, making amends and setting personal goals

1e About the range of jobs carried out by people they know, and to understand how they can develop skills to make their own contribution in the future

Developing a healthier, safer lifestyle

3a What makes a healthy lifestyle, including the benefits of exercise and healthy eating, what affects mental health, and how to make informed choices

**Design &
Technology**

Developing, planning and communicating ideas

1a Generate ideas

1d Communicate ideas

English

En1 Speaking

1b Gain and maintain the interest and response of different audiences

1e Take up and sustain different roles

En1 Drama

4a Create, adapt and sustain different roles

4b Use character, action and narrative to convey emotions

En3 Writing

1a Choose form and content to suit a purpose

1b Broaden vocabulary

1c Use language and style appropriate to reader

1e Use features of layout effectively

2a Note and develop initial ideas

2b Develop ideas from draft

2e Present neat and clear copy

12 The range should include poems

Science

Sc2 Life processes and living things

1a Understand that the life processes common to humans and other animals include nutrition, movement, growth and reproduction

2b Understand the need for food, activity and growth, and the importance of an adequate and varied diet for health

Before activity

Additional Resources

Mini whiteboards
Whiteboard pens
Paper
Clipboard
Access to
www.iloveschoolmeals.co.uk
video clips
Note paper
Pen/pencil

1. Remind children of the National School Meals Week website: www.iloveschoolmeals.co.uk
2. Discuss the importance of a healthy school meal and who is responsible for this.
3. Discuss the 'School Caterers'.
4. Ask children to compile a list of all the jobs the School Caterers have to do on mini whiteboards. If these are not available then use paper and a clipboard.
5. Discuss the list with the children and highlight the important role 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?
 - How many meals are cooked at lunchtime?
 - How many different foods are we offered for school lunch?
 - What would happen if we did not have the School Caterers?
 - Can you remember your five-a-day?
 - Why do we need five-a-day?

Write five-a-day on the class board.

- What can you eat to get your five-a-day?
 - What kind of vegetables do you get at lunchtime?
 - Do you sometimes have fruit at lunchtime?
 - Can you think of a pudding with fruit or vegetables in?
 - Have you tried fruit juice?
6. Ask the children to compile a list of school meals they have tried at school. Write these on the board.
 7. Talk about why it would be nice to say thank you to the School Caterers at our school:
 - How would you feel if you had to go without lunch?
 - What if you had the same meal every day?
 - What if the catering staff did not answer your questions?
 - Why is it important to be polite?
 - How can we say 'Thank You'?
 - What could we give to the staff?
 8. Look at different ways of saying 'Thank You'. You could show the children thank you cards, letters and poems you may have.

9. As a class start writing a 'Thank You' poem to your School Caterers:
 - How shall we start?
 - What shall we say now?
 - How do they make our lunches extra special?
 - Can we make the poem rhyme?

Online activity

1. Select the most appropriate video clips from the NSMW website at www.iloveschoolmeals.co.uk. You may select a video from the 'Schools' section, such as Adult VoxPops or Children's VoxPops.
2. Remind the children of the role of the School Caterers and decide who is responsible for the lovely healthy school meals.

Role Play activity

1. Divide the class into small groups.
2. Within each group; choose School Caterers and Pupils to complete role plays about lunchtime.

School Caterers need to:

- Talk about the menu
- Arrange the dining hall
- Talk to the pupils
- Encourage the children to make healthy choices
- Encourage the children to try new foods
- Serve the food
- Tidy the dining hall and kitchen

Pupils need to:

- Smile and be friendly to the School Caterers
- Think of something kind to say to the School Caterers
- Remember manners
- Choose healthy foods
- Try new foods
- Say thank you
- Encourage the younger children to eat their school lunches
- Tidy their table after eating
- Help the younger children clean their trays
- Visit the School Caterers & explain why they enjoyed their meals

3. Help the children set up the classroom as a dining hall e.g. tables, serving area.
4. Encourage the children to act out the scenes above.
5. Ask each group to pick a scene and perform it to the class.
6. Talk to the children about the importance of the School Caterers.
 - Did you realise that the School Caterers' job was so important?
 - How can we say 'Thank You'?
 - Why do you want to thank the School Caterers?
 - Could you tell your School Caterers about your favourite school meal?
 - Could you award the School Caterers a card or a medal?
 - Why could you award the School Caterer a medal?
 - Why would you like to win a medal?
 - How would you feel if you won a medal?
 - Have you won a medal before?
 - What is your 5-a-day?
 - Why do you need 5-a-day?

A note for teachers

Please ensure you have selected the 'Thank You' card templates you require. There are three to choose from at www.iloveschoolmeals.co.uk:

- A thank you card with poetry
- A thank you card with 5-a-day
- A thank you card with a medal

Make sure you have printed or copied the templates onto card ready for the children to complete.

Following online activities

Additional Resources
Card template
Paper
Pens

Saying 'Thank You' with poetry

- Ask the children to create a 'Thank You' card for the School Caterers.
- Encourage the children to write a thank you verse on the front with rhyming poetry.
- Ask the children to include a picture of their favourite school meal on the inside.
- Ensure the children have included the name of the School Caterer and their own name on the card.

Saying 'Thank You' with 5-a-day

- Remind the children of 5-a-day.
- Ask the children to compile a list of their favourite 5-a-day fruits or vegetables and foods that contain them.
- Encourage the children to write sentences describing why they need 5-a-day.
 - Why do we need 5 portions?
 - Do you eat 5-a-day now?
 - Do you like fruits and vegetables?
 - Do you eat fruits and vegetables at home?
 - When could you eat more throughout the day?
 - Do you eat more fruits and vegetables than you used to?
- Ask the children to make a thank you card using their 5-a-day information.
- Ensure all children have included their favourite school lunch.
- Encourage all children to include the reasons for needing 5-a-day.
- Ensure the children have included the name of the School Caterer and their own name on the card.

Saying 'Thank You' with a medal

- Remind the children of the different ways of saying 'Thank You'.
 - When would you award a medal?
 - What is an achievement?
 - What do School Caterers achieve every day?
 - Why would you give your School Caterer a medal?
 - What would you like to receive a medal for?
- Encourage the children to write answers to the above questions.
- Ask the children to use the above information to make their card.

- Make sure the children include their favourite school lunch with labels.
- Ask the children to write about why the School Caterer should have a medal and why they would like to win a medal?

Support/Extension Ideas

The ideas below are given to support the less able and extend the more able children in KS2.

Support Ideas

- To work with support, where available.
- To be given a word bank for spellings.
- Ask the children to draw all the different occasions, when they could be awarded a medal.

Extension Ideas

- Ask the children to design a medal for their School Caterers.
- Ensure the medal design includes some relevant food items and labels to explain relevance.

Plenary

- Teacher to download certificates and use this plenary to award to pupils for their efforts during NSMW. Certificates are at www.iloveschoolmeals.co.uk

Homework

- Ask the children to design their own crossword puzzle using 5-a-day fruits or vegetables.
- Invite the children to try each others puzzles.