**More Likes & Dislikes – (P3)**

Aim 1) To be able to talk about foods they like and dislike, with reasons, and to be aware that their personal preferences are not fixed but can change over time or in the light of new knowledge or experience.

Talk to the class about their favourite foods and why they like them.

Ask the children about foods they do not like and ask for their reasons.  Encourage the use of new vocabulary and use of all the senses, i.e. sight, touch, hearing, smell and taste.

You may wish to use the **I like That** PowerPoint to introduce this Key Fact. If used on an interactive whiteboard, you can record children’s answers. You could also use the **Describing a Fruit** worksheet to help focus on how the senses play a major part in liking or disliking food.

Get the children to complete the **Food and Drinks I Like** Worksheet. Children can draw the foods, if appropriate.

Explain to the children that the food they like now might change as they get older, e.g. what foods do their parents/carers or grandparents like, is it different?

Aim 2) To understand that we eat different food depending on the time of day, occasion and lifestyle.

Talk to the children about what they eat at different times of the day, e.g. breakfast, snacks, lunch, evening meal.

Get the children to record what they eat throughout the day by drawing the food and noting the times of day. Use the **Meal Times Record Worksheet** . You could use the **I like that** PowerPoint to review this learning objective.

Explain that we need to eat regularly during the day. Ask the children whether they can remember why our bodies need food. We need food so our bodies can grow, be active and stay healthy.

Ask the children to design a healthy menu for a special occasion buffet.

**Plenary**

Ask some children to talk about their favourite foods.

Get children to give examples of words that describe foods, e.g. crunchy, soft, sweet.

Discuss the foods that can be eaten for special occasions. Invite them to think / talk about the kinds of foods often presented at special occasions and would they be part of a healthy menu?

**Further activities**

Children could collage or paint different meals which could then be used for display.

Organise a cooking session.  Children could make some [fruit kebabs](http://www.foodafactoflife.org.uk/attachments/e79ae278-ebc1-4df8b6d11e45.pdf), [pitta pockets](http://www.foodafactoflife.org.uk/attachments/4bc77abe-4051-4a00a80ed742.pdf) or [samosas](http://www.foodafactoflife.org.uk/attachments/aa942bc5-bd2c-4c171b2c673d.pdf) for a party.

**Extension**

Children decide on the best ideas from their healthy buffet designs and create a real buffet for a real occasion. They should be involved as far as possible in the preparation. Afterwards display photographs of the buffet with children’s comments about the food (hopefully mostly positive!)

*Further guidance is available in the leaflet “Guidance for celebrations, special events, school trips & rewards” issued jointly by NHS Highland and Highland Council and given to each school as part of the Health Promoting Schools initiative.*