

Nutrients in Food - Animated Thinking

Activity

Students are to recall what they have eaten the day before, and draw the food items on the keynote slide. Reflect on their own diet either by text or voice recording.

In pairs, students then design “My healthy plate”, to identify the food groups and elaborate on functions of different food groups. To refine own thinking, students are to search for other versions of food plates used in a different country and discuss with own group on similarities and differences between the two.

Objectives

- Students can state the function of nutrients, water, dietary fibres that are found in food.
- Students can identify the food groups in “My Healthy Plate”.
- Students can convey information and ideas coherently for specific purposes and contexts (CC1).
- Students can locate specified information and determine its relevance to a task (CC2).
- Students are aware and appreciates people from different socio-cultural and religious backgrounds in his/her community. (CGC3)

Extensions

- Teachers may create keynote template scaffold to support learners when creating the Healthy Plate.
- Students may use drawing apps such as Tayasui Sketches to create their drawing.

Have a go



Tap , create a new Keynote presentation. Choose the white theme, add a blank slide to your Keynote presentation.

Use Apple Pencil to tap on the screen to activate the Drawing mode.



 Press and hold on the pen to adjust the width of strokes. After markup, tap Done twice

If you don't have access to an Apple Pencil. Tap on  on top right hand corner.

Choose media tab on the right  tap **Drawing** .

Tap to select your sketch, **Animate** it using the  and then choose .

Adjust duration and order accordingly.

Tap  on the top right hand corner, and under  Record Audio to verbalise and record explanation. Tap  export to movie. Tap  to save video.

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