



#MarketMonday

Key questions

Why is protein an important part of a healthy balanced diet?

How many different ways can protein be included within a diet?

When I visit the market which source of protein will I choose and why?

Instructions

It is important for pupils to understand that the food they eat is an important factor in their health and that a daily portion of protein helps to build an effective immune system and healthy hair, muscle, and brain development.

Pupils explain what they understand by a healthy diet. What are the different elements of the eatwell plate? What different forms of protein can they think of, and which would be suitable for people who choose not to eat meat or fish?

Pupils choose their favourite form of protein and produce a poster promoting their choice and why it is the best. Posters explore the different ways that it can be prepared and eaten, where it is reared/produced/processed, how sustainable it is, and why they like it best.

You could also...

Pupils enjoy taste testing the different forms of protein available and explore the different types of sausages available on the market. Do they prefer the taste and consistency of those that contain meat or non-meat alternatives?

Make it simpler

Pupils are given a whole range of different food products and asked to place them upon the correct portion of the eatwell plate. Which do they eat the most of and the least? Why is this and could they make better choices?

Make it harder

Using different milk samples (dairy, oat, hazelnut, soya, etc) pupils guess which they think is which and explore the protein content, food miles and production processes for each product. Which is the most sustainable and why?

Find out more

[The eatwell guide](#)

[Meat eating and veganism](#) – the grand debate

Resources required

- The eatwell plate infographic
- Examples of food products to prompt discussion

What do you think?

Should non-meat alternative products be called meat names? i.e. vegan sausages?

