

# Food for Vegans

A project about eating a healthy balanced diet by Yr3/Yr4



## Overview:

This project was aimed at Lower Key Stage 2 to support Science and Design Technology. The children found out about what animals, including humans, need to be healthy and grow. They learnt the different food groups and about healthy balanced diets including vegetarian, vegan and vegan raw. They studied the human digestive system, how food is transported around the body and investigated animals with exoskeletons and compared them with animals with endoskeletons.

## Facilitator Reflection:

This was such an exciting project, driven by a parent of one of the pupils in school who eats a vegan diet. It provided the children with a 'real' link by allowing them to research healthy balanced diet with no meat or fish! They enjoyed preparing daily menu cards for the client. The children were really involved in their learning. Their excitement and enthusiasm for the practical side of this project was lovely to see.

## Pupil Reflection:

"What NO meat!" "What NO fish!" I enjoyed finding out about people's diets. I loved working with my friends preparing and cooking carrot and coriander soup. My favourite bit was tasting and comparing the delicious vegan and non vegan coconut biscuits we made. It was great fun.