

FOOD GLORIOUS FOOD Personal Learning Plan

YOU MUST do one activity from each section of Bloom's (ie one each from remembering, understanding, applying, creating and evaluating).

YOU MUST also reach 25 points if you are in Year 5 to complete the contract, 30 if in Year 6 and 35 if in Year 7.

ASSESSMENT will be the same as in previous PLPs this year.

Multiple Intelligences 	Bloom's Taxonomy					
	Finding Out		Sorting Out		Speaking Out	
	Remembering (1 pt)	Understanding (2 pts)	Applying (3 pts)	Analysing (4 pts)	Creating (5 pts)	Evaluating (6 pts)
Language I enjoy reading, writing & speaking	List as many healthy foods as you can	Find information on carbohydrates, fats, proteins and vitamins	Make up a 'What Am I?' quiz on 3 healthy foods	Write Q and A for a talk show on healthy eating	Construct 3 poems about healthy eating	Write an exposition on if junk food ads should be banned
Mathematical I enjoy working with numbers & science	Group a list of healthy foods into the 5 food groups	Do a PMI on a food group	Keep a record of your food intake over a few days. Graph foods eaten from each group	Compare home cooked meals with fast food meals using a Venn diagram	Create a menu for a healthy restaurant (include prices)	Evaluate the 2008 school healthy eating guidelines with a PMI
Visual/Spatial I enjoy painting, drawing & visualising	Make a collage of healthy foods	Draw a healthy lunchbox	Build a diorama showing a meal with all food groups	Make a Wanted poster on a healthy food	Design a board game to show your knowledge	Design a poster to inform about the benefits of eating well
Kinaesthetic I enjoy doing hands-on activities, sports & dance	Mime 10 healthy foods. Get the class to guess the food & food group	List 10 facts about sport and nutrition	Make a TV/radio ad promoting the good points of one of the 5 food groups	Describe how sports people or celebrities can influence your food intake	Create a dance expressing the benefits of healthy eating	Collect 5 food ads from newspapers or magazines and evaluate
Musical I enjoy making & listening to music		Write a song about healthy eating		Do a 6 Hat on the 'Munch It! Move It!' song	Perform your song about healthy eating	Organise feedback on your song and publish it
Interpersonal I enjoy working with others		In pairs, do a quiz for the class to do at a later time	In pairs, do a fishbone diagram on TV ads about food	In pairs, do a slideshow on how healthy cereals are	Create a short skit about healthy eating	In pairs, debate 'processed food vs natural food'
Intrapersonal I enjoy working by myself	Make a mindmap on what you already know about the food groups	Do an X chart on a healthy eater	Complete the 'Sold Out' sheets on TV ads	Express your feelings about TV ads about food	Predict if ads for unhealthy foods were banned on TV	Set some goals for the future for healthy eating