### Lesson 1
**Learning Objective**
To know what a balanced diet consists of

**Overview**
Children will develop their understanding of what a balanced diet is by looking at a food pyramid. They will find out how much chocolate can be eaten as part of a balanced diet. Children will find out what a typical Aztec diet used to consist of, and then compare it with our modern day food to see who has the most well-balanced diet.

**Assessment Questions**
- Do children know what a balanced diet means?
- Can children name the main food groups?
- Can children identify a balanced meal?

**Resources**
- Slides
- Worksheet 1A/1B/1C
- Food Pyramid Sheet
- Aztec Food Sheet
- Advantages and Disadvantages of Chocolate Cards (FSD? activity only)

### Lesson 2
**Learning Objective**
To know about the Fairtrade Foundation

**Overview**
Children will find out about the difficulties that cocoa farmers face. They will discover how a charity called the Fairtrade Foundation was set up in order to help farmers with some of these problems. Children will create posters, leaflets and letters to inform people about the charity, and try to persuade them to support it by buying Fairtrade chocolate.

**Assessment Questions**
- Do children understand the problems facing cocoa farmers?
- Do children understand how and why the Fairtrade Foundation charity was set up?
- Can children explain how the Fairtrade Foundation is helping farmers and their communities?

**Resources**
- Slides
- Worksheet 2A/2B/2C
- Fairtrade Mark Sheet
- Fairtrade Foundation Information Sheet
- Fair or Not Fair? Game (FSD? activity only)
- Fair or Not Fair? Situation Cards (FSD? activity only)
- Fair or Not Fair? Dice (FSD? activity only)
- Fair or Not Fair? Instructions Sheet (FSD? activity only)
- Counters (FSD? activity only)

### Lesson 3
**Learning Objective**
To find out what philanthropy is

**Overview**
Children will discover and explore what philanthropy is. They will find out how Richard and George Cadbury built Bournville, a ‘factory in a garden’ in order to improve their employees' working and social lives. Children will share their opinion of philanthropy.

**Assessment Questions**
- Do children understand what philanthropy is?
- Can children explain some of the ways in which the Cadbury family improved the lives of their workers?
- Can children share their thoughts and opinions about philanthropy?

**Resources**
- Slides
- Bournville Village Information Sheet
- Worksheet 3A/3B/3C
- George’s Vision Worksheet (FSD? activity only)