

swop Lesson Plan 1: Healthy Eating

Lesson: Healthy Eating		Subject Matter: Food and Nutrition		Lesson Duration: 40 – 50 minutes			
Class: Kindergarten			Knowledge and Understanding Outcomes: PDe-6 explores contextual factors that influence an individual’s health, safety, wellbeing and participation in physical activity.				
Stages: Early Stage 1							
Strand: Health, Wellbeing and Relationships <ul style="list-style-type: none">• Healthy, safe and active lifestyles							
Lesson Overview: <ul style="list-style-type: none">• Discuss the term ‘healthy’• Introduce ‘everyday foods’ and discuss the five food groups• Apply this information to complete an activity related to healthy eating		General Capabilities: Critical and Creative thinking: <ul style="list-style-type: none">• Identify and clarify information and ideas• Organise and process information Literacy: <ul style="list-style-type: none">• Use language to interact with others		Key Inquiry Questions: <ul style="list-style-type: none">• What helps us to stay healthy and safe?		Objectives: <ul style="list-style-type: none">• Explore foods that contribute to good health and healthy eating habits	
Teaching/Learning activity – This is a suggested outline; lesson organisation, discussion points and content delivery sequence can be adjusted for individual contexts.							
Timing		Content			Resources		
5-10 mins		Introduction: <ul style="list-style-type: none">• Ask students ‘What does it mean to be healthy?’• Define healthy (brainstorm): e.g. not being sick, feeling well, being happy, having lots of energy to play, growing big and strong, eating well, exercising.					
		Background to nutrition: <ul style="list-style-type: none">• The food we eat helps us to stay healthy.• There are five food groups made up of everyday foods. We should eat lots of different foods from these five groups every day and drink plenty of water every day to give us the energy to learn and play and keep our bodies strong and healthy.			Resource 1: Australian Guide to Healthy Eating (AGHE) poster		
20 mins		Discuss grain foods: <ul style="list-style-type: none">• Point out examples of grain foods on poster, e.g. bread, bread rolls, wraps/flatbread, breakfast cereals (oats, muesli, weet bix), rice.• Ask students if they can identify any of the grain foods on the poster.			Resource 1: AGHE poster – grains		



Artwork: "Heart of a child" by Lara Went, Worimi Artist

	Discuss fruit: <ul style="list-style-type: none"> Point out examples of fruit on poster: e.g. apples, pears, oranges, apricots, bananas, berries, grapes, watermelon and plums. Ask students if they can identify any of the fruits on the poster. 	Resource 1: AGHE poster – fruits
	Discuss vegetables: <ul style="list-style-type: none"> Point out examples of vegetables on poster: e.g. broccoli, potato, carrot, beetroot, onions, kidney beans, chickpeas, lentils, tomato, celery and zucchini. Ask students if they can identify any of the vegetables on the poster. 	Resource 1: AGHE poster – vegetables
	Discuss meat and meat alternatives: <ul style="list-style-type: none"> Point out examples of meat and meat alternatives on poster: e.g. red meats (beef, lamb and kangaroo), poultry (chicken, turkey, duck), seafood (fish, prawns, and squid), eggs, tofu, nuts (almonds, walnuts), seeds (pepitas, sunflower seeds) and legumes (lentils and beans). Ask students if they can identify any of the vegetables on the poster. Can you remember what you had for dinner last night? Did anyone have meat or a meat alternative? 	Resource 1: AGHE poster – meat and meat alternatives
	Discuss dairy and dairy alternatives: <ul style="list-style-type: none"> There are many examples of dairy foods are milk, cheese and yoghurt. Some people don't like or can't eat dairy foods so they have alternatives like soy milk or rice milk, or coconut yoghurt. Ask students if they can identify any of the dairy foods or alternatives on the poster. 	Resource 1: AGHE poster – dairy and dairy alternatives
	Sometimes foods: <ul style="list-style-type: none"> Some food and drinks don't fit into the five food groups because we don't have to have them for our bodies to grow and stay healthy. They are extras or 'sometimes' foods because we don't need to eat them every day [Point out sometimes foods on the lower right corner of AGHE poster]. Some examples of sometimes foods include cakes, ice cream, chocolate, chips and fried takeaway foods. 	Resource 1: AGHE poster – discretionary foods



	<ul style="list-style-type: none"> There are also sometimes drinks – this includes soft drinks, cordial and juice. Water and plain milk are the best drinks. 	
15-20 mins	<p>Suggested activities – choose as appropriate</p> <p>Activity 1: Provide students with colouring in stencils of food items. Place blank AGHE diagram or Food Group headings on the board/wall and ask students to stick their food item on the board in the correct food group once coloured in.</p> <p>Activity 2: Ask students to draw and colour in an example from each of the five food groups.</p> <p>Activity 3: Watch Kids Choice video – available at: http://www.goodforkids.nsw.gov.au/primary-schools/swap-it/tips/tips-for-fussy-eaters/</p> <ul style="list-style-type: none"> Class discussion of favourite healthy foods and why they like them. <p>Activity 4: Watch video <i>I Can Eat a Rainbow</i> – Song/story about eating a rainbow of healthy foods https://www.youtube.com/watch?v=PfO-bqMo9UU</p> <p>Other optional activities: Books: <i>I'm Having a Rainbow for Dinner</i>, and <i>We're Growing a Rainbow</i>. Available from Nutrition Australia Queensland for \$10 info@naqld.org</p>	<p>Resource 2: Food pictures Resource 3: AGHE blank diagram <u>or</u> Resource 4: Food group headings Coloured pencils</p> <p>Paper and coloured pencils</p> <p>Computer to watch <i>Good For Kids</i> online video</p> <p>Computer to watch <i>I Can Eat a Rainbow</i> video</p>

Further information

Australian Guide to Healthy Eating and the five food groups: <https://www.eatforhealth.gov.au/food-essentials/five-food-groups>

To order your own large size Australian Guide to Healthy Eating poster (free of charge):
<https://www.eatforhealth.gov.au/guidelines>

Other healthy eating story books: <https://www.storymama.com.au/shop/buy-picture-books-by-milestone/stories-about-healthy-eating-for-children>



Artwork: "Heart of a child" by Lara Went, Worimi Artist



Australian Guide to Healthy Eating

Enjoy a wide variety of nutritious foods from these five food groups every day.

Drink plenty of water.

Grain (cereal) foods,
mostly wholegrain
and/or high cereal
fibre varieties

Vegetables and
legumes/beans



Lean meats and
poultry, fish, eggs,
tofu, nuts and seeds
and legumes/beans

Fruit

Milk, yoghurt, cheese and/or
alternatives, mostly reduced fat

Use small amounts

Only sometimes and in small amounts



Australian Guide to Healthy Eating

Enjoy a wide variety of nutritious foods from these five food groups every day.

Drink plenty of water.

Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties



Vegetables and legumes/beans



Lean meats and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans



Milk, yoghurt, cheese and/or alternatives, mostly reduced fat

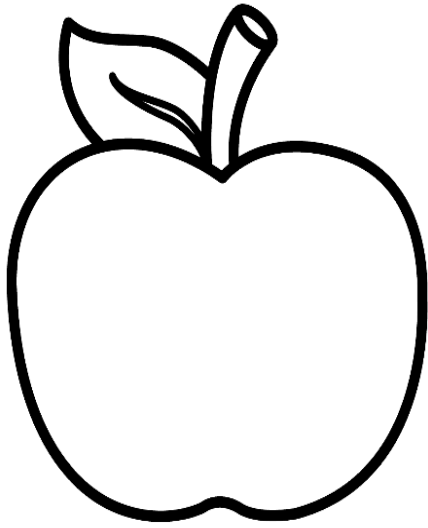


Use small amounts

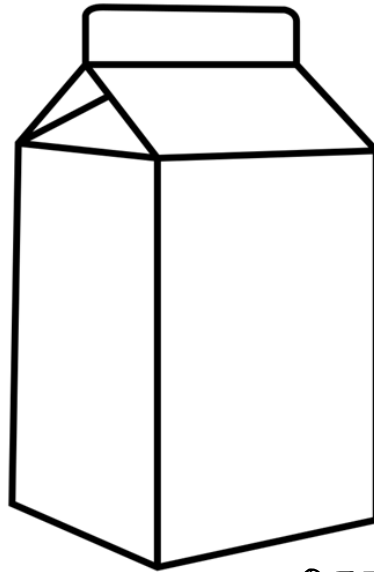


Only sometimes and in small amounts

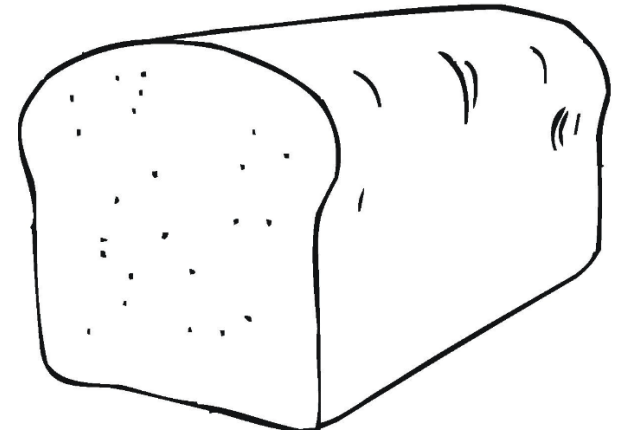




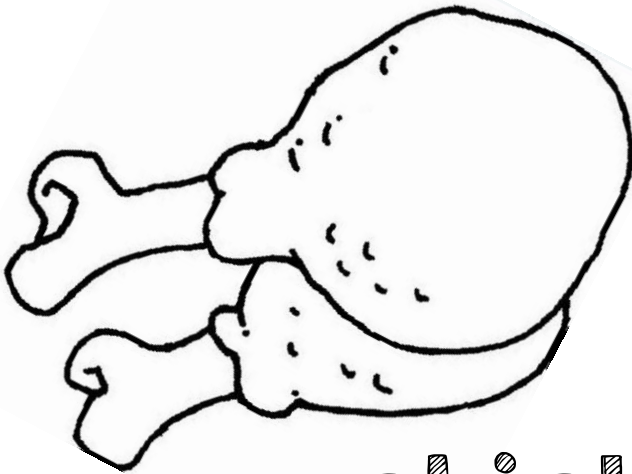
apple



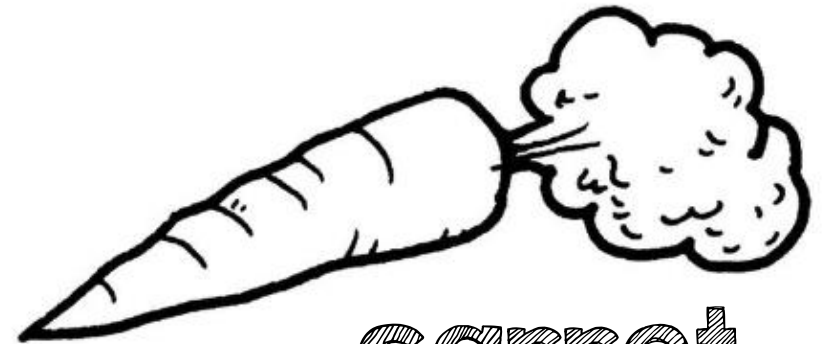
milk



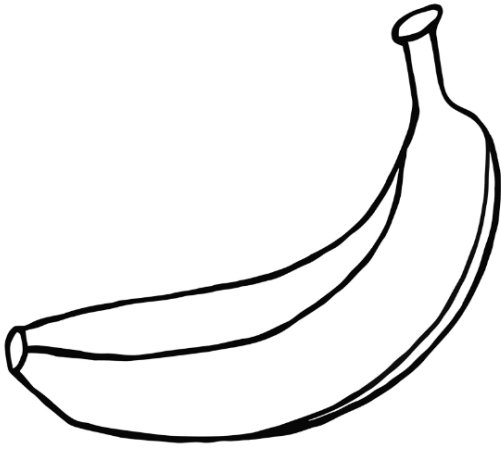
bread



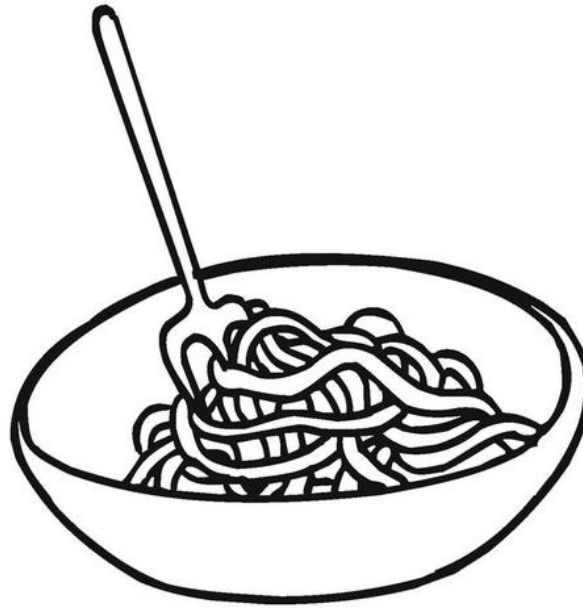
chicken



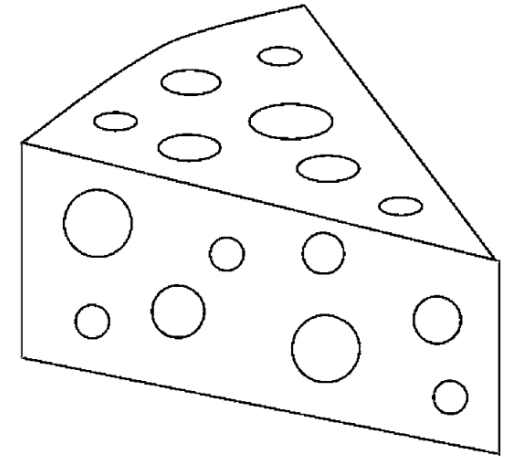
carrot



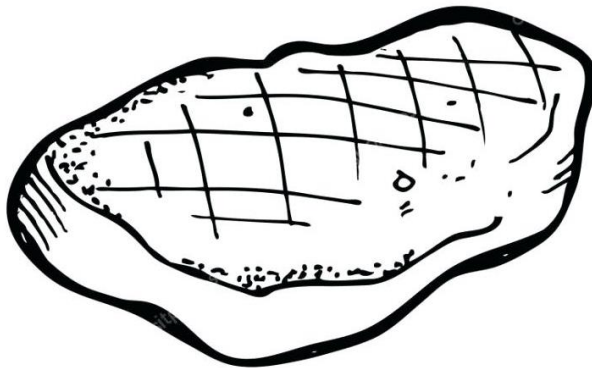
banana



pasta



cheese



meat



broccoli

Food Group Headings

Meat and alternatives

Grains

Vegetables

Fruit

**Milk, dairy and
alternatives**