

swop Lesson Plan 1: Healthy Eating

Lesson: Healthy Eating		Subject Matter: Food and Nutrition		Lesson Duration: 50-60 minutes	
Class: Years 1 and 2			Knowledge and Understanding Outcome: PD1-6 Understands contextual factors that influence themselves and others health, safety and wellbeing in participation in physical activity.		
Stages: 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, the five food groups and their importance for healthApply 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 Literacy: <ul style="list-style-type: none">Use language to interact with others		Key Inquiry Questions: <ul style="list-style-type: none">How can I be responsible for my own, and others’ health, safety and wellbeing?	
				Objectives: <ul style="list-style-type: none">Identify food groups and explore how eating healthy foods and drinks can benefit health and wellbeing.	
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. Health can mean a number of things to different people.			
		Background to nutrition: <ul style="list-style-type: none">One of the things that helps us to stay healthy is the food we eat.There are five food groups made up of everyday foods [show AGHE poster]. 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 needed to learn, play and stay healthy.			Resource 1: Australian Guide to Healthy Eating (AGHE) poster
30 mins		Discuss grains: <ul style="list-style-type: none">Point out grains section of AGHE poster to prompt. Ask students: Do you know what any of these grain foods are?Examples of grain foods include bread, bread rolls, wraps/flatbread, breakfast cereals (oats, muesli, weet bix), rice.			Resource 1: AGHE poster – grains



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

	<ul style="list-style-type: none"> Grain foods are mostly made from wheat, oats, rice, and corn. Grains give you energy so that you can run, jump, learn and play. Possible discussion questions: Have you eaten any grain foods today? What? 	
	<p>Discuss fruit:</p> <ul style="list-style-type: none"> Point out fruit section of AGHE poster to prompt. Ask students if they can name some fruits. Examples include apples, pears, oranges, apricots, bananas, berries, grapes, melons and plums. Fruits are full of vitamins and minerals that help your body stay healthy, and fibre to help your digestion, so you glow from the inside out. Eating a wide variety of fruits every day is important to keep you healthy. Possible discussion questions: What's your favourite fruit and why (describe taste, texture, colour etc)? 	Resource 1: AGHE poster – fruits
	<p>Discuss vegetables:</p> <ul style="list-style-type: none"> Point out vegetable section of AGHE poster to prompt. Ask students if they can think of any vegetables. Examples include broccoli, potato, carrot, beetroot, onions, kidney beans, chickpeas, lentils, tomato, celery and zucchini. There are many different types of vegetables grown in Australia. Vegetables come from many different parts of the plant, including the leaves, roots, tubers, flowers, stems, seeds and shoots. Just like fruits, vegetables are full of vitamins and minerals and fibre that help your keep body healthy important to eat a variety of vegetables every day. Possible discussion questions: What's your favourite vegetable? Why? (describe taste, texture, colour etc) 	Resource 1: AGHE poster – vegetables
	<p>Discuss meat and meat alternatives:</p> <ul style="list-style-type: none"> Point out meat section of AGHE poster to prompt. Ask students if they can think of any vegetables. There are many examples of meat and meat alternatives including red meats (beef and lamb), poultry (chicken, duck), seafood (fish, prawns, and squid). Some people don't like to eat meat, so they eat foods like eggs, tofu, nuts (almonds, walnuts), seeds (pepitas, sunflower seeds) and legumes (lentils and beans). Meat and meat alternatives are important to help build our muscles. They give us important nutrients so you have energy for your body to grow and repair as well as being able to learn and play. 	Resource 1: AGHE poster – meat and meat alternatives



	<ul style="list-style-type: none"> Possible discussion questions: Did you have any meat or a meat alternative for dinner last night? What did you have? 	
	<p>Discuss dairy products and alternatives:</p> <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. Point out dairy foods section of AGHE poster and ask students if they can identify any of the dairy foods or alternatives on the poster. Milk, cheese and yoghurt give us lots of energy to play and learn and helps our bones and teeth grow and become strong. Possible discussion questions: Have you had any milk or dairy products today? What did you have? How to answer any questions re: cream, butter or ice-cream: <ul style="list-style-type: none"> These foods are high in fat and sugar and don't contain many nutrients. These foods are 'sometimes' food so they are not included in this category. 	Resource 1: AGHE poster – dairy and alternatives
	<p>Variety:</p> <ul style="list-style-type: none"> A variety of everyday foods from each of the five food groups will give you the energy you need to learn, concentrate and play and will also keep you healthy! Eat a rainbow of foods – eating foods of all different colours. 	Resource 1: Australian Guide to Healthy Eating (AGHE) poster
	<p>Sometimes foods:</p> <ul style="list-style-type: none"> Some food and drinks don't fit into the five food groups because they can provide us with too much energy or do not provide our bodies with the vitamins and minerals we need. 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. There are also sometimes drinks – this includes soft drinks, cordial and juice. Water and plain milk are the best drinks. 	Resource 1: AGHE poster – discretionary foods



20 mins	<p>Suggested activities – choose as appropriate</p> <p>Activity 1: Provide students with cut out food cards with names of foods. Alternatively, they could draw an example of a food from each food group. . Place blank AGHE diagram or Food Group headings on the board/wall and ask students to stick their food card/picture on the board in the correct group.</p> <p>Activity 2: In small groups or individually: Provide students with a set of flashcards showing each food group on a card and then another card stating why they are important for health – grow (meat and dairy), glow (fruit and vegetables) or go (grains). Students need to match the food group with its function.</p> <p>Activity 3: Write/draw a story about their favourite everyday food. <ul style="list-style-type: none"> o About a time they ate this food with friends/family o Creative story bringing this food to life i.e. make it a character in the story </p> <p>Activity 4: Provide students with magazines, food brochures to cut out pictures of foods and glue on to paper to create a healthy food rainbow.</p>	<p>Resource 2: Food cards</p> <p>Resource 3: AGHE blank diagram <u>or</u></p> <p>Resource 4: Food group headings Coloured pencils and paper</p> <p>Resource 5: Flashcards S1</p> <p>Magazines, brochures, scissors, glue</p>
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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>



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



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Drink plenty of water.

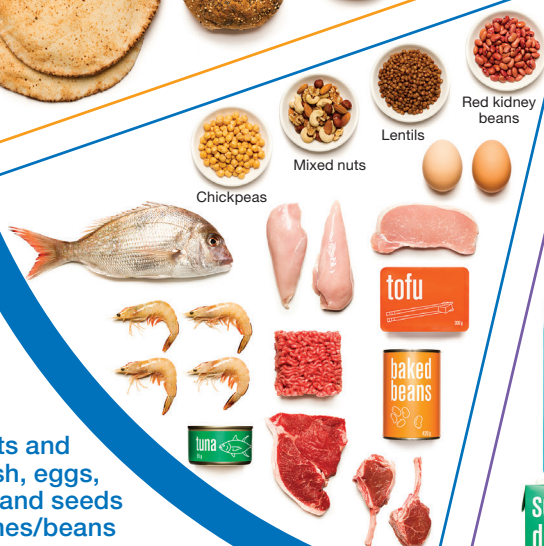
Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties



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

Banana

Orange

Pear

Carrot

Broccoli

Peas

Corn

Bread

Rice

Pasta

Cereal

Chicken

Fish

Nuts

Lamb

Milk

Cheese

Yoghurt

Soy milk

**Ice
cream**

Chocolate

Food Group Headings

Meat and alternatives

Grains

Vegetables

Fruit

**Milk, dairy and
alternatives**