

swop Lesson Plan 1: Healthy Eating

Lesson: Healthy Eating		Subject Matter: Food and Nutrition		Lesson Duration: 40 – 50 minutes	
Class: Years 3 and 4			Knowledge and Understanding Outcomes: PD2-6 describes how contextual factors that influence health, safety, wellbeing and participation in physical activity.		
Stages: Stage 2					
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 health• 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 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 take action to enhance my own and others’ health, safety, wellbeing and participation in physical activity?	
				Objectives: <ul style="list-style-type: none">• Explore options to promote healthy eating, e.g. identify healthy and unhealthy snack foods• Recognise practices that prevent lifestyle disease and support their own and others’ health, e.g. balances eating habits, participation in physical activity	
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 they think health/healthy means? (Brainstorm, write answers on board)<ul style="list-style-type: none">○ 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.• Ask students how they think you can stay healthy? Write answers on board.<ul style="list-style-type: none">○ E.g. eating healthy food, exercise, spending time with family/friends			
30 mins		Background to nutrition: <ul style="list-style-type: none">• What you eat and drink, and how much exercise you do can impact on your health.• 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		Resource 1: Australian Guide to Healthy Eating (AGHE) poster	



	and drink plenty of water every day to give us the energy needed to learn and play and nutrients (including vitamins and minerals) to keep us healthy	
	Discuss grains: <ul style="list-style-type: none"> • Can you think of some examples of grain foods? [Point out grains section of AGHE poster.] • Examples of grain foods include bread, bread rolls, wraps/flatbread, breakfast cereals (oats, muesli, weet bix), rice. • Grain foods are mostly made from wheat, oats, rice, and corn. • Grains give us energy to run around and play, as well as fibre and a number of important vitamins and minerals to help you grow and develop. • Possible discussion questions: Have you eaten any grain foods today? What? 	Resource 1: AGHE poster - grains
	Discuss fruit: <ul style="list-style-type: none"> • Can you think of some examples of fruit? [Point out fruit section of AGHE poster] • Examples include apples, pears, oranges, apricots, bananas, berries, grapes. • Fruits are full of vitamins and minerals that help your body grow and help your immune system to stop you getting sick. • Fruits also have lots of fibre for your digestion and keeping you full. • Eating fruit every day is important for keeping you healthy. • Possible discussion questions: What's your favourite fruit and why? 	Resource 1: AGHE poster - fruit
	Discuss vegetables: <ul style="list-style-type: none"> • What are some examples of vegetables that you can think of? [Point out vegetable section of AGHE poster]. • 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 that help with our vision, our bloodstream, heal and protect our skin, protect our immune systems and many other important functions. They 	Resource 1: AGHE poster - vegetables



	<p>also have lots of fibre too. It's important to eat a variety of vegetables every day.</p> <ul style="list-style-type: none"> Possible discussion questions: What's your favourite vegetable? 	
	<p>Discuss meat and meat alternatives:</p> <ul style="list-style-type: none"> There are many examples of meat including red meats such as beef or lamb, chicken, and fish. Some people might not like to eat meat all the time, so eat things like eggs, tofu, nuts and seeds and legumes instead. [Point out meat section of AGHE poster.] Meat and meat alternatives have protein to help build up our muscles and give us important nutrients like iron so we have enough energy to grow and learn and play. Possible discussion questions: Did you have any meat or a meat alternative for dinner last night? What did you have? 	Resource 1: AGHE poster – meat and alternatives
	<p>Discuss dairy products and alternatives:</p> <ul style="list-style-type: none"> What are some examples of milk, dairy and/or dairy alternative products that you can think of? Examples include: milks, yoghurt, cheese, including soy or rice milk. Milk, cheese and yoghurt give us protein to help our muscles grow and also have calcium which 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 more of a 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 – foods with different colours have different nutrients that we need. 	Resource 1: Australian Guide to Healthy Eating 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 don't have many nutrients to help our bodies grow and stay healthy and might be high in fat, sugar or salt. These foods are not needed 	Resource 1: AGHE poster – discretionary foods



	<p>for a healthy diet and should only be eaten sometimes and not every day.</p> <ul style="list-style-type: none"> • 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. • These sometimes foods are best to eat occasionally and not every day. It is better to eat foods every day that come from our five food groups. 	
15-20 mins	<p>Suggested activities – choose as appropriate</p> <p>Activity 1: Provide students with cut out food cards with names of foods. Ask students to stick their food item on the blank diagram or under food group headings, in the correct food group.</p> <p>Option 1: Have students do this in groups and make it a race to finish first.</p> <p>Option 2: This can be done in teams as a running race/relay to run food cards at one end of the yard to stick on wall with food groups at the other end. Team members take it in turns to run a food up to the wall.</p> <p>Activity 2: In groups, allocate students a food group and they need to come up with foods that belong to that food group. This could be a competition to see who can list the most foods.</p> <p>Activity 3: In small groups or individually: Provide students with a set of flashcards showing each food group and match to card stating why it is important for health (e.g. Dairy/good for strong bones and teeth!)</p> <p>Activity 4: Design a menu or draw a healthy meal they could share with their family at home.</p>	<p>Resource 2: Food cards Resource 3: Blank AGHE sheet <u>or</u> Resource 4: Food group headings</p> <p>Paper, pens</p> <p>Resource 5: Flashcards S2</p> <p>Paper, pens</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>



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

Banana

Orange

Pear

Carrot

Broccoli

Peas

Corn

Bread

Rice

Pasta

Cereal

Chicken

Fish

Nuts

Lamb

Milk

Cheese

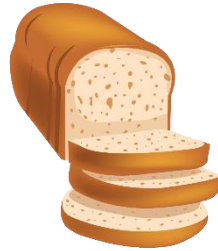
Yoghurt

Soy milk

**Ice
cream**

Chocolate

Grains



Energy to play

Fruit



**Fight infection,
digestion**

Vegetables



**Healthy skin
and eyes**

**Meat and
alternatives**



Strong muscles

**Dairy and
alternatives**



**Strong bones
and teeth**

Food Group Headings

Meat and alternatives

Grains

Vegetables

Fruit

**Milk, dairy and
alternatives**