

swop Lesson 1: Healthy Eating

Lesson: Healthy Eating	Subject Matter: Food and Nutrition	Lesson Duration: 50 – 60 minutes	
Class: Years 5 and 6 Stages: Stage 3 Strand: Health, Wellbeing and Relationships <ul style="list-style-type: none"> • Healthy, safe and active lifestyles 		Knowledge and Understanding Outcomes: PD3-6 distinguishes contextual factors that influence health, safety, wellbeing and participation in physical activity which are controllable and uncontrollable.	
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 responsible am I for my own and others' health, safety and wellbeing? • What actions positively influence the health, safety and wellbeing of my community? 	Objectives: <ul style="list-style-type: none"> • Plan for healthy food and drink habits which reflect the Australian dietary guidelines and advice for children.
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, growing tall, strong muscles and bones, mind and body functioning at their best. ○ Health can mean a number of things to a number of different people. ○ World Health Organisation defines 'health' as a state of complete physical, mental and social-wellbeing. • 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. 		Resource 1: Australian Guide to Healthy Eating (AGHE) poster



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

	<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 displaying the different sections for the five food groups]. We should eat lots of different foods from these five groups every day and drink plenty of water to give us the energy needed to learn and play, and nutrients (including vitamins and minerals) to keep us healthy 	
	<p>Discuss grains:</p> <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. There are also less common grains like quinoa and cous cous. • Grains give us lots of energy to live and learn and play sport. They also give us fibre and a number of important vitamins and minerals. They help keep you feeling fuller for longer and can help reduce the risk of certain diseases such as heart disease and diabetes. • If you are aged 9-13 years, you need to be having 4-6 servings of grains each day (4-5 for girls; 5-6 for boys). An example of a serve of grain is 1 slice of bread, or fist size scoop of cooked rice, pasta or cereal. 'Serves' help us add up how much of each food group we're eating in a day. • Possible discussion questions: Have you eaten any grain foods today? What? 	Resource 1: AGHE poster – grains
	<p>Discuss fruit:</p> <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 fibre to help your digestive system and keep you full and vitamins and minerals that help your body grow and develop and helps protect our immune system to prevent sickness. Eating a wide variety of fruits every day is important to maintain your health. • If you are aged 9-13 years, you need to be having 2 serves of fruit each day. 	Resource 1: AGHE poster – fruits



	<ul style="list-style-type: none"> An example of a serve of fruit is 1 medium sized fruit such as an apple or banana, or 2 small fruits like apricots or plums, or 1 cup of cut up fruit. Possible discussion questions: What's your favourite fruit and why? 	
	<p>Discuss vegetables:</p> <ul style="list-style-type: none"> What are some examples of vegetables that you can think of? [Point out vegetable section of AGHE poster]. 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. Examples include broccoli, potato, carrot, beetroot, onions, kidney beans, chickpeas, lentils, tomato, celery and zucchini. Just like fruits, vegetables are full of vitamins and minerals that help your body grow and develop. These vitamins and minerals help with our vision, our blood, heal and protect our skin and many other important functions. It's important to eat a variety of vegetables every day. If you are aged 9-13 years, you need to eat 5 serves of vegetables per day. A serve of a vegetable is 1 fist size serve of cooked veg or two fists of raw salad vegetables. Possible discussion questions: What's your favourite vegetable and why? 	Resource 1: AGHE poster – vegetables
	<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, skin, hair and helps keep our immune system healthy so we don't get sick. Meat also gives us important nutrients like iron so you have lots of energy to grow, learn and play. Between the ages of 9 and 13, you should be having 2.5 serves of meat or a meat alternative each day. A serve of meat is a palm sized piece of meat/fish/chicken, 2 eggs, 1 cup of lentils/legumes or small handful of nuts/ seeds. Did you have any meat or a meat alternative for dinner last night? What did you have? 	Resource 1: AGHE poster – meat and alternatives



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

	<p>Discuss dairy products and alternatives:</p> <ul style="list-style-type: none"> • What are some examples of milk and dairy products that you can think of? Examples include: milks, yoghurt, cheese, including soy or rice milk. • Milk, cheese and yoghurt give us energy to play and learn and protein to help our muscles grow and develop. Milk and dairy products also have calcium and many other nutrients. Calcium helps our bones and teeth grow strong. • Between the ages of 9 and 13, you should be having 2.5-3.5 serves of milk and dairy products (2.5-3.5 for boys; 3-3.5 for girls). A serve of a milk or dairy product is 1 cup of milk or 2 slices of cheese, 1 small tub or yoghurt. A dairy alternative might be a fortified soy or almond milk. • 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 as many nutrients. These foods are more of a sometimes food so are not included in this category. 	<p>Resource 1: AGHE poster – dairy and alternatives</p>
	<p>Variety in the diet:</p> <ul style="list-style-type: none"> • 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. 	<p>Resource 1 – Australian Guide to Healthy Eating poster</p>
	<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 are often high in fat, sugar or salt. These foods are not needed for a healthy diet and should only be eaten sometimes and not every day. • 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 that are high in sugar. Water and plain milk are the best drinks. • <i>Optional:</i> To illustrate how much sugar is in some drinks, watch video 	<p>Resource 1: AGHE poster – discretionary foods</p>



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

	<p>https://www.youtube.com/watch?v=rFWHKZoGnvg&feature=youtu.be</p> <ul style="list-style-type: none"> • What do you think might happen if you ate sometimes foods/drinks all the time? (brainstorm) <ul style="list-style-type: none"> ○ Tired ○ Get sick ○ Increased risk of heart disease, type 2 diabetes and some forms of cancer later in life • 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. 	
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 complete in groups and make it a race to see which group finishes 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: Individually or in groups, allocate students a food group and they need to come up with foods that belong to that food group. For an added challenge, foods might have to start with a particular letter or work through the alphabet. This could be a competition to see who can list the most foods. Bonus points for writing how many serves of the food group they should be having.</p> <p>Activity 4: Create a superhero out of a healthy everyday food. Draw them and describe their personality/powers based on the functions of the food group they belong to.</p>	<p>Resource 2: Food cards Resource 3: Blank AGHE diagram <u>or</u> Resource 4: Food group headings</p> <p>Paper, pens</p> <p>Paper, pencils</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



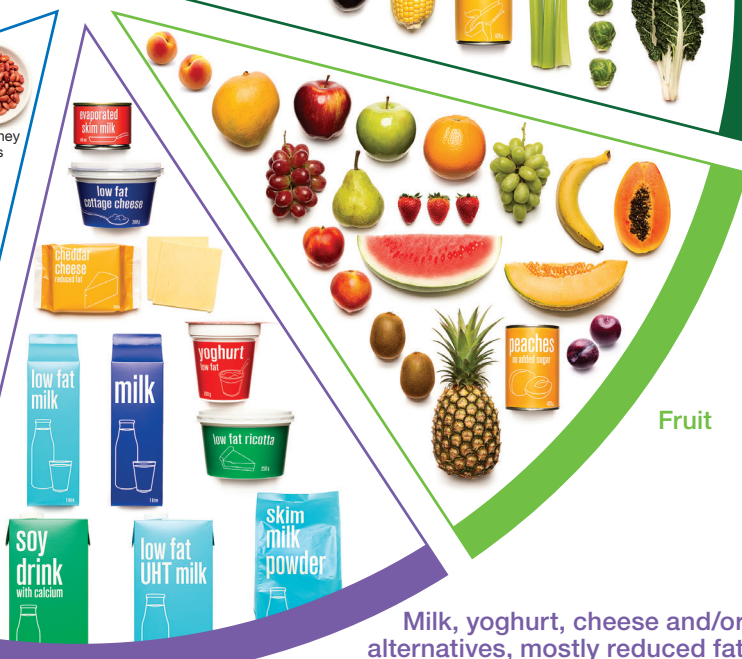
Vegetables and legumes/beans



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

Food Group Headings

Meat and alternatives

Grains

Vegetables

Fruit

**Milk, dairy and
alternatives**