# Swop It Lesson Plan 2: Healthy Lunchboxes

Lesson: Healthy		Subject Matter: Food and		Lesson Duration: 55 minutes	
Lunchboxes		Nutrition			
Class: Years 1 and 2 Stages: Stage 1		Knowledge and Understanding Outcomes: PD1-6 Understands contextual factors that influence themselves and others health, safety and wellbeing in participation in physical activity.			
	•	nd Relationships	-		
<ul> <li>Healthy, sa</li> </ul>	afe and active	lifestyles			
Lesson Overview:		eneral Capabilities:	Key Inquiry		Objectives:
food groups t Match foods to the correct food group Discuss healthy lunchboxes, including the components and		ritical and Creative ninking: Identify and clarify information and ideas Consider alternatives teracy: Use language to interact with others	Questions: • How can I be responsible for my own, and others' health, safety and wellbeing?		<ul> <li>Identify food groups and explore how eating healthy foods and drinks can benefit health and wellbeing</li> </ul>
-	-	ty – This is a suggesto delivery sequence car		-	ation, discussion points al contexts.
Timing		Content		Resources	
10 mins	<ul> <li>Grading</li> <li>Fru</li> <li>Ve,</li> <li>Me</li> <li>Da</li> </ul> Activity: As a class, s	ts what are the five foo ains uits getables eat and alternatives iry and alternatives tudents to match the	picture of the		Resource 1: Australian Guide to Healthy Eating (AGHE) poster Resource 2: Food cards
	right food group. Teacher to hold up a card and a student to describe what the food is and to place the food card in the right food group on the board.				





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	• Would you try the food if you were really hungry/time of the day?	
25 mins	Activity 1: Print off healthy lunchbox headings (Crunch&Sip, Recess, Lunch) and stick on large poster or on a wall/board in the classroom. Students can draw healthy lunchbox foods, or find and cut out foods from magazines/brochures, and stick on the poster/board under the correct lunchbox heading. This could be left up in the classroom for the SWAP IT term.	Resource 5: Healthy lunchbox headings
	<ul> <li>Suggested additional activities - choose as appropriate Activity 2:</li> <li>Hand each student healthy lunchbox worksheet and ask them to label the food groups/components of a healthy lunchbox. As a class, discuss why it's a healthy lunchbox: <ul> <li>Contains foods from each of the food groups</li> <li>Has an everyday food for each meal/snack break</li> <li>Everyday foods come for the core food groups that are important for health.</li> </ul> </li> </ul>	Resource 6: What's in a Healthy Lunchbox? worksheet
	Activity 3: Build your own healthy lunchbox (draw or write). Students draw or write what they could put in their everyday lunchbox, for each of the components (Crunch&Sip, recess, lunch, drink and something cool). Ask them where they have swapped in an everyday food for a sometimes food, or picked a new everyday food they would like to try in their lunchbox – they could either write this on the page or discuss in groups.	Paper and colouring in pencils

#### Further information

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

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

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



#### www.eatferhealth.gov.au

Vegetables and

legumes/beans

regetables

Chickr

skim Milk

powder

ed lentils



Australian Government

 National Health and Medical Research Council

 Department of Health and Ageing

# **Australian Guide to Healthy Eating**

rolled

oats

COUSCOUS

Wheat flakes

Red kidne

low fa milk

SOV

drink

milk

low fat UHT mill

Red kidney

nokkien

noodles

**Aixed** nuts

tofu

Polenta

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

Quinoa

browner

Drink plenty of water.

Grain (cereal) foods,

mostly wholegrain and/or high cereal fibre varieties

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

Fruit

# canola spray

Use small amounts

Lean meats and poultry, fish, eggs,

tofu, nuts and seeds

and legumes/beans

#### Only sometimes and in small amounts



# AN EVERYDAY LUNCHBOX IS MADE UP OF EVERYDAY FOODS:



Crunch&Sip 

Vegetables or fruit

#### Recess

Vegetables or a piece of fruit + I-2 everyday snacks

#### Lunch

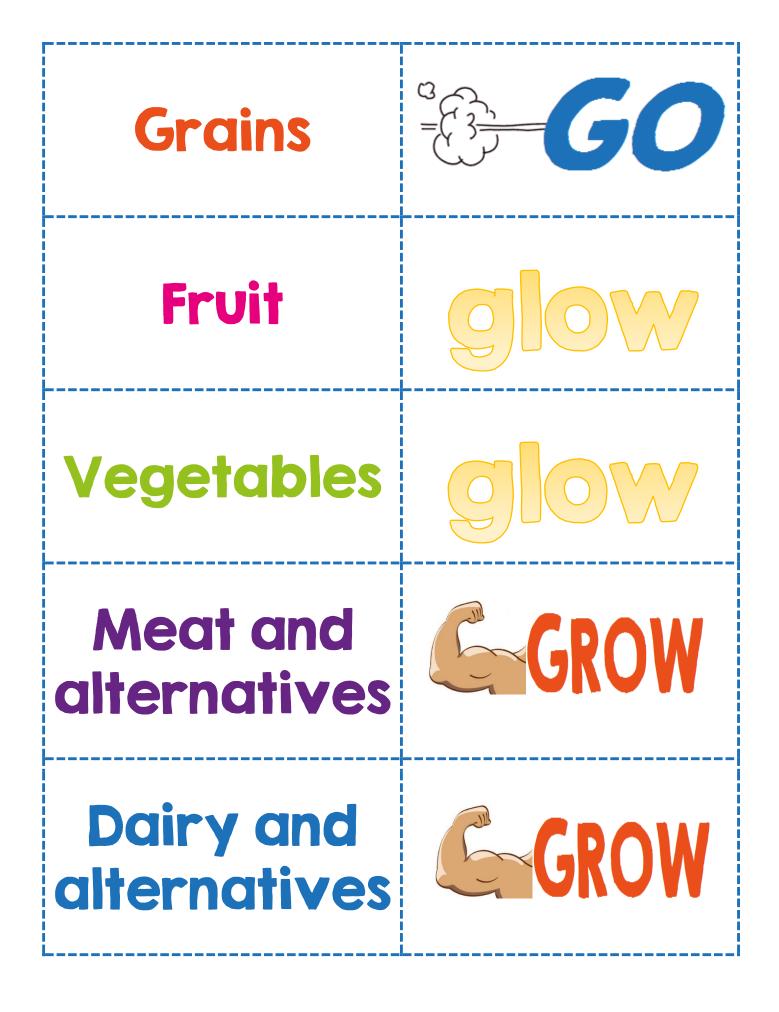
A sandwich, wrap or roll with everyday fillings or an alternative such as pasta or fried rice

#### Drink

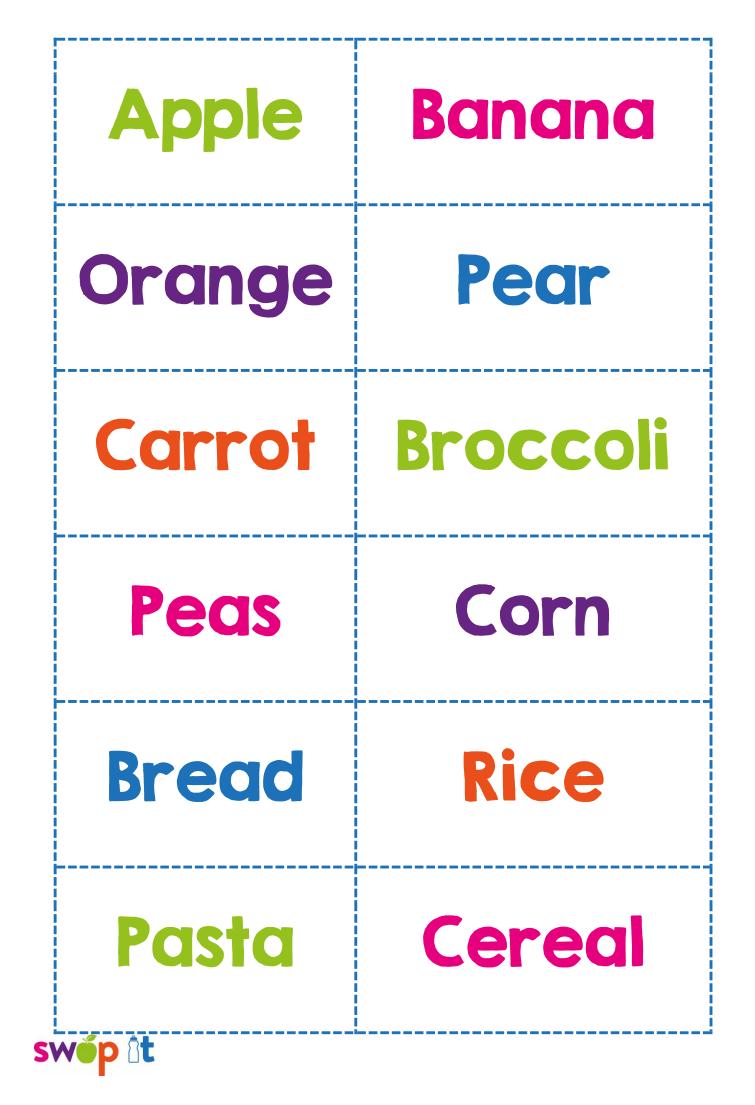
Water and/or reduced fat plain milk



One swap from a sometimes food to an everyday food can make a big difference to your child's health and wellbeing.















### What's In A Healthy Lunchbox?

