

swop Lesson Plan 2: Healthy Lunchboxes

Lesson: Healthy Lunchboxes		Subject Matter: Food and Nutrition		Lesson Duration: 55 minutes	
Class: Years 1 and 2			Knowledge and Understanding Outcomes: 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 five food groupsMatch foods to the correct food groupDiscuss healthy lunchboxes, including the components and importanceComplete 1-2 activities		General Capabilities: Critical and Creative thinking: <ul style="list-style-type: none">Identify and clarify information and ideasConsider alternatives 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	
10 mins		<p>Recap on Lesson 1:</p> <p>Ask students what are the five food groups?</p> <ul style="list-style-type: none">GrainsFruitsVegetablesMeat and alternativesDairy and alternatives <p>Activity:</p> <p>As a class, students to match the picture of the food to the 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.</p>		<p>Resource 1: Australian Guide to Healthy Eating (AGHE) poster</p> <p>Resource 2: Food cards</p>	



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

20 mins	<p>Lunchboxes:</p> <p>Explain the importance of a lunchbox</p> <ul style="list-style-type: none"> • 1/3 your meals are eaten at school • Gives energy to learn and play • Easy way to eat your everyday foods • Keeps you healthy and well <p>• Ask students what they think makes a healthy lunchbox? Brainstorm answers on the board.</p> <p>Outline the components that make up a healthy lunchbox:</p> <ul style="list-style-type: none"> • Crunch&Sip/fruit break: Vegetables or fruit • Recess: an extra vegetable or piece of fruit + 1-2 everyday snacks e.g. plain air popped popcorn, rice cakes, yoghurt – these would be foods from the five food groups. • Lunch: Sandwich/wrap/roll or leftovers contains everyday ingredients e.g. pasta salad, frittata. • Drink: Water or reduced fat plain milk. <p>+ Something to keep the lunchbox cool e.g. ice brick, frozen water bottle, frozen reduced fat plain milk popper.</p>	Resource 3: Everyday lunchbox
	<p>Healthy lunchbox examples:</p> <p>Show 2 flip chart images and discuss:</p> <ul style="list-style-type: none"> • What food groups are there? • Why it's a healthy lunchbox? • Who has each item packed in their lunchbox? • What do they like about it? Prompt for taste, texture and smell. • Are there healthy lunchbox foods that you don't like? What don't you like about them? Prompt for taste, texture and smell. • What could you have instead of the foods you don't like? (alternative everyday food). <p>Response ideas if children give responses such as 'that's yuck/gross/disgusting':</p> <ul style="list-style-type: none"> • Everyone likes different things and it's ok to be different. • Sometimes people don't like one type of food for a long time and then suddenly like it! • Do you know what the food is? • Have you tried this food before? • Would you try the food if your friend was eating it/sports person? • Would you try the food if it was cut into smaller pieces? 	Resource 4: Classroom flip chart (provided as part of SWAP IT program for each classroom)



	<ul style="list-style-type: none"> Would you try the food if you were really hungry/time of the day? 	
25 mins	<p>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.</p> <p>Suggested additional activities – choose as appropriate</p> <p>Activity 2: 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:</p> <ul style="list-style-type: none"> Contains foods from each of the food groups Has an everyday food for each meal/snack break Everyday foods come for the core food groups that are important for health. <p>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.</p>	<p>Resource 5: Healthy lunchbox headings</p> <p>Resource 6: What's in a Healthy Lunchbox? worksheet</p> <p>Paper and colouring in 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>

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





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



AN EVERYDAY LUNCHBOX IS MADE UP OF EVERYDAY FOODS:



Crunch&Sip®
Vegetables or fruit

Recess
Vegetables or a piece of fruit
+ 1-2 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.

Grains



Fruit

glow

Vegetables

glow

**Meat and
alternatives**



**Dairy and
alternatives**



Apple

Banana

Orange

Pear

Carrot

Broccoli

Peas

Corn

Bread

Rice

Pasta

Cereal

Chicken

Fish

Nuts

Lamb

Milk

Cheese

Yoghurt

Soy milk

**Ice
cream**

Chocolate

Healthy Lunchbox Headings

Lunch

Crunch&Sip®

Recess - vegetable or fruit

Recess - everyday snack

Drink

+ something to keep the lunchbox cool

What's In A Healthy Lunchbox?

