

swop Lesson Plan 2: Healthy Lunchboxes

Lesson: Healthy Lunchboxes		Subject Matter: Food and Nutrition		Lesson Duration: 45-50 minutes		
Class: Years 3 and 4 Stages: Stage 2 Strand: Health, Wellbeing and Relationships <ul style="list-style-type: none">• Healthy, safe and active lifestyles			Knowledge and Understanding Outcomes: PD2-6: describes how contextual factors are interrelated and how they influence health, safety, wellbeing and participation in physical activity			
Lesson Overview: <ul style="list-style-type: none">• Discuss the five food groups• Match foods to the correct food group• Discuss healthy lunchboxes, including the components and importance• Complete 1-2 activities		General Capabilities: Critical and Creative thinking: <ul style="list-style-type: none">• Identify and clarify information and ideas• Consider 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 contribute to promote healthy, safe and active communities?	Objectives: <ul style="list-style-type: none">• Explore options to promote healthy eating, e.g. identify healthy and unhealthy snack foods	
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	Recap of lesson 1: Ask students what are the five food groups? <ul style="list-style-type: none">• Grains• Fruits• Vegetables• Meat and alternatives• Dairy and alternatives Activity: 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 is to describe what the food is and to place the food card in the correct food group on the board. Asks students why eating everyday foods important? <ul style="list-style-type: none">• Helps your bodies to grow and develop.• Gives energy and valuable nutrients so you can learn and play and function at your best.• Prevents sickness and diseases later in life.				Resource 1: AGHE poster Resource 2: Food cards	
20 mins	Lunchboxes: Explain the importance of a lunchbox <ul style="list-style-type: none">• 1/3 your meals are eaten at school					



	<ul style="list-style-type: none"> • 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? Write 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. • + Something to keep the lunchbox cool e.g. ice brick, frozen water bottle, frozen reduced fat plain milk popper. 	Resource 3: Everyday lunchbox
	<p>Healthy lunchbox examples: Show 2 flip chart images and discuss:</p> <ul style="list-style-type: none"> • What food groups are there? • Why is it a healthy lunchbox? • What do they like about it? Prompt for taste, texture and smell. • Does anyone have any of these foods in their lunchbox today? • 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 food 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? • Would you try the food if you were really hungry/time of the day? 	Resource 4: Classroom flip chart (provided as part of SWAP IT program for each classroom)



15-20 mins	<p>Suggested additional activities – choose as appropriate</p> <p>Activity 1: Create a tally board of the fruit and vegetable snacks that students like. List fruit and vegetables on the board or on large sheet of paper stuck on the wall (see list of suggested examples, or use fruit and vegetables suggested by students). Call out foods and students raise hand if they like that food, tally on board. This could be left up for the SWAP IT term, and students encouraged to add to tally as they try and enjoy new foods. <i>Optional</i> - use data to create graphs.</p> <p>Activity 2: Build your own healthy lunchbox (draw or write). Students draw or write what they could put in their everyday lunchbox (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>Activity 3: Have students use the <i>Weigh Up Your Lunch</i> website to create different lunchboxes and test how healthy they are.</p> <ul style="list-style-type: none"> • Pick foods similar to what they have in their lunch today • Then try different foods to make it as healthy as they can <p>http://www.goforyourlife.vic.gov.au/hav/articles.nsf/html/index.html</p> <p>Activity 4: Prepare a range of raw fruit and vegetables as finger foods and label on separate plates. Use tally board foods (above) or choose your own. See suggested list of less common fruit and vegetables. Students choose 3-5 foods to taste, at least one should be something they have not tried before or don't think they like. Fill in worksheet to record foods tasted, and describe food qualities. Encourage students to describe the objective qualities of the food (colour/texture/taste) rather than what they think of it e.g. yuck/yum.</p> <ul style="list-style-type: none"> • Colour/what it looks like • Texture e.g. crunchy, soft, chewy, juicy • Taste e.g. sweet, sour <p>At the end come back as a class and discuss:</p> <ul style="list-style-type: none"> • Who tried something new? 	<p>Resource 5 – Fruit and vegetable tally – list of suggested foods</p> <p>Paper and coloured pencils</p> <p>Student computers</p> <p>Resource 6: Suggested list of taste test foods Resource 7: Taste test worksheet</p>
------------	--	---



	<ul style="list-style-type: none"> • Did anyone find something they didn't realise they liked? • Give an example of food you didn't like and why • What could you eat instead of the food you didn't like? 	
--	---	--



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



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.

Apple

Banana

Orange

Pear

Carrot

Broccoli

Peas

Corn

Bread

Rice

Pasta

Cereal

Chicken

Fish

Nuts

Lamb

Milk

Cheese

Yoghurt

Soy milk

**Ice
cream**

Chocolate

Fruit and vegetable tally - suggested list of foods

Vegetables	Tally
1. Carrots	
2. Tomatoes	
3. Snow peas	
4. Cucumber	
5. Celery	
6. Olives	
7. Red Capsicum	
8. Green Capsicum	
9. _____	
10. _____	

Fruit	Tally
1. Apple	
2. Mandarin	
3. Banana	
4. Strawberries	
5. Pear	
6. Watermelon	
7. Rockmelon	
8. Peach	
9. _____	
10. _____	

Fruit and vegetable tally - suggested list of foods

Vegetables	Tally
1. Carrots	
2. Tomatoes	
3. Snow peas	
4. Cucumber	
5. Celery	
6. Olives	
7. Red Capsicum	
8. Green Capsicum	
9. _____	
10. _____	

Fruit	Tally
1. Apple	
2. Mandarin	
3. Banana	
4. Strawberries	
5. Pear	
6. Watermelon	
7. Rockmelon	
8. Peach	
9. _____	
10. _____	

Taste test

In addition to common vegetable and fruit snack foods (e.g. apple, carrot), it may be good to include some less common vegetables and fruit if available to encourage students to try new foods. Some examples are listed below:

Fruit

Lychee
Pomegranate
Persimmon
Fig
Nashi pear
Passionfruit
Kiwi fruit
Honeydew melon
Tangelo
Tangerine

Vegetables

Cucumber
Gherkin
Cocktail onion
Green beans
Beetroot (grated)
Peas or snow peas
Purple carrot

Taste test!

Food 1:

Colour:

Texture:

Taste:

Food 2:

Colour:

Texture:

Taste:

Food 3:

Colour:

Texture:

Taste:
