Swop It Lesson Plan 2: Healthy Lunchboxes

Lesson: Healt	thy Lunchboxe	s Subject Matter: Nutrition	Food and	Lesson Dur	ation: 45-60 mins
Stages: Stage 3			Knowledge and Understanding Outcomes: PD3-6: distinguishes contextual factors that influence health, safety, wellbeing and participation		
		in physical a uncontrollat	•	are controllable and	
 Lesson Overv Discuss the food grout Match food correct food process have been been been been been been been be	view: G ne five C ps th ods to the od group ealthy es, the od group ealthy es, the od group ealthy es, the od group earning activiti	ieneral Capabilities: critical and Creative inking: Identify and clarify information and ideas Consider alternatives Imagine possibilities and connect ideas ty – This is a suggest	the heal and well my com ed outline; le	ctions ly influence lth, safety lbeing of imunity	 Objectives: Plan for healthy food and drink habits which reflect the Australian Government dietary guidelines and advice for children Compare food labels and suggest ways to improve the nutritional value of meals ation, discussion points
Timing	and content o	delivery sequence ca Content	n be adjusted	i for individu	al contexts. Resources
10 mins	 Grains Fruits Vegetable Meat and Dairy and Ask for example Asks students Helps you Gives energial Gives and 	sson 1: what are the five food	oup. foods importa develop. ents so you ca		Resource 1 – AGHE poster
	drink, and frie Why shouldn'	oods: e.g. cakes, ice cre ed foods like chips. 't we eat these foods e ve many nutrients to h thy.	very day?		



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	• High in fat, and/or sugar and/or salt which aren't good	
	for our health in high amounts.	
20-25 mins	Lunchboxes:	
	Explain the importance of a lunchbox	
	 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	
	Ask students what they think makes a healthy lunchbox? Write on the board.	
	Outline the components that make up a healthy lunchbox:	Resource 2: Everyday
	Crunch&Sip/fruit break: Vegetables or fruit	lunchbox
	 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.	
	Healthy lunchbox examples:	Resource 3: Classroom
	Show 2 flip chart images and discuss:	flip chart (provided as
	What food groups are there?	part of SWAP IT
	Why it's a healthy lunchbox?	program for each
	 Who has each item packed in their lunchbox? 	classroom)
	• 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 eat instead of the foods you don't like 	
	(alternative everyday food)?	
	Response ideas if children give responses such as 'that's	
	yuck/gross/disgusting':	
	 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? 	
15-30 mins	Suggested activities – choose as appropriate 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 on the wall (see list of suggested examples, or use fruit and vegetables suggested by students). Have students take turns coming up to the board to put a tally mark next to foods they like. 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.	Resource 4: Fruit and vegetable tally list
	Activity 2: Individually or in groups, create a poster advertising a healthy everyday food that could be packed in a lunchbox. These could be displayed in the classroom for the SWAP IT term.	Paper, colour paper, pens/pencils/paints.





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10-20mins	 Additional for stage 3 (optional): food labels Explain a food package/label (use provided example or collect your own e.g. chip or cracker packet, biscuit packet) and highlight the components: Best before/use by dates - Most foods are marked with a best before or use by date. Foods must be eaten before the "use by" date as they can go off or cause sickness after this date. If a food has a "best before" date, it is still safe to eat after this date, but might have lost some quality or not be as fresh. Ingredients list - lists ingredients in order from the most to the least amount in the food. Allergen information - ingredients that are common causes of allergies for some people are listed in bold or in brackets(). There should also be a 'contains' statement, and a there could be a 'may contain' statement. The 'may contain' usually indicates that a food is processed on a machine that also processes allergy foods, so best to avoid if being cautious about allergies. Nutrition information panel - breaks down exactly how much of particular nutrients are in the pack. One column shows nutrients per serve, and the other show how much per 100g. Look at the per 100g column in order to compare products. Particularly looking for products that are lower in saturated fat, sugar and sodium (salt) as these can be bad for our health. I f children request exact numbers they should look for in a product: (3g saturated fat/100g (except cheese) (400mg sodium/100g is good, but 	Resource 5: Example Food Label
	· · · · · · · · · · · · · · · · · · ·	
	Break students into smaller groups and:	Selection of lunchbox
	 Get each group to review one package Consults the surpluk set 	food packages <u>or</u> Resource 6: Handouts
	Complete the worksheetPresent their findings	with food labels
	 As a class discuss products that are lower in saturated 	
	fat, sugar and sodium.	Resource 7: Lunchbox
	 Was there one product that was a clear winner or loser? 	worksheet





Activity 4:	Resource 8: Lunchbox
Provide additional copy of worksheet as homework – go	Food Labels worksheet
home and check the label of a food that is often packed in	
your lunchbox. Decide whether it is an everyday or	
sometimes food and explain why.	

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>



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



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.





Ingredients list

Allergens – listed in bold in ingredients list. 'Contains' and 'May contains' statement below ingredients

Nutrition information panel

Will always have 'per serving' and 'per 100g' columns

Best before/Use by date

May be on packet or in this case is on the bigger pack that the individual lunchbox packets came in.

























Servings Per Pack Serving Size: 20g	c: 1 Quantity ving 20g 383kJ 92Cal 1.2g 2.7g 0.6g < 0.1g	%DI* Per Serving 4% 2% 4% 2%	Quantity Per 100g 1910kJ 458Cal 5.8g 13.4g	
Per Ser Energy Protein Fat, Total - Saturated - Trans Carbohydrate	Quantity ving 20g 383kJ 92Cal 1.2g 2.7g 0.6g < 0.1g	Serving 4% 2% 4%	Per 100g 1910kJ 458Cal 5.8g 13.4g	
Protein Fat, Total - Saturated - Trans Carbohydrate	92Cal 1.2g 2.7g 0.6g < 0.1g	2% 4%	458Cal 5.8g 13.4g	
Fat, Total - Saturated - Trans Carbohydrate	2.7g 0.6g < 0.1g	4%	13.4 g	
- Saturated - Trans Carbohydrate	0.6g < 0.1g			
- Saturated - Trans Carbohydrate	< 0.1g	2%	2.0	
Carbohydrate			3.0g	
		1	0.1g	
- Sugars	15.5g	5%	77.7g	
See See	< 1.0g	< 1%	< 1.0g	
Sodium	48mg	2%	241mg	
Quantities stated above are averages only. *Percentage Daily Intakes are based on an average adult diet of 8700kJ. < means Less Than. Ingredients Rice (53%), Tapioca Starch, Sunflower Oil (Antioxidant (307b)), Cheese Seasoning (9%) (Cheese Powder, Whey Powder, Maltodextrin (from Corn), Salt, Anti Caking Agent (551), Colours (Carotenes, Paprika Oleoresins)).				
May be present: Sesame Seeds at Store it a crool, Once opport.	Egg, Glut nd Crustac Istructio dry place,	ten, Fish, So <u>y</u> tea. ns away from I	ybeans, iight.	
	*Percentage Dail average adult die < means Less That ingredient Rice (53%), Tapio (Antioxidant (307 (Cheese Powder, (from Corn), Salt Colours (Caroter Allergen A May be present Stame Seeds an Store in Scol	*Percentage Daily Intakes a average adult diet of 8700k < means Less Than. in Ingredients Rice (53%), Tapioca Starch, (Antioxidant (307b)), Chees (Cheese Powder, Whey Pow (from Corn), Salt, Anti Caki Colours (Carotenes, Paprik Allergen Advice: Co May be present: Egg, Glut Serame Seeds and Crustac Store in Spol. dry place,	 *Percentage Daily Intakes are based on average adult diet of 8700kJ. < means Less Than. ingredients Rice (53%), Tapioca Starch, Sunflower (Antioxidant (307b)), Cheese Seasoning (Cheese Powder, Whey Powder, Malto (from Corn), Salt, Anti Caking Agent (5 Colours (Carotenes, Paprika Oleoresin) Allergen Advice: Contains: Mill May be present: Egg, Gluten, Fish, Sorearme Seeds and Crustacea. Sore age Instructions 	





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	Servings per pac	Average Quantity	% Daily Intake*	Average Quantity per 100 g
ini brown rice cakes, vith tasty natural	1	per Serving 352 kJ (84 Cal)	(per serving) 4%	1760 kJ (420 Cal)
at are the perfect	Energy Protein	1.5 g	3%	7.5 g 0 mg
munch and crunch.	- Gluten	0 mg 2.2 g	- 3%	10.8 g
CEALIGH (CO)	Fat, total - Saturated	0.3 g	1% 5%	1.4 g 70.6 g
DEVILISH CHICKEN	Carbohydrate - Sugars	14.1 g 0.2 g	0.2%	0.8 g 4.0 g
C Church	Distary fibre	0.8 g 104 mg	3% 5%	521 mg
	Sodium Potassium	48 mg		240 mg
	* Percentage Da	ily Intakes are base	ed on an averag	e adult diet of 8700 kJ. Inflower Oil, Sea Salt.
	May contain to	aces of milk and	soy products	
	Store in a cool	lia. Made with lo dry place out of s		e. 🔨
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rtificial Colours	BEST BEFORE	Chew Lealand		
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Solutions for Lunchbox Food Labels worksheet

Sunbites Popcorn

- 1. Everyday
- 2. 17/08/19 (front of packet)
- 3. Popcorn, canola oil, salt (only three ingredients)
- 4. None
- Saturated fat 1.9g/100g
 Sugar 0.1g/100g
 Sodium 494mg/100g

Sunrice Mini Bites

- 1. Everyday
- 2. 14/05/19
- Wholegrain Brown Rice, Sunflower Oil, Sea Salt
- 4. May contain traces of milk and soy products.
- Saturated fat 1.4g/100g
 Sugar 0.8g/100g
 Sodium 521mg/100g

Cheese Thin Rice Crackers minis

- 1. Everyday
- 2. 18/06/19
- 3. Rice, Tapioca Starch, Sunflower Oil
- 4. Contain Milk. May contain egg, gluten, fish, soybeans, sesame seeds, crustacea
- 5. Saturated fat 3g/100g Sugar - <1g/100g Sodium – 241mg/100g

Barbecue Shapes

- 1. Sometimes
- 2. 03/02/19 (back of packet)
- 3. Wheat flour, vegetable oil, starch
- 4. Soy and gluten. May contain traces of egg, milk, peanut, sesame, and tree nut
- Saturated fat 5.2g/100g
 Sugar 0.9g/100g
 Sodium 685mg/100g

Cheezels

- 1. Sometimes
- 2. 15/12/19
- 3. Corn, Vegetable Oil, Rice
- 4. Milk. May contain soy.
- Saturated fat 15.8g/100g
 Sugar 4.6g/100g
 Sodium 1200mg/100g

Healtheries Rice Wheels

- 1. Everyday
- 2. 05/02/2019 (back of packet)
- 3. Rice, cheese seasoning (milk solids, cheese powder, salt, sugar, maltodextrin, yeast extract, flavours, anticaking agent, coconut oil) sunflower oil
- 4. Milk, egg and soy
- Saturated fat 1.6g/100g
 Sugar 3g/100g
 Sodium 705mg/100g



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	



Lunchbox Food Labels

ood product	
'hat is the best before or use by date?	
'hat are the first three ingredients listed?	
'hat allergens are there in the product?	
utrition information panel:	
ow much saturated fat is there (per 100g)?	
ow much sugar is there (per 100g)?	
ow much sodium (salt) is there (per 100g)?	

Is it an **everyday** or a **sometimes** food? (Circle)

