

# swop Lesson Plan 2: Healthy Lunchboxes

Lesson: Healthy Lunchboxes		Subject Matter: Food and Nutrition		Lesson Duration: 45-60 mins	
Class: Years 5 and 6			Knowledge and Understanding Outcomes: PD3-6: distinguishes contextual factors that influence health, safety, wellbeing and participation in physical activity which are controllable and uncontrollable		
Stages: Stage 3					
Strand: Health, Wellbeing and Relationships <ul style="list-style-type: none"><li>Healthy, safe and active lifestyles</li></ul>					
Lesson Overview: <ul style="list-style-type: none"><li>Discuss the five food groups</li><li>Match foods to the correct food group</li><li>Discuss healthy lunchboxes, including the components and importance</li><li>Complete 1-2 activities</li></ul>		General Capabilities: Critical and Creative thinking: <ul style="list-style-type: none"><li>Identify and clarify information and ideas</li><li>Consider alternatives</li><li>Imagine possibilities and connect ideas</li></ul>		Key Inquiry Questions: <ul style="list-style-type: none"><li>What actions positively influence the health, safety and wellbeing of my community</li></ul>	
				Objectives: <ul style="list-style-type: none"><li>Plan for healthy food and drink habits which reflect the Australian Government dietary guidelines and advice for children</li><li>Compare food labels and suggest ways to improve the nutritional value of meals</li></ul>	
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><b>Recap on lesson 1:</b></p> <p>Ask students what are the five food groups?</p> <ul style="list-style-type: none"><li>Grains</li><li>Fruits</li><li>Vegetables</li><li>Meat and alternatives</li><li>Dairy and alternatives</li></ul> <p>Ask for examples from each food group.</p> <p>Asks students why eating everyday foods important?</p> <ul style="list-style-type: none"><li>Helps your bodies to grow and develop.</li><li>Gives energy and valuable nutrients so you can learn and play and function at your best.</li><li>Prevents sickness and chronic disease.</li></ul> <p>Sometimes foods: e.g. cakes, ice cream, chocolate, soft drink, and fried foods like chips.</p> <p>Why shouldn't we eat these foods every day?</p> <ul style="list-style-type: none"><li>Don't have many nutrients to help our bodies grow and stay healthy.</li></ul>		Resource 1 – AGHE poster	



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	<ul style="list-style-type: none"> <li>High in fat, and/or sugar and/or salt which aren't good for our health in high amounts.</li> </ul>	
20-25 mins	<p><b>Lunchboxes:</b> Explain the importance of a lunchbox</p> <ul style="list-style-type: none"> <li>1/3 your meals are eaten at school</li> <li>Gives energy to learn and play</li> <li>Easy way to eat your everyday foods</li> <li>Keeps you healthy and well</li> </ul> <p>Ask students what they think makes a healthy lunchbox? Write on the board.</p> <p>Outline the components that make up a healthy lunchbox:</p> <ul style="list-style-type: none"> <li>Crunch&amp;Sip/fruit break: Vegetables or fruit</li> <li>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.</li> <li>Lunch: Sandwich/wrap/roll or leftovers contains everyday ingredients e.g. pasta salad, frittata.</li> <li>Drink: Water or reduced fat plain milk.</li> <li>+ Something to keep the lunchbox cool e.g. ice brick, frozen water bottle, frozen reduced fat plain milk popper.</li> </ul>	Resource 2: Everyday lunchbox
	<p><b>Healthy lunchbox examples:</b> Show 2 flip chart images and discuss:</p> <ul style="list-style-type: none"> <li>What food groups are there?</li> <li>Why it's a healthy lunchbox?</li> <li>Who has each item packed in their lunchbox?</li> <li>What do they like about it? Prompt for taste, texture and smell.</li> <li>Are there healthy lunchbox foods that you don't like? What don't you like about them? Prompt for taste, texture and smell.</li> <li>What could you eat instead of the foods you don't like (alternative everyday food)?</li> </ul> <p>Response ideas if children give responses such as 'that's yuck/gross/disgusting':</p> <ul style="list-style-type: none"> <li>Everyone likes different things and it's ok to be different.</li> <li>Sometimes people don't like one type of food for a long time and then suddenly like it!</li> <li>Do you know what the food is?</li> <li>Have you tried this food before?</li> </ul>	Resource 3: Classroom flip chart (provided as part of SWAP IT program for each classroom)



	<ul style="list-style-type: none"> <li>• Would you try the food if your friend was eating it/sports person?</li> <li>• Would you try the food if it was cut into smaller pieces?</li> <li>• Would you try the food if you were really hungry/time of the day?</li> </ul>	
15-30 mins	<p><b>Suggested activities – choose as appropriate</b></p> <p><b>Activity 1:</b> 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.</p> <p><b>Activity 2:</b> 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.</p>	<p>Resource 4: Fruit and vegetable tally list</p> <p>Paper, colour paper, pens/pencils/paints.</p>



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	<b>Activity 4:</b> Provide additional copy of worksheet as homework – go 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.	Resource 8: Lunchbox Food Labels worksheet
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### 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>



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# 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



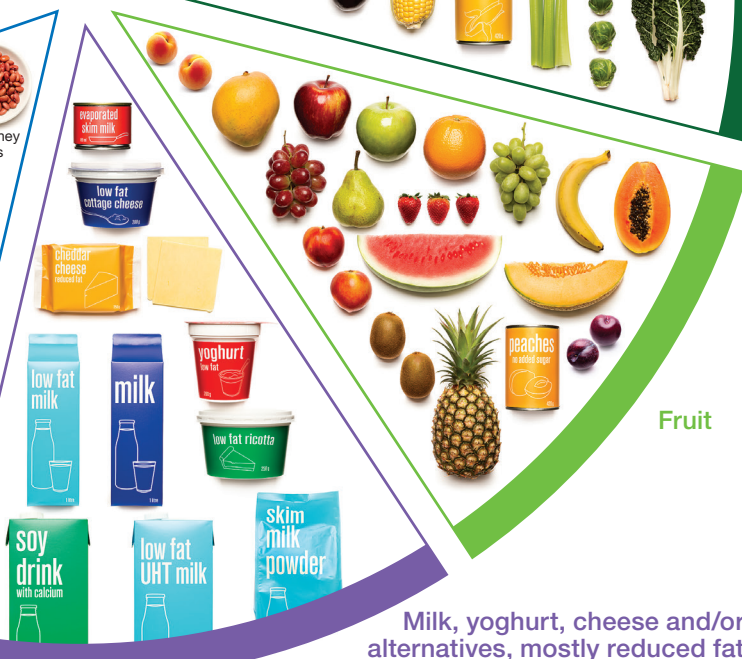
Vegetables and legumes/beans



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.



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.

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





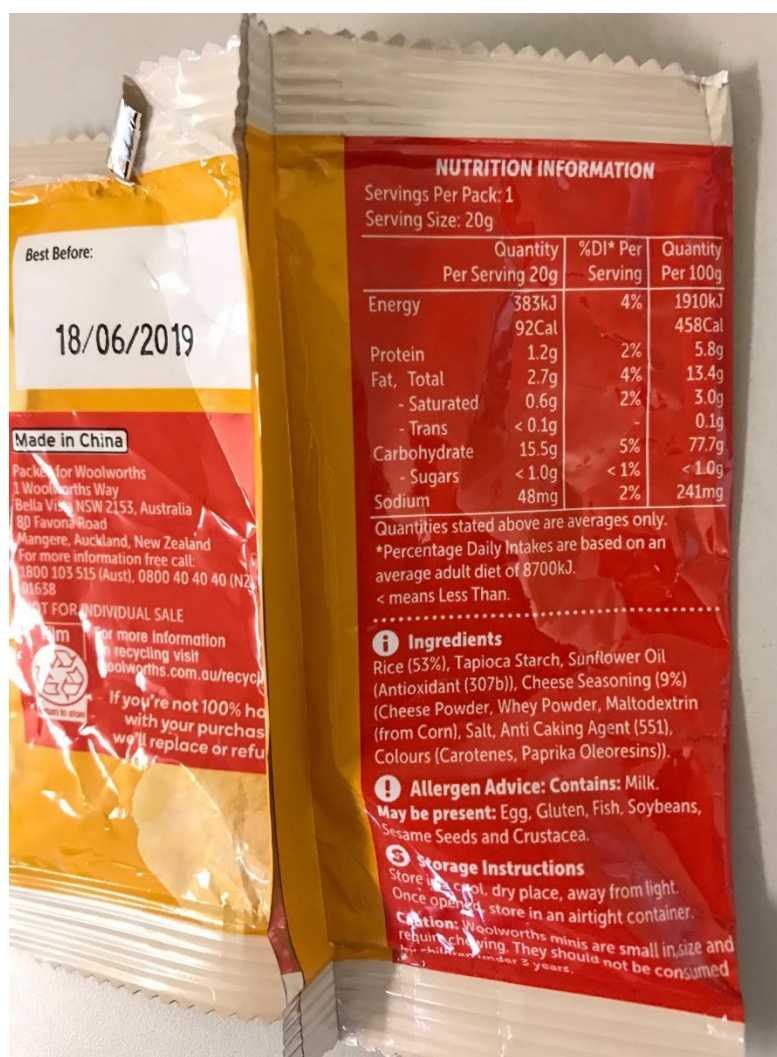














# Solutions for Lunchbox Food Labels worksheet

## Sunbites Popcorn

1. Everyday
2. 17/08/19 (front of packet)
3. Popcorn, canola oil, salt (only three ingredients)
4. None
5. Saturated fat – 1.9g/100g  
Sugar – 0.1g/100g  
Sodium – 494mg/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
5. Saturated fat – 5.2g/100g  
Sugar – 0.9g/100g  
Sodium – 685mg/100g

## Sunrice Mini Bites

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

## Cheezels

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

## 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
5. 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

Food product \_\_\_\_\_

What is the best before or use by date? \_\_\_\_\_

What are the first three ingredients listed? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What allergens are there in the product? \_\_\_\_\_

\_\_\_\_\_

Nutrition information panel:

How much saturated fat is there (per 100g)? \_\_\_\_\_

How much sugar is there (per 100g)? \_\_\_\_\_

How much sodium (salt) is there (per 100g)? \_\_\_\_\_

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