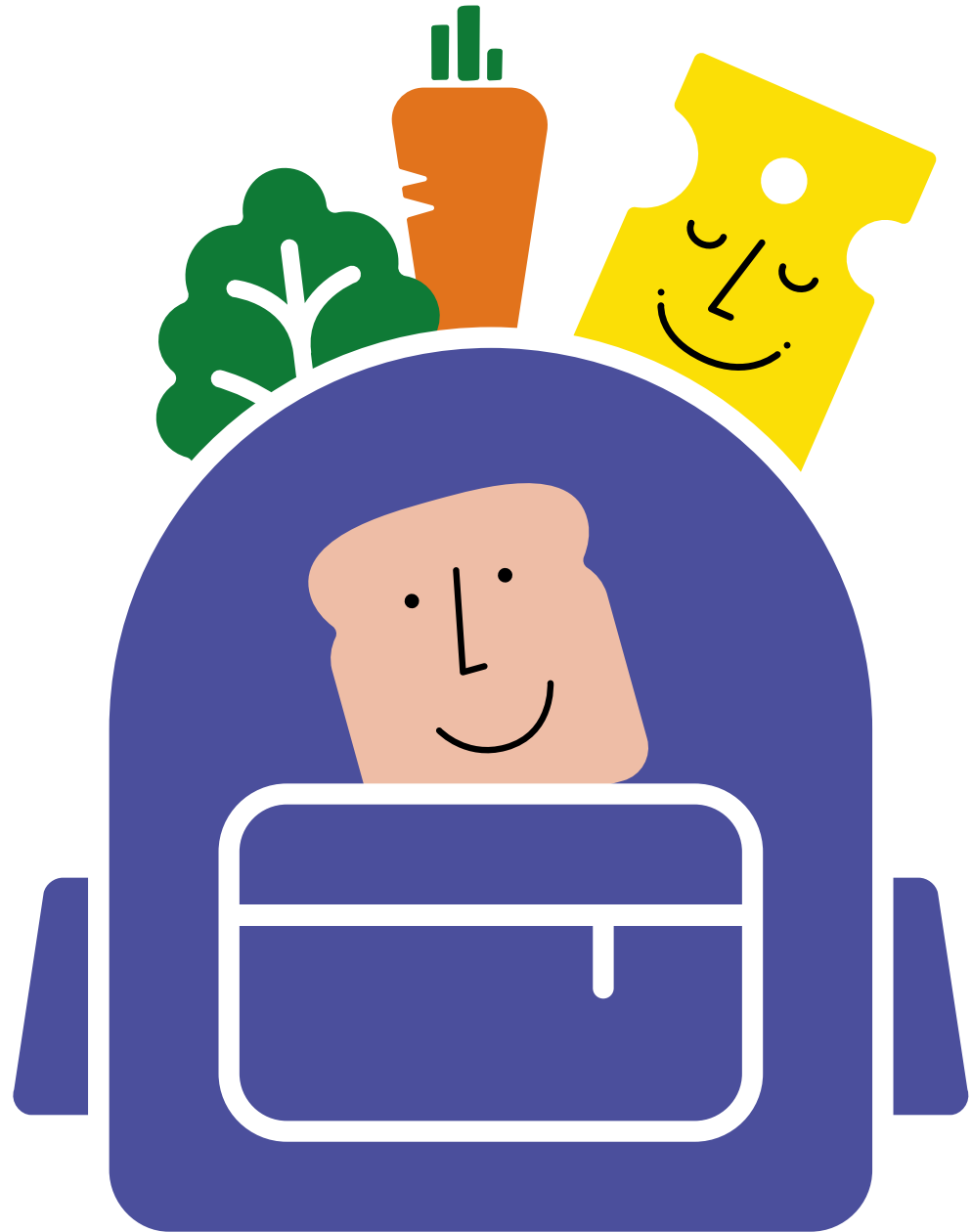




FEAST

FOOD EDUCATION AND
SUSTAINABILITY TRAINING

**LESSON
FIVE**



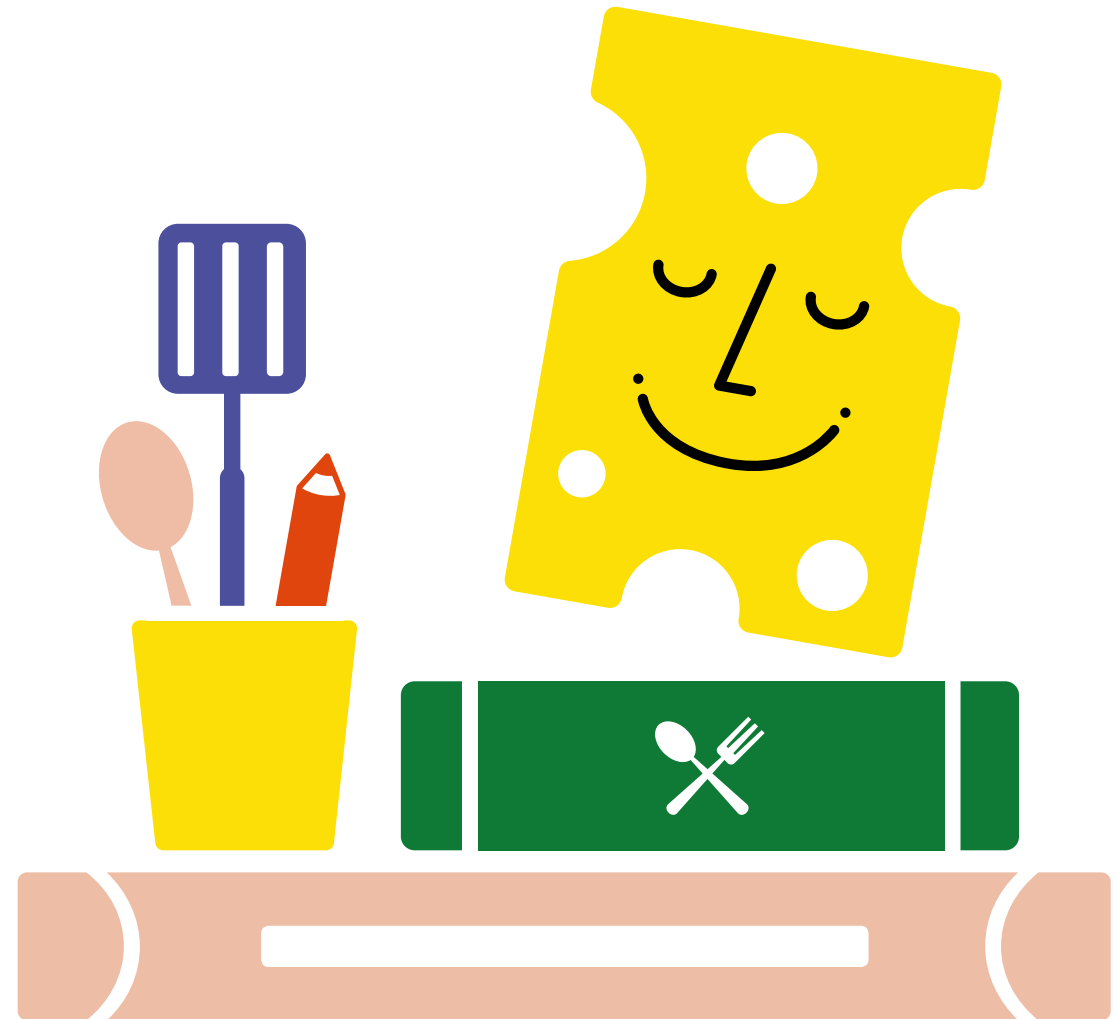
LESSON 5: LEARNING ABOUT HEALTHY EATING



FEAST
FOOD EDUCATION AND
SUSTAINABILITY TRAINING

WELCOME TO LESSON 5 OF THE FEAST PROGRAM!

- Allocated time: 45 minutes
- Resources required:
Internet access including Youtube and Student Resources - electronic or paper
Link: <https://education.ozharvest.org/student-resources/>
- Lots of things affect how healthy we are, including what we eat.
- Just like a car needs fuel to make the engine function correctly, our bodies need food to work properly as well.
- This lesson investigates what it means to eat a balanced diet and why eating a range of food is good for us.



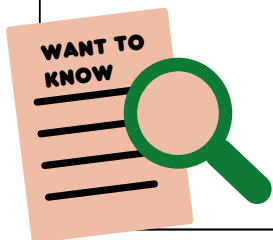
ACTIVITY 1: KNOW, WANT TO KNOW AND LEARNT TABLE



— Add your ideas to the 'What I Know' column below, using dot points of what you think you know about healthy eating. You may like to include things like:

- Healthy eating is...
- Foods that are healthy are ...
- We need to eat healthy food because...
- Today I ate....

What do I think I KNOW about healthy eating	What do I WANT to know about healthy eating	What have I LEARNT about healthy eating



ACTIVITY 2: WHAT DOES HEALTHY FOOD MEAN TO YOU?



Watch **Healthy Eating** video by Eat Happy Project (2.04 min) with an adult if possible, to investigate what it means to eat a balanced diet and why eating a range of different foods is good for us.
Link: www.youtube.com/watch?v=mMHVEFWNLMc

WRITE 5 FACTS YOU LEARNT FROM THE HEALTHY EATING SHORT VIDEO. WE HAVE ANSWERED THE FIRST ONE FOR YOU.

1. Food contains nutrients

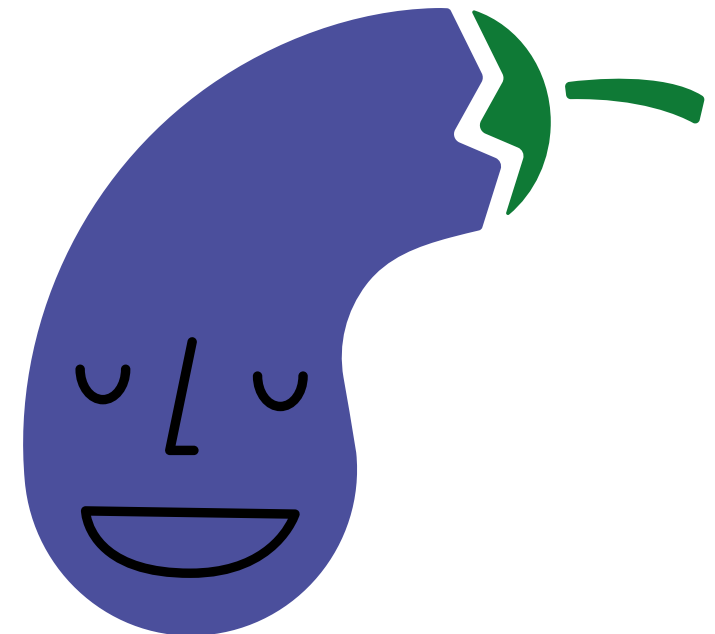
2.

3.

4.

5.

THINK ABOUT WHAT YOU WANT TO LEARN. WRITE YOUR QUESTIONS IN THE 'WANT TO KNOW' COLUMN OF ACTIVITY 1.





ACTIVITY 3: WHAT ARE THE DIFFERENT FOOD GROUPS?

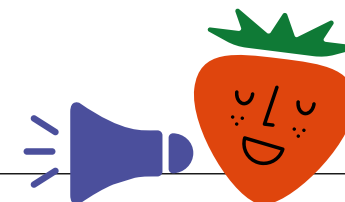


Have you heard of food groups? Foods from the basic food groups provide the nutrients essential for life and growth, they are also known as 'everyday foods' and consist of:

1. Breads, cereals, rice, pasta, noodles and other grains
2. Vegetables and legumes
3. Fruit
4. Milk, yoghurt, cheese and/or alternatives
5. Lean meat, fish, poultry, eggs, nuts and legumes

Watch **The 5 Fabulous Food Groups** video by SciShow Kids (4:31 mins) with an adult if possible and answer the questions below.
Link: www.youtube.com/watch?v=L9ymkJK2QCU&feature=youtu.be

QUESTIONS	ANSWERS	QUESTIONS	ANSWERS
 <p>1. Potatoes are from which food group?</p>	<p>_____</p> <p>_____</p> <p>_____</p>	 <p>4. Fruit juice belongs to the food group Fruit as long as it does not have extra added sugar.</p> <p><input type="checkbox"/> True <input type="checkbox"/> False</p>	<p>_____</p> <p>_____</p> <p>_____</p>
 <p>2. Beans, nuts and tofu belong to the Vegetable food group.</p> <p><input type="checkbox"/> True <input type="checkbox"/> False</p>	<p>_____</p> <p>_____</p> <p>_____</p>	 <p>5. Which 2 food groups do we need to eat the most of?</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>_____</p> <p>_____</p> <p>_____</p>
 <p>3. Yogurt is not from the Dairy food group.</p> <p><input type="checkbox"/> True <input type="checkbox"/> False</p>	<p>_____</p> <p>_____</p> <p>_____</p>	<p>Check your answers by clicking on this link: Australian Guide to Healthy Eating Link: www.eatforhealth.gov.au/sites/default/files/files/the_guidelines/n55_agthe_large.pdf</p>	

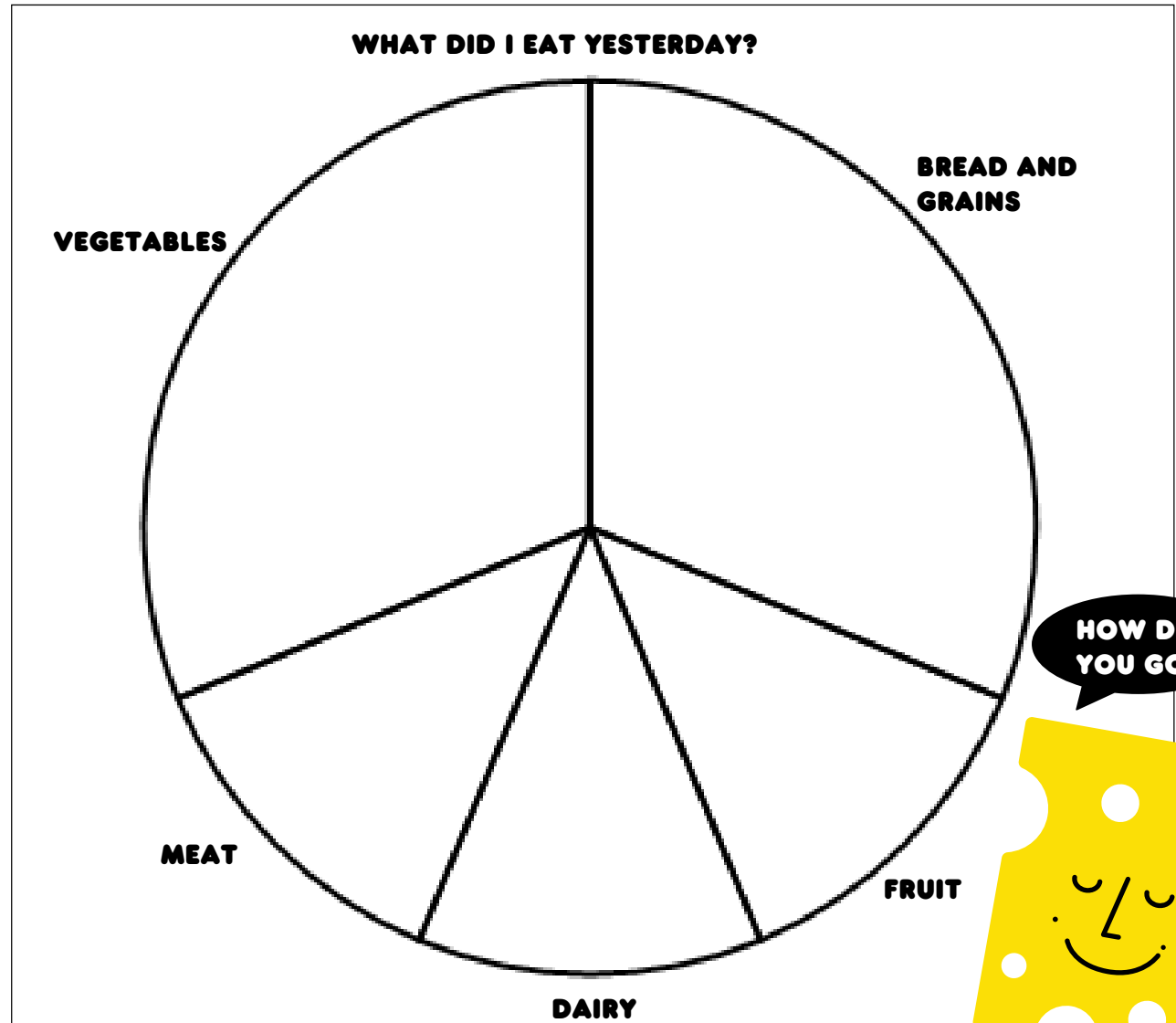
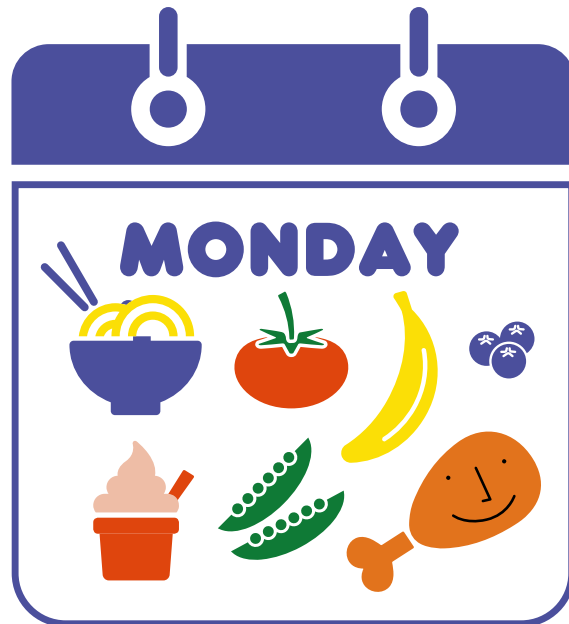


ACTIVITY 4: WHAT FOOD GROUPS DO YOU EAT?

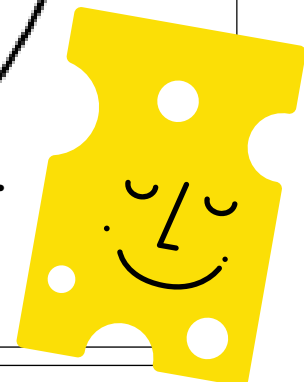


— Think about the foods you ate yesterday and fill in the pie chart that shows the different food groups you have eaten.

— Draw your chart on available (A4) paper, use the template provided on the right or on the **Student Resources: Food Groups Activity, Page 7**.
Download document at <https://education.ozharvest.org/student-resources/>



HOW DID YOU GO?



ACTIVITY 5: WHAT FOOD GROUPS DO YOU EAT?



— Use the "Healthy Eating Childrens Poster" by Eat For Health to look at each food group and the recommended daily serves for children aged 4-13 years old.

Link: https://eatforhealth.govcms.gov.au/sites/default/files/content/The%20Guidelines/n55f_children_brochure.pdf

— For example:

Fruit: Children aged 4-13 years need 1.5-2 serves of fruit every day.

A serve is:

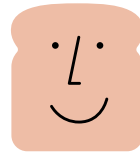
- 1 medium apple, orange, banana or pear;
- or 2 small apricots, kiwi fruits or plums;
- or 1 cup diced or canned fruit (no added sugar)



DO YOU HAVE MORE QUESTIONS? ADD THEM TO YOUR TABLE ON ACTIVITY 1.

MAKE SURE YOU ADD ANYTHING NEW YOU HAVE LEARNT TOO!

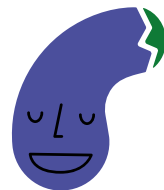
USE THE TEMPLATE BELOW OR IN THE STUDENT RESOURCES: FOOD GROUPS ACTIVITY, PAGE 8 TO RECORD YOUR FINDINGS.



1. GRAINS & CEREALS

How many serves do you need a day?

What is in a typical serve?



2. VEGETABLES & LEGUMES

How many serves do you need a day?

What is in a typical serve?



3. FRUIT

How many serves do you need a day?

What is in a typical serve?



4. MILK, YOGHURT & CHEESE

How many serves do you need a day?

What is in a typical serve?



5. MEAT, FISH, POULTRY, EGGS & NUTS

How many serves do you need a day?

What is in a typical serve?