Teacher Advice

Topic 2: The Australian Guide to Healthy Eating

Level: Years 3-4

Purpose

The purpose of this lesson is to have students learn about the food groups in The Australian Guide to Healthy Eating and have them distinguish between healthy food and sugary food.

Activity

To commence have the class watch *Video 2.1 - The Australian Guide to Healthy Eating.* This video explains that the health of a person's teeth can be impacted by what they eat so its important to know what foods are nutritious and good for teeth and those foods that are not.

To reinforce what they have learnt and to prepare them for upcoming interactive tasks, ask students to complete *AS 2.1 - The Australian Guide to Healthy Eating Information Sheet.*

Once the class has completed the information sheet have them take the *IA 2.1 - The Australian Guide to Healthy Eating Challenge*. This interactive activity asks students to classify food items into the correct food groups in The Australian Guide to Healthy Eating, and eliminate those foods that are not recommended by the guide. How many attempts students are given to complete this task is at the teacher's discretion. To complete this topic have students complete *IA 2.2 - My Terrific Tooth Quiz.*

To conclude run a class discussion about what the students learnt. Has what they have learnt made them reflect on their eating habits? Will they make changes to their diet now that they are more informed? Was there anything that they learnt that surprised them? Clarify any ideas and questions they may have.

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Teaching and Learning Resources

The following resources are provided to teachers to deliver this lesson...

1. Video 2.1 - The Australian Guide to Healthy Eating
2. AS 2.1 - The Australian Guide to Healthy Eating Info Sheet
3. IA 2.1 - The Australian Guide to Healthy Eating Challenge
4. IA 2.2 - My Terrific Tooth Quiz

Study: Health and Physical Education

Key Learning: Personal, Social and Community Health

ACPPS036
Identify and practise strategies to promote health, safety and wellbeing
- Examining own eating pattern by researching THE AUSTRALIAN GUIDE TO HEALTHY EATING and identifying healthier food choices
- Proposing changes they can make to their daily routine

ACPPS039
Discuss and interpret health information and messages in the media and internet
- Accessing different sources of information
- Examining health messages from different sources and exploring choices, behaviours and outcomes conveyed in these messages
- Investigating how health messages influence decisions