

TEACHING RESOURCES: Health and Physical Education

Short Lessons: 10-20 mins

Longer Lessons: 30 – 60 mins

Unit/Topic: Health and Physical Education

Key Learning Area: Nutrition and preventative health Year Level: 4-6

LESSON OUTCOMES:

Grade 3/4

- Explore strategies to manage physical, social and emotional change ([ACPPS034](#)).
- Identify and practise strategies to promote health, safety and wellbeing ([ACPPS036](#)).
- Discuss and interpret health information and messages in the media and internet ([ACPPS039](#)).
- Describe strategies to make the classroom and playground healthy, safe and active spaces ([ACPPS040](#)).

Grade 5/6

- Investigate community resources and ways to seek help about health, safety and wellbeing ([ACPPS053](#)).
- Plan and practise strategies to promote health, safety and wellbeing ([ACPPS054](#)).
- Recognise how media and important people in the community influence personal attitudes, beliefs, decisions and behaviours ([ACPPS057](#)).
- Investigate the role of preventive health in promoting and maintaining health, safety and wellbeing for individuals and their communities ([ACPPS058](#)).

Healthy Eats

Lesson Plans



SHORT LESSONS 10-20 MINS

Healthy Eats

Lesson Plans



Duration	Sometimes Foods, Everyday Foods, Food Groups, Daily Recommendations	Resources
20 minutes	<p>The School bus is coming!</p> <p>Set up two stations in the classroom using tables and chairs</p> <ul style="list-style-type: none">• Breakfast Table – Using the breakfast template (placemat), students have to draw a healthy breakfast including everyday foods and drinks that they enjoy.• Kitchen Table – Each student has a brown paper bag and using the photocopied food sheets, they must cut out a selection of everyday foods and drink to pack for lunch. <p>Summary Questions to the class:</p> <ul style="list-style-type: none">• How many fruits in total will you have?• How many handfuls of vegetables and salad?• How many different food groups have you included?	<ul style="list-style-type: none">• Breakfast place mat template• Brown paper lunch bag• Photocopy food pictures• Scissors• Pens/ pencils

SHORT LESSONS 10-20 MINS

Healthy Eats

Lesson Plans



Duration	How do the foods I eat effect my body?	Resources
10 - 20 minutes	<p>Charade Relay – How do foods effect my body?</p> <ul style="list-style-type: none">• 2- 4 teams.• 1 student out the front of each team with 3 brown paper lunch bags. “everyday’ bag “, “sometimes” bag and a bag full of “effects on my body’ words.• Student out the front selects an ‘effects on my body’ word from the brown paper bag and has to act it out to the team.• Team has to guess which one it is (from the list stuck on the wall above) and decide whether it belongs in the ‘everyday foods’ or ‘sometimes foods’ lunchbag.• Once guessed, next person in line moves to the front until team finishes.• Team all sits down once finished. <p>Hint: <i>Start with 10 words for each team. It helps if the team has discussed all the words and know what they mean before starting. Discuss any words they are not sure about.</i></p>	<ul style="list-style-type: none">• Brown Paper Bags – 3 for each team• Effect on my body- words (photocopy from sheet) – 10 for each team

LONGER LESSONS 30-60 MINS

Healthy Eats

Lesson Plans



Duration	My Lunchbox recipe book!	Resources
40 - 60 minutes	<ul style="list-style-type: none">• Students create 5 different lunchboxes they would enjoy eating, from everyday food item cut outs and stick them onto lunchbox model OR draw them in.• At the bottom of each recipe students need to record the following details:<ul style="list-style-type: none">- which food groups have been included;- how many serves of fruit; and- how many serves (handfuls of veg or salad).• Take a photo of each lunchbox with tablet device. Print photos and staple together with a cover page. <p>Extension activity for home</p> <ul style="list-style-type: none">• Take a brown lunchbag home with 5 lunchbox templates and food cut out sheets and create more with mum and dad.• Magnet in corner to stick to the fridge.	<ul style="list-style-type: none">• Lunchbox model• Food cut outs

LONGER LESSONS 30-60 MINS

Healthy Eats

Lesson Plans



Duration	Food Detective - Label Reading	Resources
40 - 60 minutes	<p>Food Detective</p> <ul style="list-style-type: none">• Photocopied food labels from selection of common processed foods.• Using label reading detective card from Healthy Eats Nutrition Session, students decide whether their labels are sometimes or everyday foods. <p>Extension activity for home: Food detective at supermarket</p> <ul style="list-style-type: none">• Take label reading detective card to supermarket with you mum, dad or carer and find:<ul style="list-style-type: none">- 2 sometimes foods in the breakfast aisle and 1 everyday food;- 2 sometimes foods in the snacks and biscuits aisle and 1 everyday food;- 2 sometimes foods in the drinks aisle; and- 2 fresh everyday foods that don't need label reading.	<ul style="list-style-type: none">• Food Labels• Healthy Eats Label Detective Card

LONGER LESSONS 30-60 MINS

Healthy Eats

Lesson Plans



Duration	Replacing sometimes foods with everyday foods	Resources
40 minutes	<p>What did I eat today?</p> <ul style="list-style-type: none">• Class draws what they ate yesterday on photocopied plate.• Did you have something from each of the food groups?• Did you have 2 fruits and 5 serves (handfuls) of salad or veg?• How many everyday foods and how many sometimes foods?• Can you replace your sometimes foods with a similar everyday food?	<ul style="list-style-type: none">• Healthy Eats Plate Template

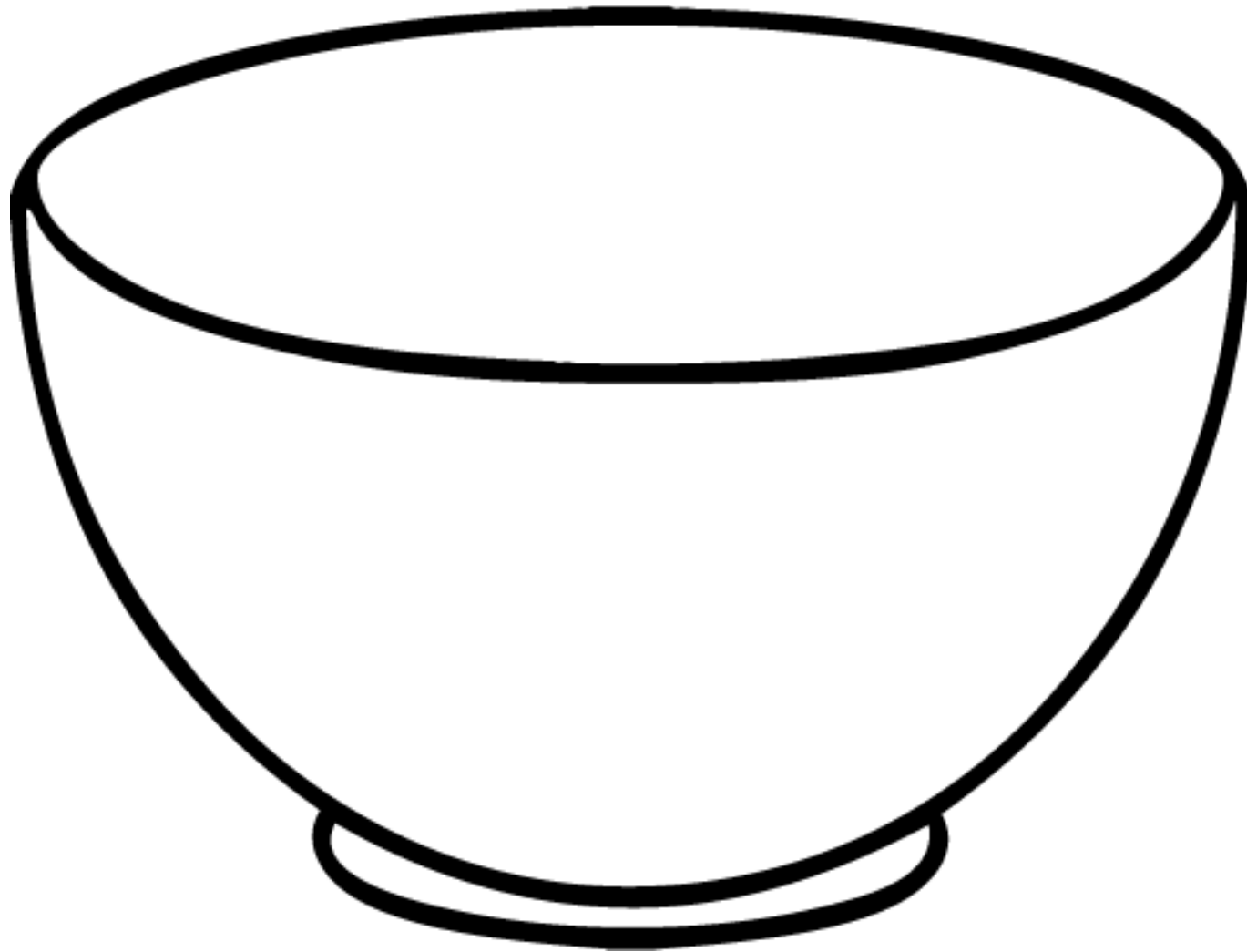
LONGER LESSONS 30-60 MINS

Healthy Eats

Lesson Plans



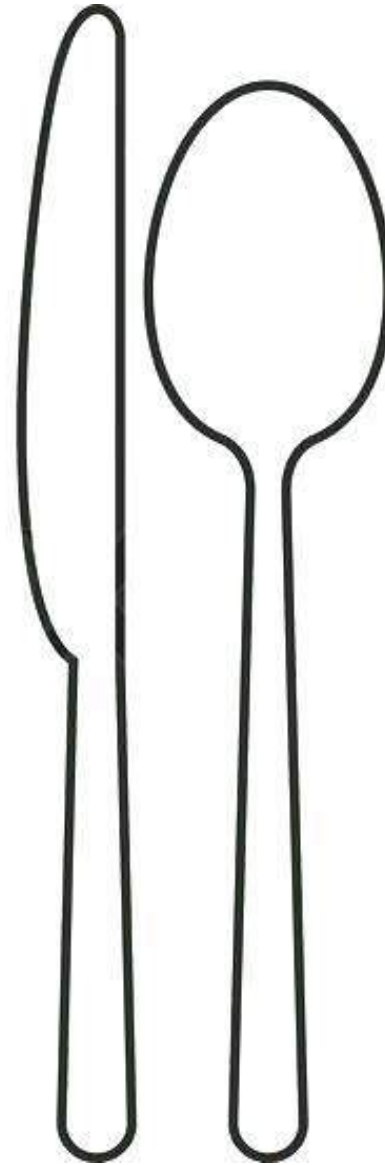
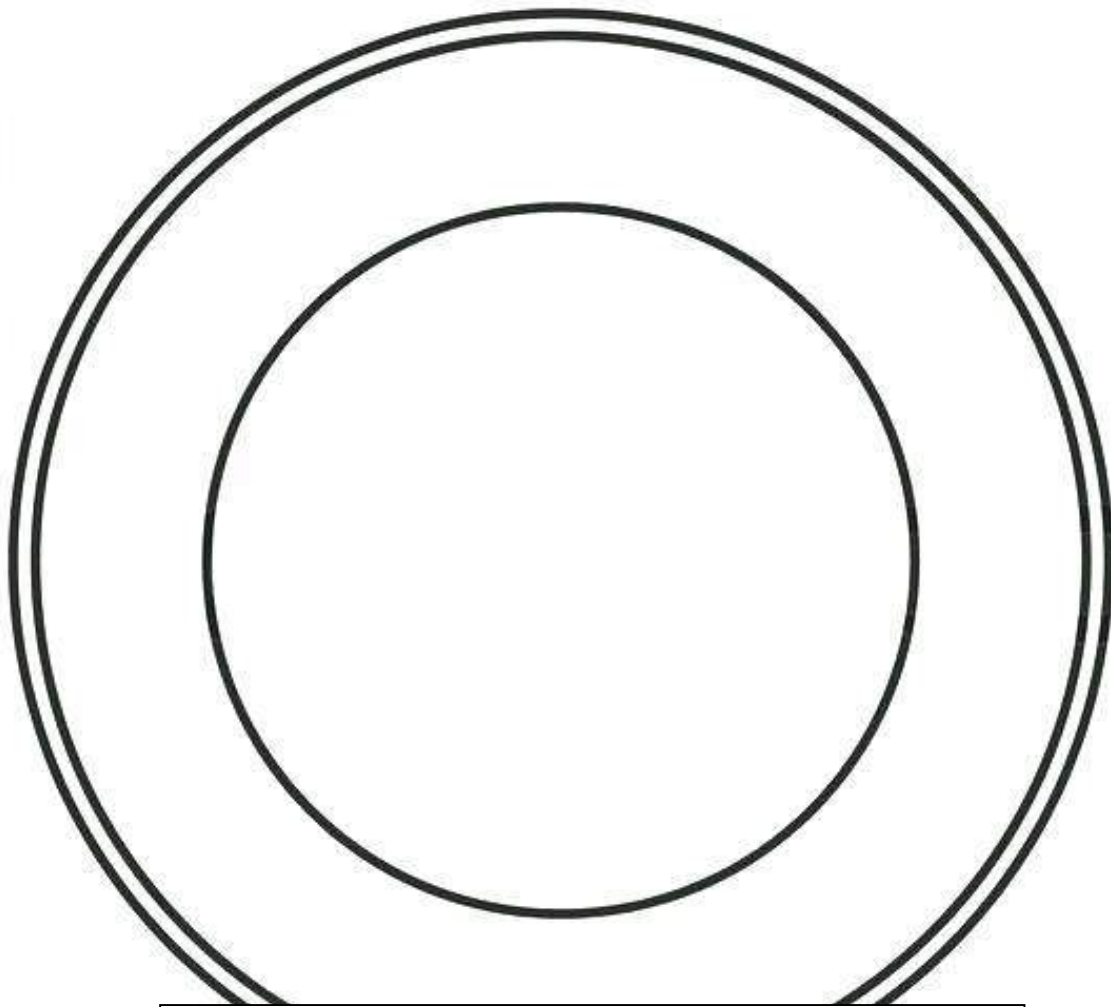
Duration	Identifying a healthy breakfast	Resources
40 minutes	<p>What did our class have for breakfast?</p> <ul style="list-style-type: none">• As a group, make a list of foods that students eat for breakfast.• Students can look through food pictures or food catalogues to see if they can find pictures of these foods to cut out and put on a chart at the front of the room.• Once students have decided that there are enough choices on the chart, the class conducts a survey.• One student can be the counter, another the recorder, another the surveyor. The surveyor asks the class who ate the first item on the list for breakfast that morning; the counter counts the number of students with their hands in the air; and the recorder writes the number beside the picture.• Complete this process for all of the breakfast foods on the list.• How many 'sometimes' foods and how many 'everyday' foods are on the list?• Which contain serves of fruit or vegetables and how many?	<ul style="list-style-type: none">• Healthy Eats food pictures template <p><i>OR</i></p> <ul style="list-style-type: none">• Food catalogues



WHAT'S IN
YOUR
BOWL?



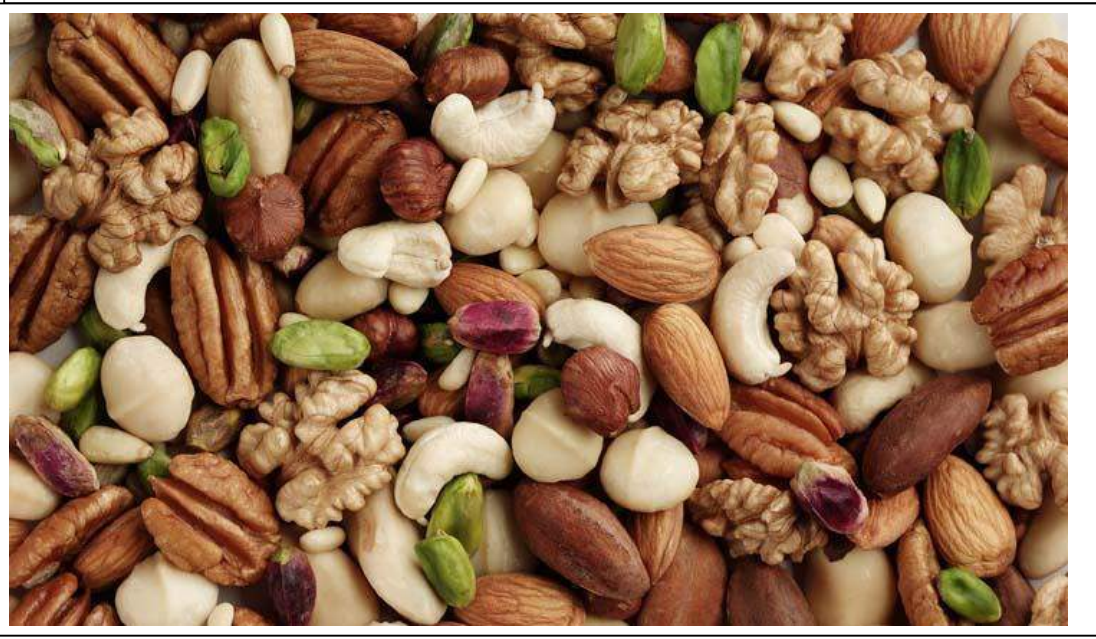
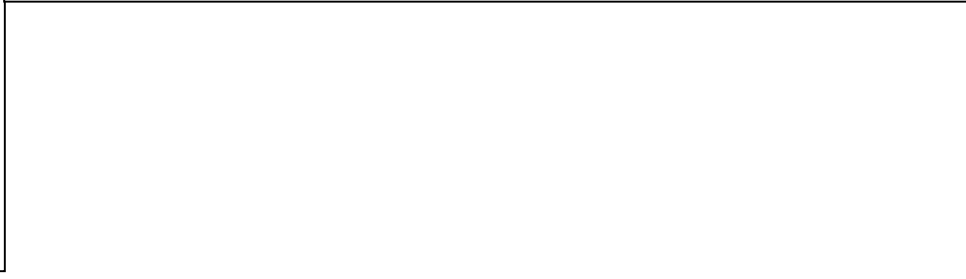
healthyeatskids.com.au



WHAT'S
ON
YOUR
PLATE?

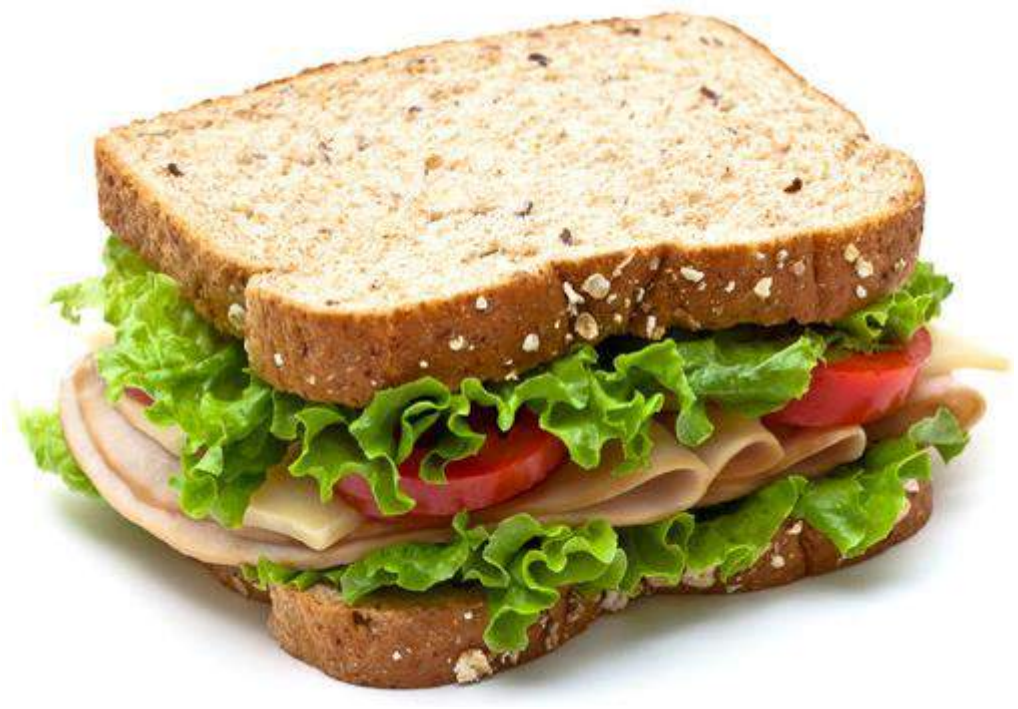


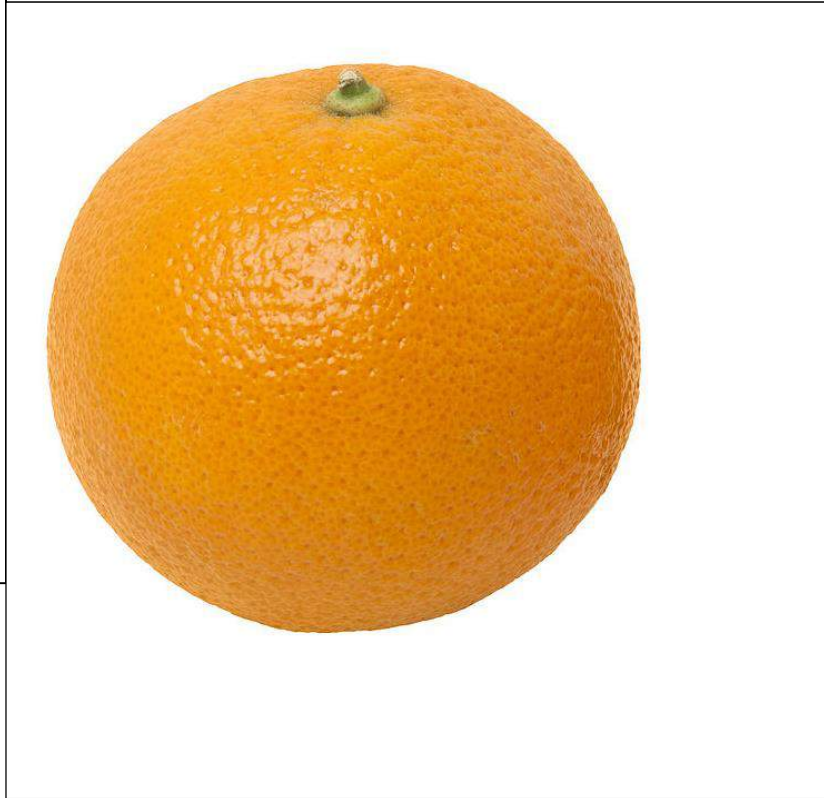
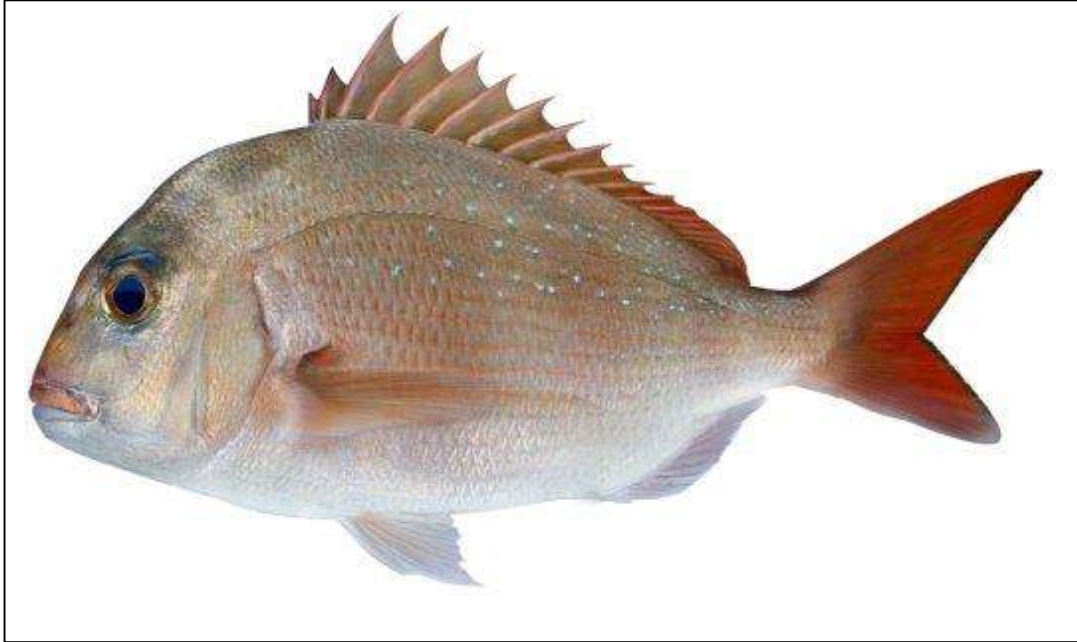
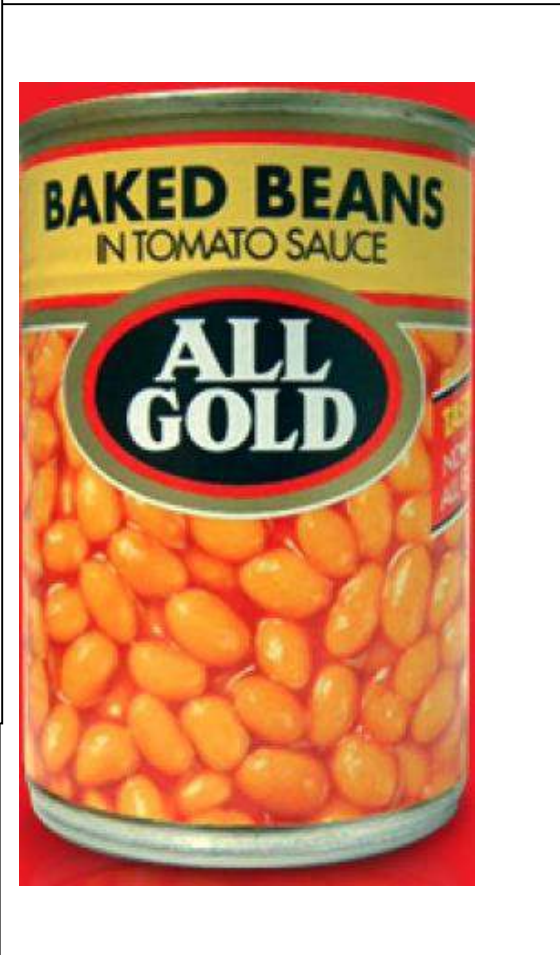
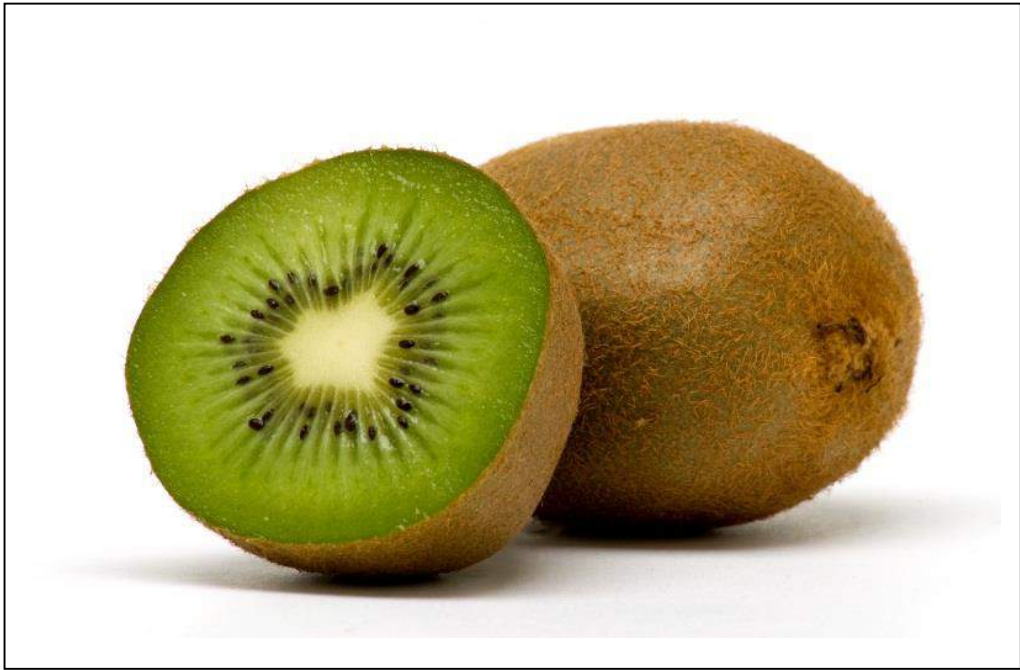
healthyeatskids.com.au

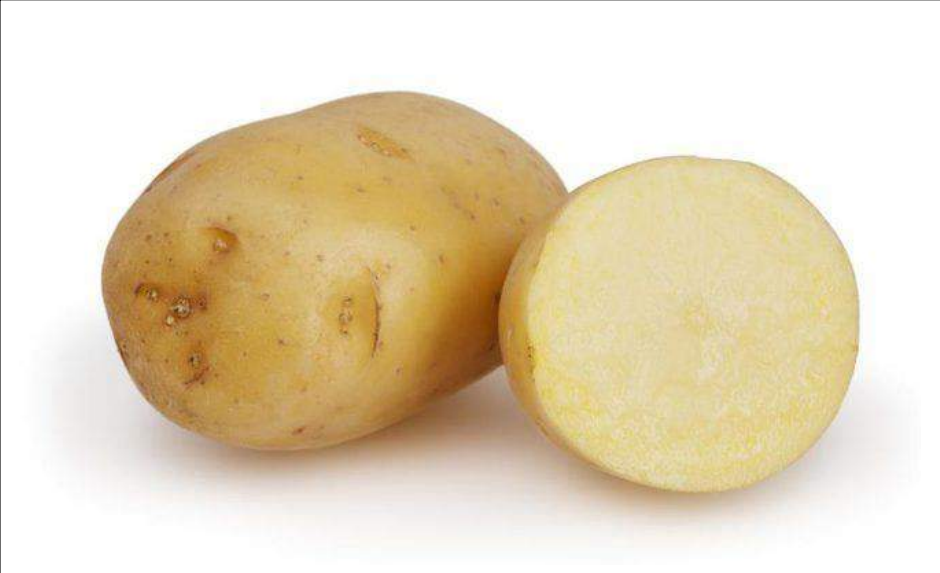
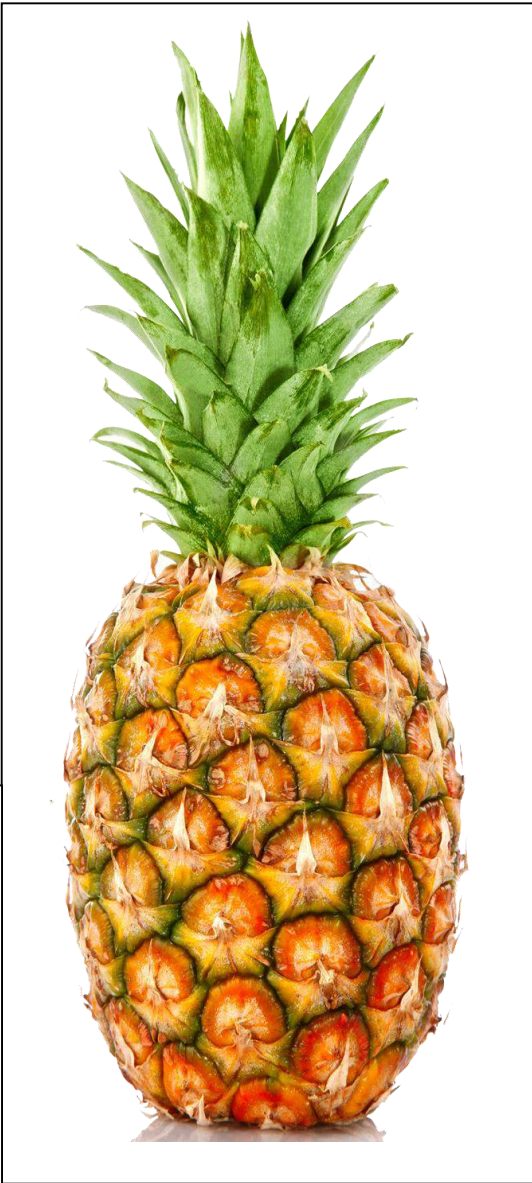










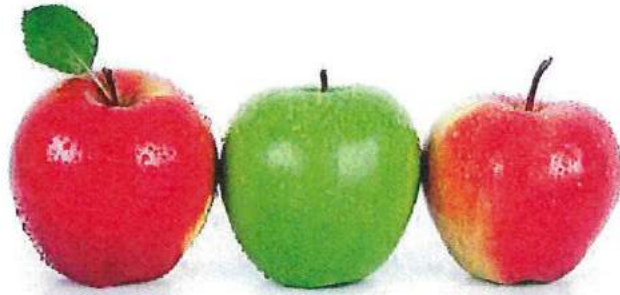




Crisps



Chips



Apples



Eggs



Chocolate



Pineapple

Sandwich

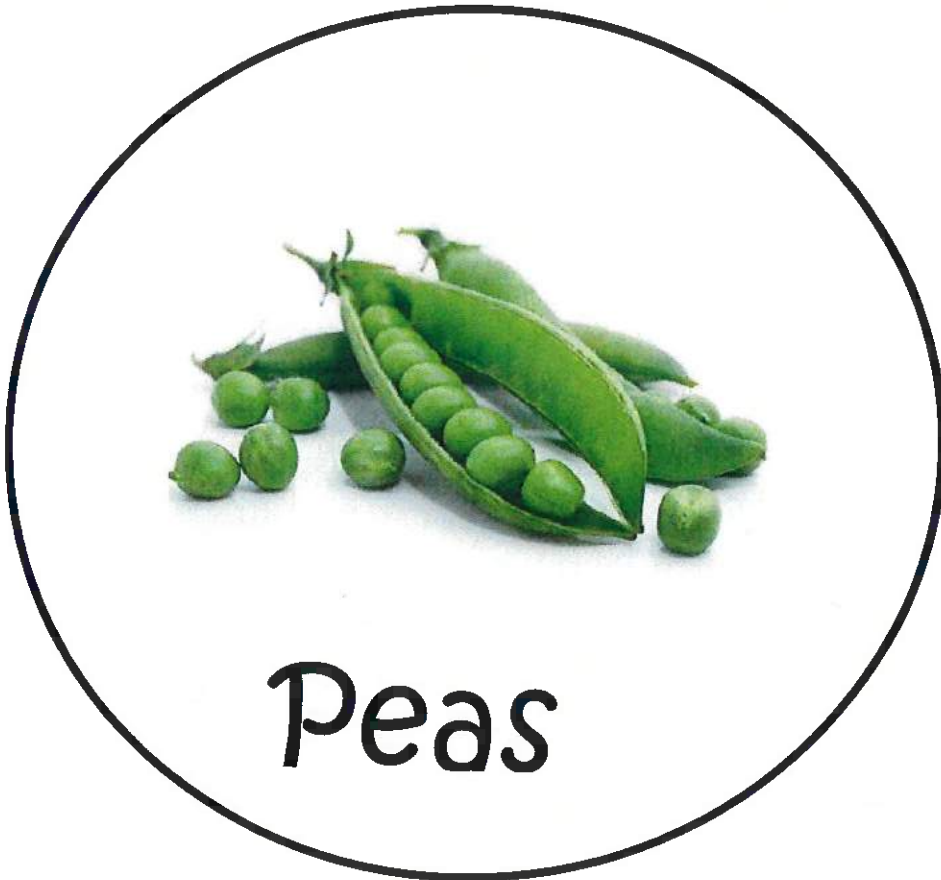


Meat

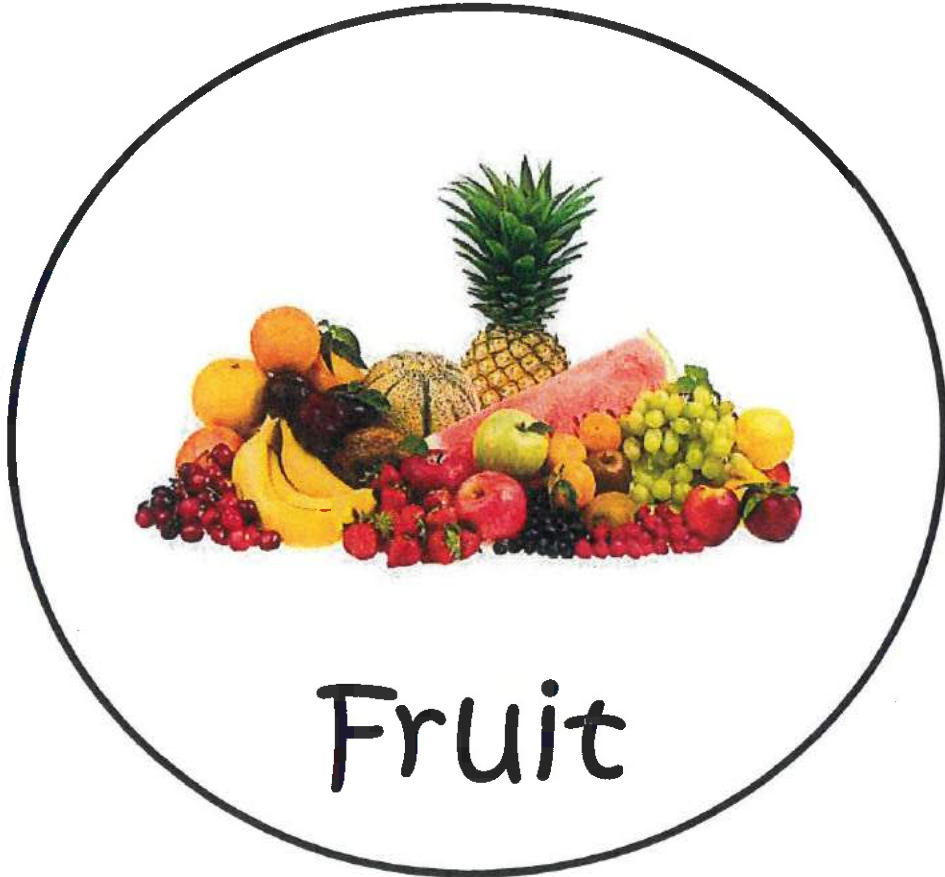




Cake



Peas



Fruit



Hamburger



Strawberries



Icecream



Pizza



Soft drink



Biscuits



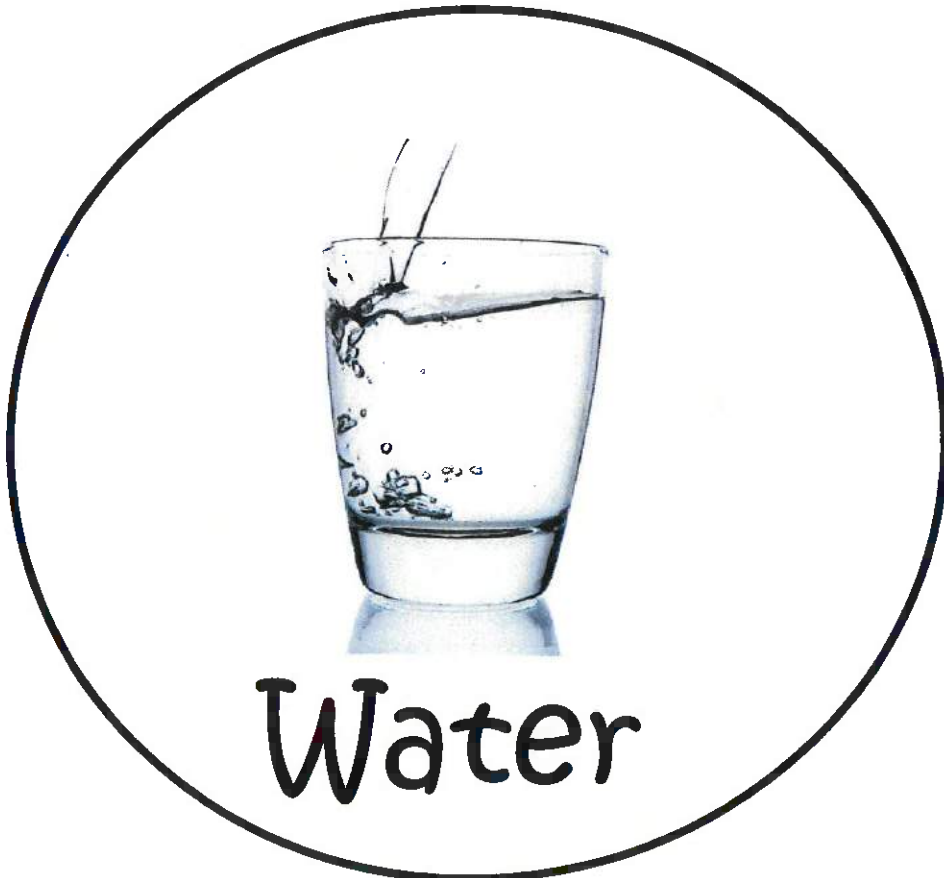
Cheese



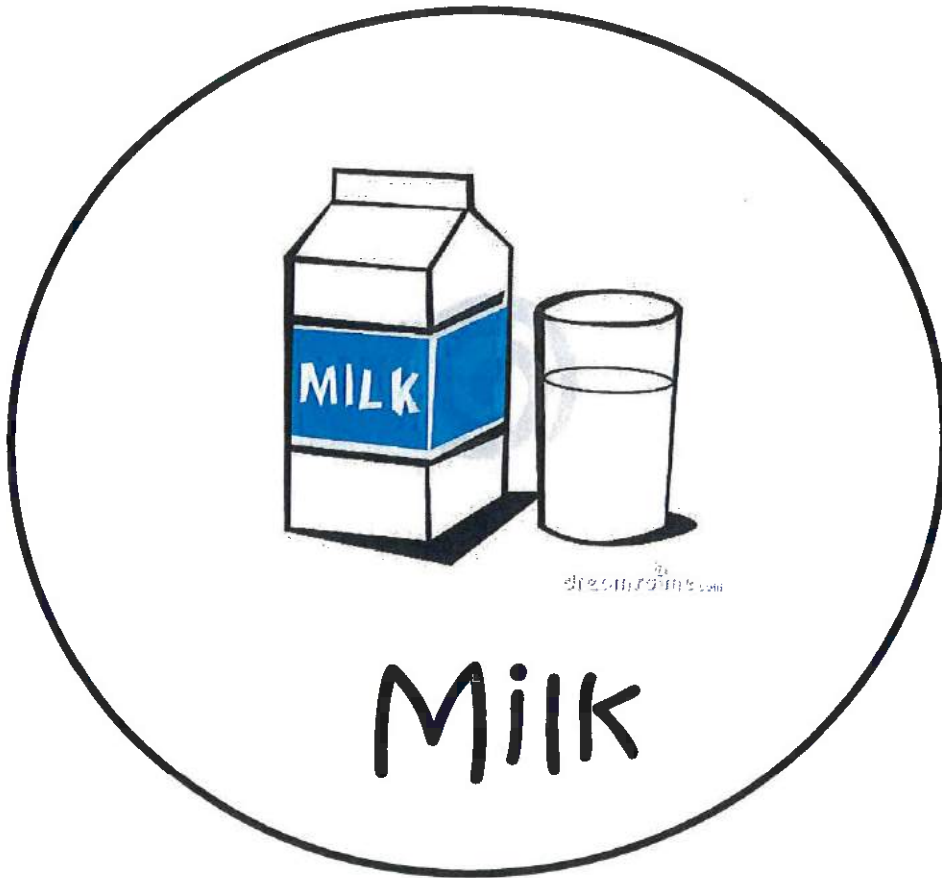
Yogurt



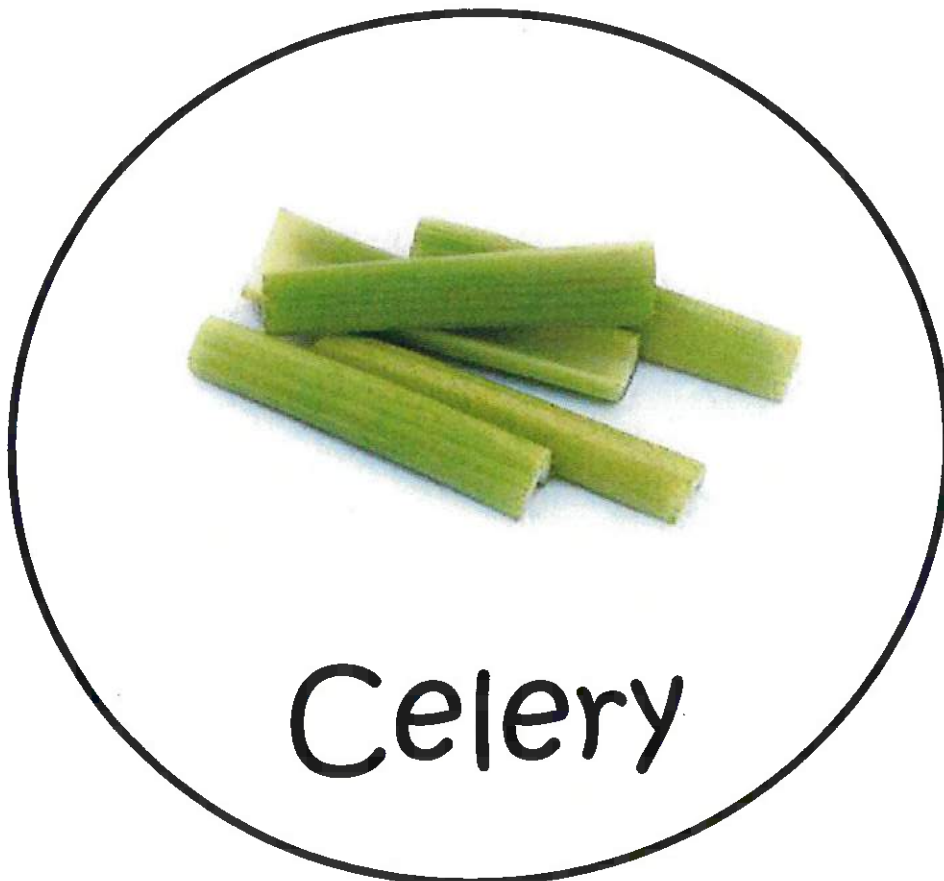
Lollies



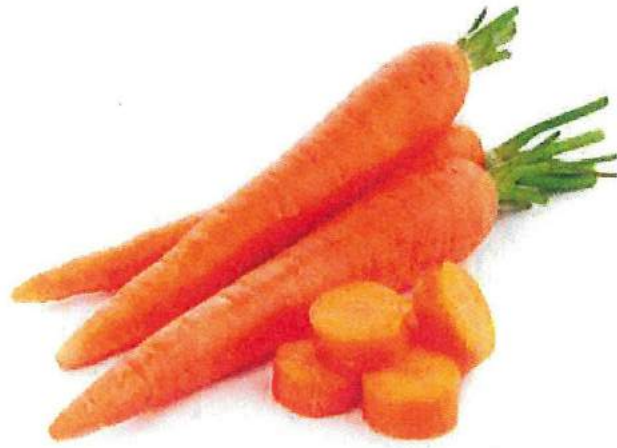
Water



Milk



Celery



Carrots



Bananas



Fried food



Nuts



Fish



Broccoli

WHAT'S FOR LUNCH?

Healthy Eats
2 & 5 to help you thrive!
healthyeatskids.com.au



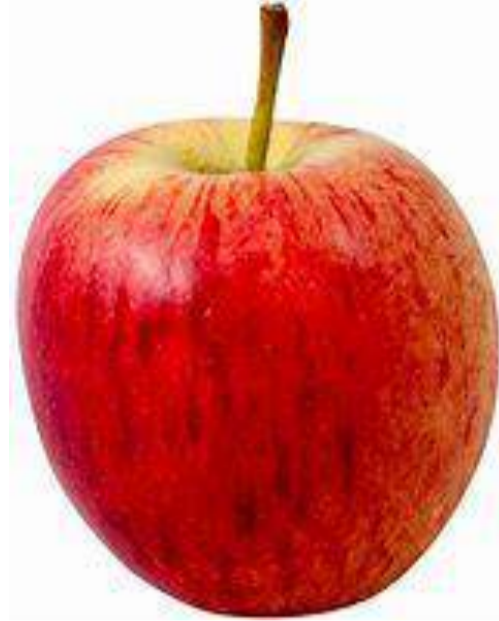
Food

Drink



190
gram









Energy



Concentration



Strong



Fit



Active

Positive



Happy



Solve Problems

Playing with



Friends



Healthy Body Not Sick

Empty rectangular box for drawing or writing.

Empty rectangular box for drawing or writing.

Tired



Grumpy



Sad



No Energy



Not Active



No Play



Can't Concentrate



Everything is
Difficult

Poor Body Growth



Sick



