

Stage 1

Outcomes:

PHS1.12 Recognises that positive health choices can promote well being.

COS1.1 Communicates appropriately in a variety of ways

What to eat?

Brainstorm with the class as many different types of foods as they can think of.

Record these on the board.

Divide the class into pairs and give each pair the *Australian Guide to Healthy Eating* proforma and a set of food cards.

Ask students to group foods they think should be in each section.

Show the class the *Australian Guide to Healthy Eating* poster. Does their 'plate' look the same as the poster? Why/Why not?

Discuss the following:

- What are everyday foods?
- What are the sometimes foods? Why are they sometimes foods?
- What types of foods do our bodies need most and least?
- Why do you think our bodies need a balance of different foods?
- What do you think would happen if we didn't eat these foods and only ate the sometimes foods?



Adapted from the Crunch&Sip® school resource pack