



## **For The Teacher**

**Early Primary Year – Kindergarten/Transition/Prep/Reception/Pre-Primary**

**Week 7**

**Title Food Basics**

**Theme Nutrition**

### ***Overview***

Students will create a collage classifying food into three categories: *Everyday Foods*, *Think About Foods* and *Occasional Foods*, using pictures from magazines, newspapers, the Internet and catalogues as well as food packaging and their own drawings.

Students will discuss the importance of eating a balanced diet for good health.

### ***Time required***

40 minutes

### ***Preparation***

- newspapers, magazines and catalogues from supermarkets
- food packaging from lunchboxes
- access to an online supermarket site
- paper, textas, pencils
- glue
- large sheets of paper

### ***Background information and discussion points***

- Why do our bodies require food?  
We require energy in order to support our body functions. These include controlling your heartbeat, breathing, circulation and the maintenance of body temperature.

Nutrients in food provide our bodies with energy. Too much food or foods containing high amounts of fat and sugar give us too many nutrients, which are then stored as fat in our bodies – if we don't burn them off by being active.

- Explaining the three categories  
*Everyday Foods* - Foods that can be consumed daily, such as fruits, vegetables, grains (rices, pasta and noodles), lean meats, low fat dairy products and water.

Everyday foods are fresh and generally unprocessed. They contain a good source of nutrients without a high fat and sugar content.



Think About Foods - Foods that need consideration before being eaten as they provide some nutrients but may also contain unhealthy ingredients such as; processed meats, some snack foods like muesli bars and breakfast cereals, full-fat dairy products, muffins, biscuits, condiments, 100% fruit juices etc.

It is within this category that students should be encouraged to think about the **content (what it is made up of?)** and decide the **quantity (how much should we eat?)** and also the **frequency (how often should we eat it?)** of consuming such foods. For example muesli bars in general are marketed as being a healthy option - 97% fat free and containing fruits and yoghurts. If you read the ingredients listed on many of these products, you would discover different kinds of sugars disguised as fruit fillings and syrups etc, as well as many artificial colours, flavours and preservatives.

Occasional Foods - represent the high fat and sugar foods such as cakes and pastries, deep-fried foods, sugary drinks, savoury snack foods, creams and ice-creams, butter and donuts, etc.

Occasional foods provide little nutrient value and are high in energy content.

### Support materials and references

#### For Kids

1Seven article: [Healthy Snacks](#)

1Seven article: [Think About Eating](#)

#### For Teachers & Parents

1Seven article: [Actively Avoid Diabetes](#)

1Seven article: [Fast Food Upsizing Children](#)

1Seven article: [Healthy Eating Guide](#)

1Seven article: [Be a Sometimes Cookie Monster](#)

### Thinking strategies

Bloom's Taxonomy

Remember	Understand	Apply	Analyse	Create	Evaluate
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Gardner's Multiple Intelligences

Verbal/Linguistic	Bodily/Kinesthetic	Musical	Logical/Mathematical	Interpersonal	Visual/Spatial	Intrapersonal	Naturalist
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Edward De Bono's Six Thinking Hats

White Hat Information	Red Hat Feelings	Black Hat Judgement	Yellow Hat Benefits	Blue Hat Thinking	Green Hat Creativity
*			*		*



### **Student learning tasks**

1. Students gather pictures of foods they eat on a daily basis, from magazines, newspapers, the Internet, in programs such as clip art, catalogues, food packaging from their lunchboxes and their own drawings.
2. Discuss why all living things eat food. Ask questions such as:
  - a. Why do animals eat food?
  - b. Why do we eat food?
  - c. What does the food provide?
3. Discuss and explain the three distinct categories of food choice. Provide examples.
4. In small groups, students create a food collage on a large sheet of paper, using the headings Everyday Foods, Think About Foods and Occasional Foods.
5. Hang the collages on the classroom wall and use them to encourage students to think about the foods they eat.

