



## **For The Teacher**

**Lower Primary Years 1 & 2**

**Week 7**

**Title**                      **What Are You Eating?**

**Theme**                     **Nutrition**

### **Overview**

Students will classify the contents of their lunchbox into three categories *Everyday Foods*, *Think About Foods* and *Occasional Foods*.

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

### **Time required**

40 minutes

### **Preparation**

Ensure that there are ample copies of the Student Activity sheet.

This lesson will need to be completed at the beginning of the day before the students begin eating from their lunchbox.

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

- Why do our bodies require food?  
Our bodies require energy in order to survive. Just as we breathe every few seconds throughout the day, we also need to eat throughout the day to receive a continuous supply of nutrients.

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/spreads, 100% fruit juices etc.

It is within this category that students should be encouraged to think about the **content (What is the food made up of?)** and decide the **quantity (How much should we eat?)** and **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 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: [Soft Drinks & Sugar](#)
- 1Seven article: [Healthy Snacks](#)
- 1Seven article: [Energy to Burn](#)
- 1Seven lunchbox guide: [Healthy Lunchbox Activity](#)

#### **For Teachers & Parents**

- 1Seven article: [Low Fat Lunches Needed](#)
- 1Seven article: [Time for Lunchbox Police?](#)
- 1Seven article: [What Are Your Kids Eating?](#)
- 1Seven article: [Be A Sometimes Cookie Monster](#)





### Thinking strategies

Bloom's Taxonomy

Remember	Understand	Apply	Analyse	Create	Evaluate
	*				

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
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### Student learning tasks

- Discuss why living things eat food. Ask questions such as:
  - Do all animals eat food?
  - Why do they eat food?
  - What does the food provide?
- Students bring their lunch boxes to the classroom for investigation.
- Distribute the student activity sheet.
- Discuss and explain the three distinct categories of food choice.
- Encourage students to think about the foods they eat and to share this message at home with family and friends. They could even take home their completed activity sheet.  
Ask the students questions like:
  - What is the food made up of?
  - How often should we eat it?
  - How much of it should we eat?
- Teachers may also like to use the 1Seven lunchbox sheet [1Seven Healthy Lunch Box Activity](#) as a supplementary or alternative activity.