



For The Student

Middle Primary Years 3 & 4

Week 15

Title: Healthy Plate Creation

Theme: Healthy Eating

Fruits and vegetables provide an abundance of nutrients. Some of these include:

- Vitamins like vitamin A, C, E, and folate;
- Minerals like potassium, and iron;
- Fibre;
- Carbohydrate;
- Water;
- And antioxidants.

Have you heard of antioxidants? Antioxidants are important in helping the body prevent disease. Their role in the body is to repair damaged cells and keep them healthy and functioning well. Cell damage occurs every day in the body. For example, lung tissue is damaged daily through breathing, muscles are damaged during exercise, blood cells are damaged as they carry oxygen around the body. It's the antioxidants in our bodies that help to repair the cells and keep them healthy, therefore a diet rich in antioxidants can have an important role in preventing disease. As fruit and vegetables contain a huge abundance of different types of antioxidants, it is even more reason to aim for the NHMRC recommendations of 2 fruit and 5 vegetables per day.

For children the **minimum** number of serves as recommended by the NHMRC based on age is as follows:

- 4-7 years: 2 serves of vegetables & 1 serve of fruit
- 8-11 years: 3 serves of vegetables & 1 serve of fruit
- 12-18 years: 4 serves of vegetables & 3 serves of fruit

The types of antioxidants in fruits and vegetables can be classified by the main colour of the foods. The pigment (or colour) of the fleshy part of the food can be a key to the disease fighting ability of the food.

Red foods: main antioxidant is called lycopene (*lie-ko-peen*)

Tomatoes, watermelon and pink grapefruit help our bodies fight diseases such as cancers and keep our blood vessels from getting clogged.

Red-purple/blue food: main antioxidants are phenolics (*fen-ole-icks*)

Red grapes, prunes, cherries, plums, strawberries, cranberries, blue/blackberries, red peppers, beets and eggplant help fight germs and are good for your heart.



Orange-yellow foods: main antioxidants are Carotenoids (*ka-rot-en-oids*)

Pumpkins, sweet potato, carrots, Oranges, peaches, pineapples, papaya, nectarines, lemons and yellow grapefruit boost your eye-sight and protect against stomach illnesses.

Green foods: main antioxidant is saponin (*sap-oh-nen*)

Broccoli, spinach, bok choy and brussels sprouts are good for the brain, blood flow and fighting off different cancers, like bowel cancer.

White-green foods: main antioxidants are called organosulfides (*or-gan-oh-sole-fides*)

Cauliflower, Garlic, onions, spring onions, pears, artichokes and mushrooms also help defend against heart disease, cancers and germs.

Learning Activity 1 – Create A Plate

Your teacher will provide a huge selection of fruit and vegetables for this activity. Grab yourself a plate, and using the NHMRC guidelines of 2 fruit and 5 veg a day, create a colourful plate full of fruits and vegetables that you would love to eat. Make sure you are familiar with the types of antioxidants that your colourful display provides.

Write down the fruits and vegetables you have used, and their super disease fighting ability here:



Learning Activity 2 – Feed Me

Group activity:

As a class, draw a life-size human body figure. Now cut out from magazines, or draw, lots of fruit and vegetables. Label your body with the antioxidant rich foods and their super disease fighting ability.

Support materials and references

For Kids

1Seven article: [Fill your plate with colour](#)

1Seven article: [Super fruits and vegetables](#)

1Seven article: [Tough tomatoes](#)

