



For The Teacher

Middle Primary Years 3 & 4

Week 3

Title: First Healthy Eating Habit!

Theme: Nutrition

Overview

Students record the food they have eaten over the past 24 hours and compare their diet with the federal government recommendation: consume seven standard serves of fruit and vegetables (five servings of vegetables and two of fruit) every day.

For children, the minimum number of serves is based on age, as follows:

- 4-7 years 1 serve of fruit & 2 serves of vegetables
- 8-11 years 1 serve of fruit & 3 serves of vegetables
- 12-18 years 3 serves of fruit & 4 serves of vegetables
- The amount a child eats will depend on age, appetite and activity levels.
- One serve can include a combination of fruit or vegetables, and may be eaten in several smaller portions during the day.

Students participate in an open discussion about the many benefits of eating a diet rich in fruit and vegetables.

Time Required

60 minutes

Preparation

The majority of students in your class may only eat one or two standard serves of fruit and vegetables in a day. Some may not eat any. Challenge your students to start implementing a healthier diet by introducing one piece of fruit and one vegetable to their existing diet. The aim is to slowly build a healthier eating habit - regardless of what they are eating at the moment.

One way to increase student consumption of fruit and vegetables is to have a class **Fruit'n'Veggie** bowl. Encourage your students to bring a piece of fruit or vegetable to class every day to share. Monitors on a daily basis can help wash and cut the fruit and vegetables for everyone to enjoy!

Students should feel excited and motivated by making this small change which is one step toward the ultimate outcome to the 1Seven message; "Move More, Eat Well".





Background information and possible discussion points

In 1995 a national nutrition survey found that one third of children aged between 4 and 11 years old had not eaten any fruit on an average day. They also found that approximately one fifth of children under 12 years old had not eaten any vegetables on an average day.

A diet containing seven standard serves of fruit and vegetables every day:

- provides a good source of fibre, vitamins and minerals
- enables consumption of nutrients in food without high fat or high energy intake
- helps reduce the risk of some diseases, e.g. diabetes and childhood obesity
- promotes positive eating habits from an early age
- encourages brain development and function – they are good “brain foods”
- provides necessary energy for living and being active

Nutrition deals with food and nourishment. Humans require food to provide their body with the components (nutrients) necessary to supply fuel for energy, build and repair tissues and keep their body in good working order.

Support materials and references:

For Kids

- 1Seven article: [Fill Your Plate with Colour](#)
- 1Seven article: [Healthy Eating Guide](#)
- 1Seven article: [Healthy Snacks](#)
- 1Seven article: [Super Fruits and Vegetables](#)
- 1Seven article: [Make Like a Caveman](#)
- 1Seven article: [Tough Tomatoes](#)

For Teachers & Parents

- 1Seven article: [Eat More Fruit and Vegetables](#)
- 1Seven article: [Parents' Diet Key to Kids' Weight](#)

General Healthy Eating Information

<http://www.health.gov.au/internet/healthyactive/publishing.nsf/Content/fact1>

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
	*				*	*	

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
*			*		

