



For Students

Upper Primary Years 5 & 6

Week 16

Title: Take-away Attack

Theme: Healthy Eating

Overview

Eating is a very social event, like having dinner with the family at a restaurant, or munching on a snack while enjoying the company of our friends after school. Take-away foods are a very popular choice for social occasions, or anytime. Parents are often busy with work or after-school activities and rely on take-away to feed the family when busy. Take-away is often used as a way to treat the family at the end of the week or the weekends. Take-away shops are everywhere, so we need to be very careful about how often, and the type of take-away we choose. How often do you have take-away foods?

Learning Activity 1 – Energy Levels

Use the **Energy Balancer** (on the 1Seven website) to investigate the amount of activity required to burn off some your favourite take-away foods. While using the energy balancer, keep your body weight and the type of activity constant, and just edit the types of foods.

Choose three take-away foods from the energy balancer. How much activity is needed to burn off the energy from the take-away?

Take-away 1:	Amount of activity:
Take-away 2:	Amount of activity:
Take-away 3:	Amount of activity:

Some large fast food outlets have introduced nutrition information brochures to allow their customers to be informed about the nutritional value of the menu. This is a good way to enable consumers to be educated about what they are eating, and a very good way to work out exactly how much energy and fat is in the food.

Learning Activity 2 – Comparison Alley

Your teacher has some copies of menus and the nutrition information panels from take away restaurants. Take a look at the energy (kilojoules) and fat in some of the foods.

- Which food has the highest energy?
- Which food has the highest fat value?
- Which has the lowest energy?
- Which food has the lowest fat value?





Use the Comparison Alley below to compare and contrast one of the healthiest choices with a regular choice. Write the similarities in the middle alley. List the differences in the lines provided for each type of take- away.

Healthiest Choice:	
Differences	Comparison Alley
	Differences
	Similarities
	Regular Choice:

Take-away foods can be healthy choices. Think about all the healthy components to your everyday eating; carbohydrates, protein, and lots of vegies. Take-away foods can be made healthier by making sure they include all of these things, while also making sure they are low in fat. Fat comes from butter, oil, and lard. These are often used in frying, like chips, fish, dim





simms, etc. Fat can also come from high fat dairy products, such as cheese, cream, sour cream; commonly used on pizza, pasta, nachos etc.

Learning Activity 3 – Homestyle Take-away

What is your favourite take-away food? Did you know that you can make it healthier, while still enjoying it! Think about the best way to make your meal healthier; is it cutting back on the fat, adding some vegies or salad, reducing the cheese, or cutting out the chips?

Using the format provided develop a recipe for a healthier alternative to the meal as a including the ingredients, method and directions. Give your meal a catchy and enticing name.

You can develop a computer based template to complete or download and fill in.

Name of Meal:
Ingredients:
Equipment:
Directions:

Share your ideas with your classmates, and compile all the ideas into a recipe book for you to share with your parents and family.

Support materials and references

For Kids

- 1Seven article: [Think about eating](#)
- 1Seven article: [Energy to Burn](#)
- 1Seven article: [Pimples Love Chips, Chocolate, Cake ...](#)

For Teachers & Parents

- 1Seven article: [What Are Your Kids Eating?](#)
- 1Seven article: [Fast Food Fast-Tracks Obesity](#)
- 1Seven article: [Feeding Time For Families](#)
- 1Seven article: [Downsize me](#)
- 1Seven article: [Sneaky parents, healthy kids](#)
- 1Seven article: [Eat healthy and celebrate](#)

