

Health

Eating Well



For Upper Primary

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Activity

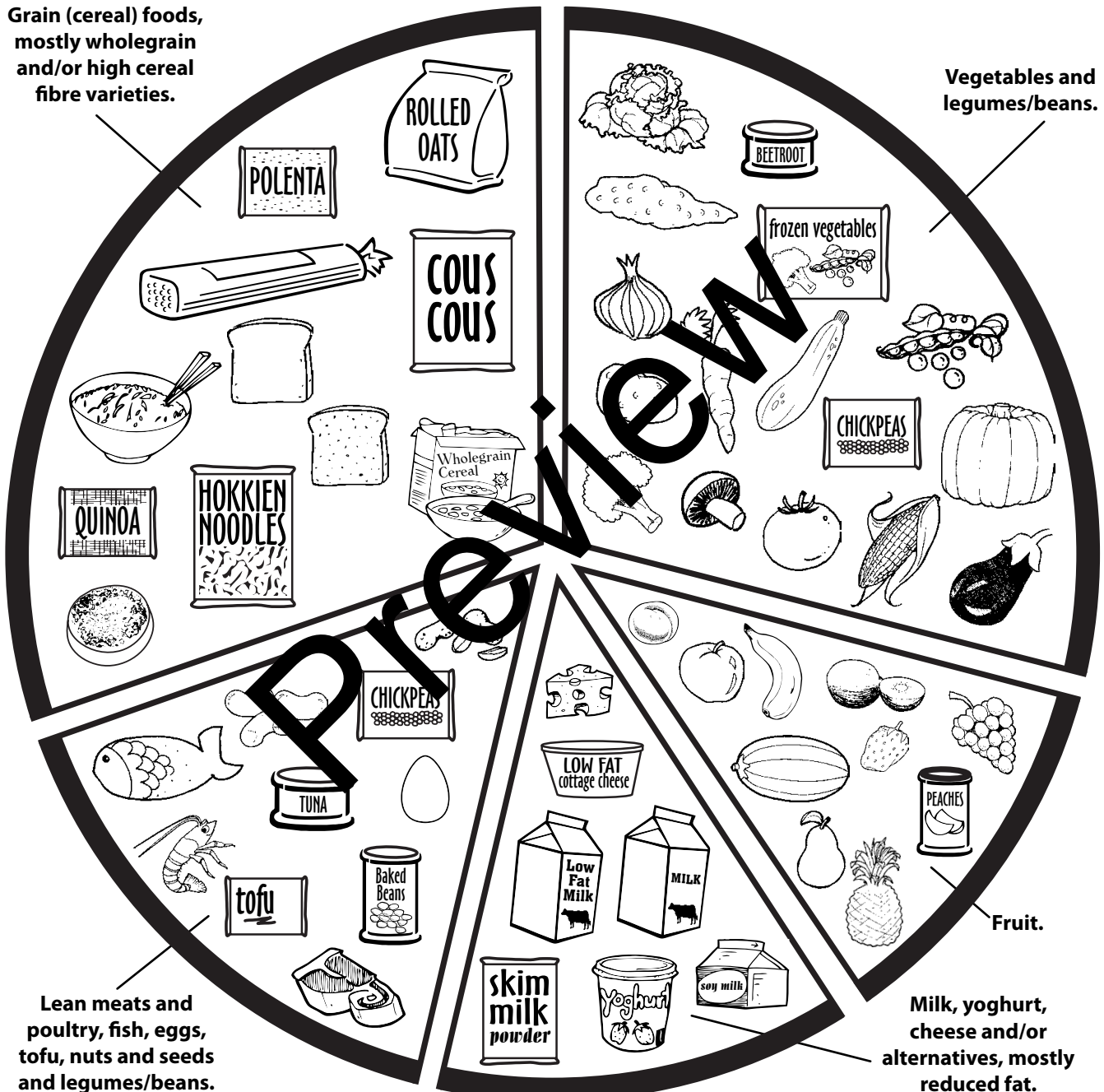
Healthy Eating 1

A healthy diet means eating a balance of the right types of foods. This is essential if you want to maintain a good level of health for your body and mind.

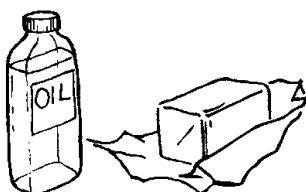
- ☐ Study The Australian Guide to Healthy Eating below. Colour the foods that you have eaten today.

Grain (cereal) foods,
mostly wholegrain
and/or high cereal
fibre varieties.

Vegetables and
legumes/beans.



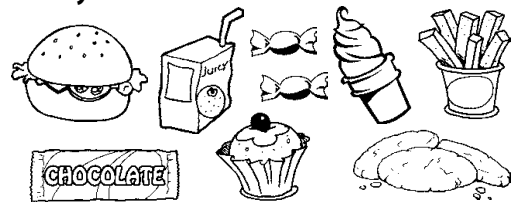
Use in small amounts.



Drink plenty of water.



Only sometimes and in small amounts.



Activity

Healthy Eating 2

- ☐ Use The Australian Guide To Healthy Eating on the previous page to help you to complete this page.

What did you eat yesterday? List the foods in the boxes on the right.



FOR BREAKFAST

FOR LUNCH

FOR DINNER

OTHER SNACKS

- ☐ Organise yesterday's foods under the correct columns below, then answer the questions.

Eat In Small Amounts	Eat Moderately	Eat Most Often

- Did you eat a balanced diet yesterday? _____
- What did you have that wasn't really necessary? _____

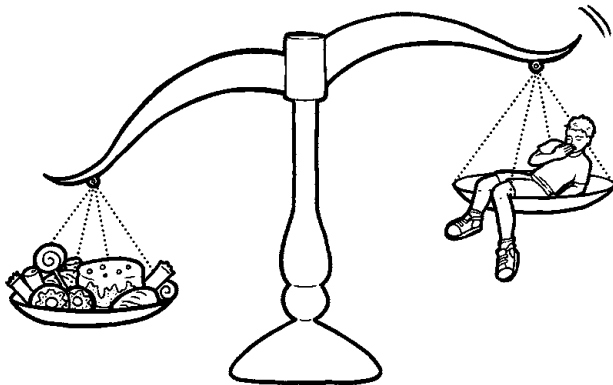
- What do you need to eat more of? _____

Activity

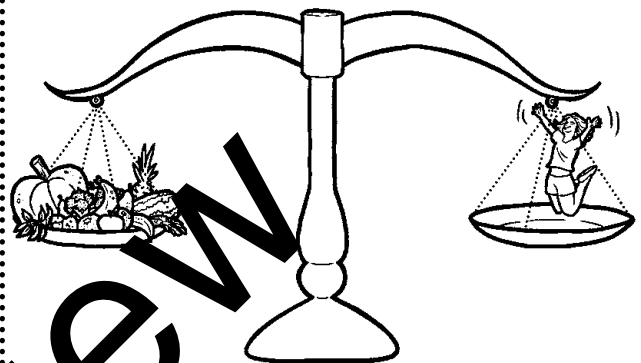
Food And Energy

The food that you eat provides your body with energy to perform all of the daily activities that you do. It is important that you eat the right types of foods in the recommended amounts to prevent you feeling lethargic and unmotivated.

UNBALANCED



BALANCED



☐ Study the scales above, then complete the sentence, using words from the Word List.

Word List

complete participate types tired wrong fat
exercise concentrate energy foods unfit overweight

Eating too much of the wrong types of food will cause your body to store this food as _____. If this keeps happening over weeks and months then you can become _____. Eating the _____ types of food can make you feel _____ and your body will feel like it doesn't have enough energy to _____ and _____. This will result in you becoming _____.

If you want to have enough energy to exercise, you will need to eat larger amounts of healthy _____. This will ensure that your body has enough _____ coming in, to support the activities that you are doing at school and after school.

People who eat the wrong food _____ are usually overweight and feel too tired to _____ school work well and _____ in physical activities, such as: netball, basketball, tennis, golf, hockey, martial arts and swimming.

Eating For Nutrients 1

- ☐ Read the information below and on the following two pages to help you to complete the tasks on pages 9, 10 and 11.

● INFORMATION FACT SHEET 1

Food Group: Meat

Nutrition	Foods
These foods are high in protein. Some meats may have lots of fat. Lean (low fat) cuts of meat are best as we only need small amounts of these fats for good health.	<ul style="list-style-type: none"> • red meats • fish and other seafood • poultry
How The Body Uses These Foods	How Much And How Often
Protein is essential for growth and healing, as well as the maintenance of body tissues, especially muscle. Fats provide some energy. They also help to form new cells and assist to deliver vitamins throughout the body.	2-3 serves per day. 1 serve = a piece of meat around the size of your fist.

● INFORMATION FACT SHEET 2

Food Group: Grains & Cereals

Nutrition	Foods
These foods are particularly high in carbohydrates. A lot of these foods have a high level of fibre.	<ul style="list-style-type: none"> • bread • muesli • polenta • pasta • bran • flakes/ • weat bix • quinoa • rice • couscous • noodles <p><i>Special note: While most breakfast cereals contain cereal and grains, some have a high level of sugar and should only be eaten occasionally.</i></p>
How The Body Uses These Foods	How Much And How Often
Carbohydrates are used to provide the body with energy. Fibre is essential to help move food through the digestive system.	4 serves per day. 1 serve = 1 slice of bread; half a cup of pasta; half a cup of porridge; 2 weat bix.

Eating For Nutrients 2

- ☐ Read the information below and on the previous and following page to help you to complete the tasks on pages 9, 10 and 11.

● INFORMATION FACT SHEET 3

Food Group: Fruit

Nutrition	Foods
These foods contain a good amount of fibre. Fruit juice however, has most of the fibre removed. There are also lots of vitamins and minerals in fruit.	<ul style="list-style-type: none"> • bananas • apples • oranges • grapes • pears • dried fruit such as dried apricots • fruit juice • many, many more fruits <p><i>Special note: Fresh fruit is better than canned fruit, although canned fruit can be useful when certain fruits are out of season. Canned fruit with natural juices are best. Other canned fruit will have higher than normal amounts of sugar.</i></p>
How The Body Uses These Foods	How Much And How Often
Fibre is important to help keep the digestive system working properly and maintain health. Vitamins and minerals are important for the maintenance of general health and wellbeing.	<p>2 serves per day.</p> <p>1 serve = 1 piece of fruit such as a banana or apple; 2 small apricots/kiwi fruit/plums; 1 cup of canned fruit; half a cup of fruit juice.</p>

● INFORMATION FACT SHEET 4

Food Group: Vegetables

Nutrition	Foods
Vegetables have lots of fibre. Vegetables also contain a variety of vitamins and minerals. While vegetable juices contain lots of vitamins and minerals, most of the fibre has been removed. For this reason, whole vegetables are best.	<ul style="list-style-type: none"> • potatoes • carrots • beetroot • lettuce • corn • lentils • red kidney beans • many, many more vegetables <p><i>Special note: Fresh vegetables will have the best nutrition content, however, canned and frozen vegetables are also suitable.</i></p>
How The Body Uses These Foods	How Much And How Often
Fibre is very important to maintain the health of the digestive system by making it easier for food to move through the digestive system. Vitamins and minerals are important for the maintenance of general health and wellbeing.	<p>5 serves per day.</p> <p>1 serve = half a potato/sweet potato; half a cup of vegetables such as sweet corn/carrots/peas.</p> <p><i>Special note: Vegetables contain less sugar than fruit, so we can eat more serves of vegetables.</i></p>

- ☐ Read the information below and on the previous two pages to help you to complete the tasks on pages 9, 10 and 11.

● INFORMATION FACT SHEET 5

Food Group: Dairy

Nutrition	Foods
Dairy foods generally have high levels of calcium. They also contain levels of fats.	<ul style="list-style-type: none"> • milk • eggs • cheese • yoghurt <p><i>Special note: The body only needs small amounts of fats for health.</i></p>
How The Body Uses These Foods	How Much And How Often
Calcium is essential to help maintain strong bones and teeth. Fats provide some energy and help to form new cells and assist to deliver vitamins throughout the body.	<p>3 serves per day</p> <p>1 serve = 1 cup of milk; 2 slices of cheese; $\frac{3}{4}$ of a cup of yoghurt.</p>

● INFORMATION FACT SHEET 6

Food Group: Discretionary

Nutrition	Foods
While these foods do contain some nutritional value, this is outweighed by a high content of sugar, salt, and fats.	<ul style="list-style-type: none"> • cakes and biscuits • potato chips • hot chips/fries • lollies/sweets • soft drink • chocolate
How The Body Uses These Foods	How Much And How Often
If the body consumes too much sugar, salt and fat, this can lead to poor health. Some consequences include: obesity, heart disease and diabetes type II.	<p>0-3 serves per day.</p> <p>Your body does not need any of these foods for good health and it is recommended that they only be eaten occasionally.</p>

- ☐ Read the fact sheets on the previous three pages to help you to answer the questions.

A healthy diet refers to eating a balance of the right types of foods. The Australian Guide to Healthy Eating (page 3) is a tool that helps to guide people to eat well. Eating a healthy diet ensures that our bodies receive the necessary nutrition to keep healthy. Food provides our bodies with essential nutrients which enables us to function at our best. Good nutrition enables our bodies to: grow, concentrate, have the energy to exercise, repair from injury and feel good. The consequences of eating unhealthy foods and becoming nutrient-deficient include a range of diseases such as:

● type II diabetes ● heart disease ● cancer

Examples of nutrients are: calcium, protein, vitamin A, vitamin B, fibre, etc.

Questions

1. What health problems can be caused by a poor diet?

2. Define nutrients in your own words.

3. In your own words, explain the value of nutrients.

4. What is the nutritious value of the foods below?

Milk



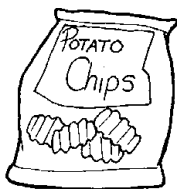
Carrots



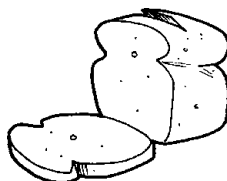
Apples



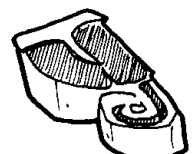
Potato Chips



Bread



Red Meats



The foods that we eat not only provide us with energy, but also provide us with nutrition for our bodies to perform other functions that help to keep us healthy. If we do not include a balance of nutrition in our diets, we can develop health problems and become unwell.



- ☐ Summarise the fact sheets presented on pages 6, 7 and 8 in table form below.

Nutrients	Functions	Source (food groups)
Calcium		
Protein		
Carbohydrates		
Fibre		
Fats		
Vitamins and minerals		

Activity

Eating For Nutrients 6

- Using the information below as a guide, together with the fact sheets on pages 6, 7 and 8, write a blog specifying what people can do to make sure that they don't develop diabetes type II. Your blog can contain headings. If you run out of room, use your workbook or the back of this sheet.

Diabetes type II is classified as a lifestyle disease. This means that people with an unhealthy lifestyle are more likely to develop this disease. Interestingly, if someone with diabetes type II changes their lifestyle, this can reverse the effects and they can be cured of the disease.

In the past, this disease was most common for people over the age of 40. Now, younger people are developing diabetes type II, many of these as teenagers and as young as 10 years of age.

Diabetes type II can lead to a range of health problems including damage to blood vessels, which can increase the risk of heart problems and strokes. Diabetes type II can also lead to blindness, amputations and kidney failure.

Three factors have been identified as causing diabetes type II:

- being overweight;
- eating lots of unhealthy foods - especially foods that are high in sugar;
- not being physically active.

TOPICS ▼

MORE ▼



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The Health Blog



FACTS ABOUT WATER

Why we need water:

Believe it or not, the human body is made up of about 65-75% water. This means that it is important to drink enough water to keep our bodies healthy.

When we don't drink enough water:

If we do not drink enough water, our bodies can become dehydrated. This means that our bodies start to dry out. The first sign of this is a feeling of thirst. If you feel thirsty this indicates that your body is already dehydrated and it is really important for you to consume some fluids and hydrate your body. If you do not do this, then your body can be placed under stress.

Guidelines for consumption:

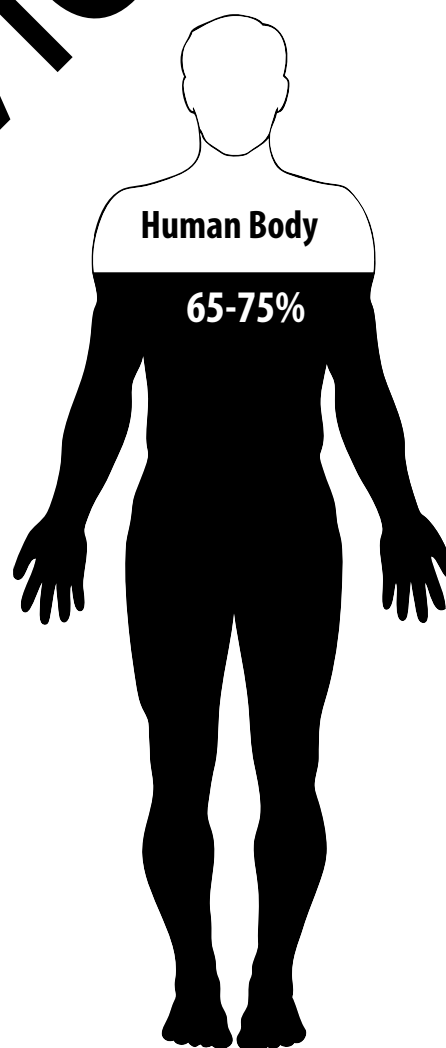
It is recommended that we drink around 6-8 glasses of water per day. If we exercise, then this requirement increases. We may also need to drink more water on hot days to replace the fluids that our bodies lose through sweating.

The definition of fluids:

Fluids are things that we drink, such as: water, milk, soft drinks, fruit juices, tea and coffee. Fluids can also be found in the foods that we eat. Watermelon for example is made up of around 90% water and many other fruits can help to make up our required fluid intake. On a hot day, it might be nice to suck on an icy-pole, which is made up of mostly water.

The best source of fluid:

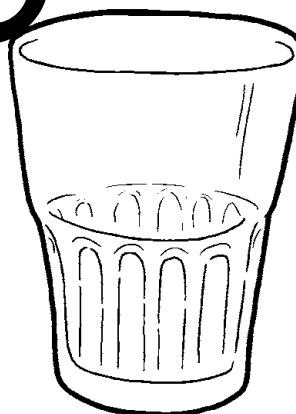
The best source of fluid for our bodies is water. Consuming lots of soft drink, flavoured milk, and fruit juices can mean that we are taking in lots of sugar. This is not good for our bodies. It is important to remember that too much sugar can play a role in health problems such as people putting on weight and can contribute to the development of type II diabetes. However, some people find drinking just water, to be boring and drink different types of fluids. This is OK as long as sugar is consumed in moderation.



Activity Water

Activity Water

- 



DOWN

1. Feeling _____ can be an early sign of dehydration.
2. Soft drinks and flavoured milks can contain a lot of _____, which can cause health problems.
3. The best source of fluid for our bodies is _____.
4. Sugar should be consumed in _____.
6. Drinking enough water helps us to stay _____.

ACROSS

5. If you don't drink enough water, you can become_____.
7. When we exercise and on hot days, you need to drink_____ water.

Page 3

Before completing the activity sheet, ask students to discuss this question, "What is a poor diet and what health problems might people develop because of a poor diet?" (Diet should be identified as food consumed as opposed to "going on a diet".) This discussion provides the teacher with some understanding of students' prior knowledge and encourages students to extend this knowledge and understanding through discussion. Write students' ideas on the board. Some suggestions might be: acne, fatigue/lack of energy, obesity, growth problems, being underweight, type II diabetes, getting sick, can't concentrate, etc.

Write two headings on the board: "Healthy Foods" and "Unhealthy Foods". Ask your class to form two lines before the whiteboard. Allocate an allotted time, e.g. three minutes, for each group to write as many foods under the respective headings. This should be run as a relay style race, with the marker as the baton. When one person writes down a food, he/she passes the marker to the next person in line and walks to the back of the line. Each student should approach the board at least once and possibly twice in the allotted time. Students should be encouraged to talk to help generate more ideas. At the end of the allocated time, responses should be counted and a winning team determined, (make sure there are no double ups in the same column).

When the time is up, the responses on the board should be discussed as a whole class. Are there foods that have been included in the wrong column or that appear in both columns? For example, chocolate is typically considered to be an unhealthy food, but a small amount of dark chocolate is considered healthy. Students often list McDonalds as an unhealthy food option, but can it be argued that their "Healthy Options" menu is healthy? Encourage students to consider and discuss these discrepancies.

Discuss The Australian Guide To Healthy Eating with the class. Note that it is important for students to know how to use the Healthy Eating Plate as a tool to guide healthy eating choices. Foods in the larger sections are foods that should be eaten most often. Those in the smaller sections of the Healthy Eating Plate, should be eaten in moderation. The foods that should be eaten the least, are identified below and outside the Healthy Eating Plate, as they are not essential. The exception here is water, which has its own note, stating that this should be consumed regularly.

Page 4

This activity will help students to evaluate and take charge of their own eating habits.

Page 5

fat, overweight, wrong, tired, exercise, concentrate, unfit, foods, energy, types, complete, participate

Page 9

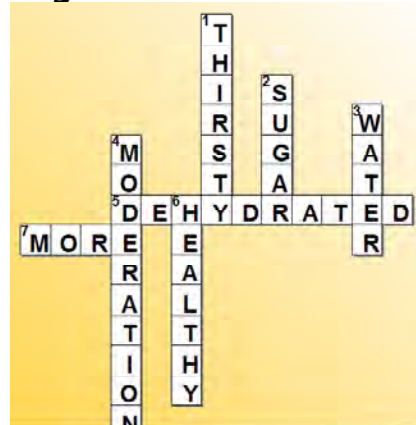
1.) Obesity, acne/skin problems, fatigue/lack of energy, general illness/reduced immunity, altered moods, growth problems in young people, weak fingernails and brittle hair, inability to concentrate.
4.) Milk = high in calcium and good fats. Carrots = high in fibre, vitamins and minerals. Contain less sugar than fruits. Apples = contain a good level of fibre, vitamins and minerals. Potato chips = no nutritional value. Bread = high in carbohydrates. Wholemeal breads are also high in fibre. Red meats = high in protein.

Answers

Page 10

Nutrients	Functions	Source (food groups)
Calcium	Maintains healthy bones and teeth	Dairy products, sardines and salmon
Protein	Growth, healing, maintenance of body tissues	Meats, fish, eggs
Carbohydrates	Energy	Cereals, pasta, potatoes
Fibre	Helps food to move through the digestive system	Cereals and grains, fruit and vegetables
Fats	Energy, helps to form new cells, helps to deliver vitamins through the body	Oils, meats and fish, whole milk dairy products
Vitamins and minerals	General health and wellbeing (can get sick without them)	Fruit and vegetables

Page 13



Page 11

Other relevant background information: In 2008, the Australian Government identified that 4% of the population aged between 20-70 were diagnosed with diabetes type II. This figure only represents half of the true estimation for the disease as it is believed that many people are not diagnosed. These numbers have increased considerably since these studies. As of June 2012, there were around 11,000 people aged between 10-39 who were diagnosed with type II diabetes; this is 0.3% of the population in this age group.

Of these, approximately 2,200 were aged between 10-24 years. The rate of diagnosis of diabetes type II in young people has almost tripled over the last 10 years.

You can extend this activity by encouraging discussion - possibly ask students if they know anyone who has this disease as this makes it more relevant to their own lives. It is important that students understand that this illness is a lifestyle disease; it can be prevented and cured through healthy lifestyle choices.

Using the three risk factors as guidelines, ask students to come up with lifestyle strategies to prevent diabetes type II.