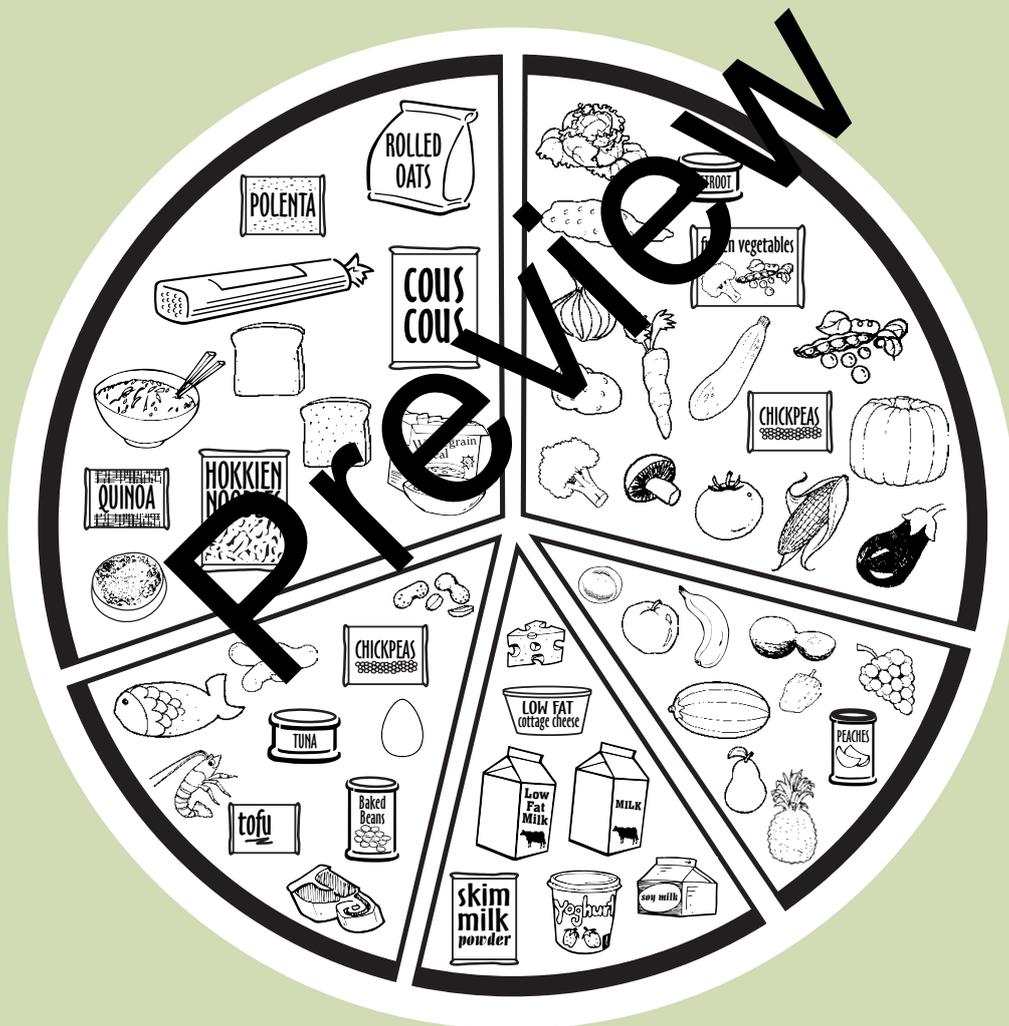


Health

Food Choices



For Middle Primary



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Preview

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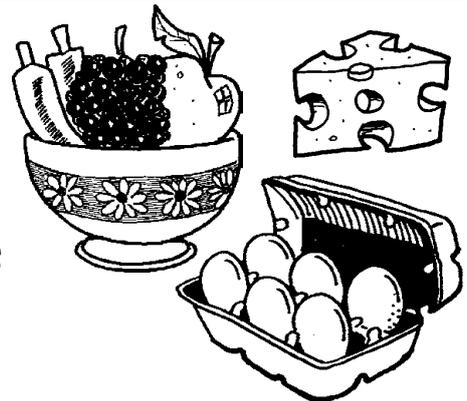
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The foods that we eat either come from plants, from animals or are produced by people. Foods contain nutrients such as vitamins, minerals, proteins, carbohydrates and fats. These nutrients are essential for a healthy body because they give us energy and help us to grow.



1. Organise the listed foods under their source headings.

pork chops spaghetti eggs cheese broccoli walnuts butter
breakfast cereal lettuce sausages steak tomato jelly soy sauce

PLANTS	ANIMALS	PRODUCED

2. Fill one box with foods that you can have for lunch that only come from plants (1). Fill the other box with foods that are produced by people (2).

1

2

3. Share your drawings with a peer. Which lunch box do you prefer and why? What would you like to add to each box to make the lunch more suited to your taste?

THE AUSTRALIAN GUIDE TO HEALTHY EATING 1

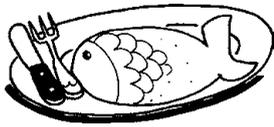


<p>Use small amounts</p>	<p>Drink plenty of water</p>	<p>Only sometimes and in small amounts</p>
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Activity

The Australian Guide To Healthy Eating 2

□ The Australian Guide To Healthy Eating on the previous page explains the different food groups and the recommended amounts from each group that you should include in your diet. Use The Australian Guide To Healthy Eating as a guide to put these foods under the correct headings in the table.



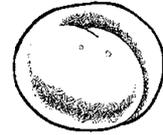
fish



low-fat yogurt



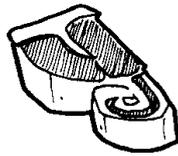
olive oil



peach



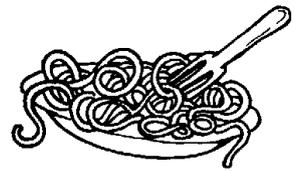
hot chips



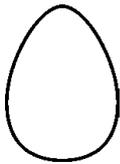
lamb chops



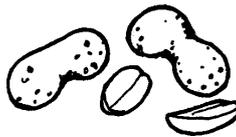
breakfast cereal



spaghetti



eggs



nuts



cake



broccoli



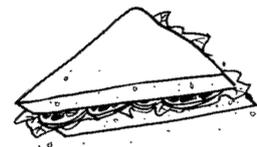
ice cream



butter



pineapple



salad sandwich

Preview

Eat Most	Eat Moderately	Eat In Small Amounts

1. Work with a peer. Look at what these children ate today for breakfast, lunch, dinner and snacks. Discuss the food choices for each child. Think about the recommendations from The Australian Guide To Healthy Eating on page 5.

	 OLIVE	 ELLA	 JAMES
Breakfast	Glass of milk with sugar and two biscuits.	Toast with Vegemite and water.	Cereal with fruit and milk and a fruit juice.
Lunch	Cheese and ham sandwich, grapes and a juice box.	Tuna and salad wrap, an orange and a chocolate milk.	Pasta, baked turkey, rice pudding, and a soft drink.
Dinner	Chicken nuggets, peas, and fruit salad (tinned).	Noodles with Asian greens, a jelly and a banana.	Grilled sausage, chips with ketchup, a small salad and a fruit yoghurt.
Snack foods	Pear, an apple and a chocolate bar.	An ice cream and a piece of carrot cake.	Dried fruit, cupcake and a banana.

2. Select one child from above. Use three different coloured highlighters to sort the foods that the child ate into: Eat Most, Eat Moderately and Eat in Small Amounts. Tick which category most of the child's food choices fall.

Eat Most ____ **Eat Moderately** ____ **Eat in Small Amounts** ____

3. Make notes and recommendations about the child's daily food choices in the table below.

Child's name: _____

EAT MOST FOODS IDENTIFIED:

MY RECOMMENDATIONS FOR HEALTHY ALTERNATIVES:

- Think about what you ate yesterday. Record your food choices for breakfast, lunch, dinner and snacks in the food diary below.

MY
FOOD
DIARY

BREAKFAST

LUNCH

DINNER

CRUNCH

SNACKS

SLURP

SLURP

DRINKS





REFLECT ON YOUR EATING HABITS

- In which part of The Australian Guide To Healthy Eating do most of the foods that you ate yesterday fall?

- Which meal did you like the most? Give a reason.

- Who did you eat your meals and snacks with yesterday?

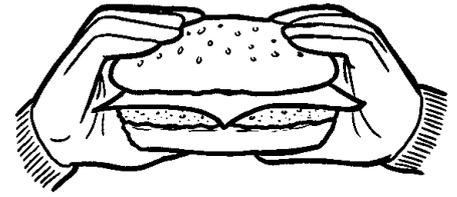
- How could you have changed some of your food choices to make your meals or snacks healthier?

- Did you snack yesterday because other people were snacking?

Activity

The Great Cheeseburger Debate

- ☐ Included in the list of Eat in Small Amounts in The Australian Guide To Healthy Eating are many fast foods like: cheeseburgers, sausages and hot chips. Let's look more closely at some of the reasons why cheeseburgers are placed in this category.



- Burger bun:** White flour (bleached), yeast, added fructose (sugar, corn syrup), oil (canola, soybean), food preservatives, sesame seeds.
- Meat patty:** Minced beef, pepper and salt seasoning.
- Cheese slice:** Processed cheese slices (with added chemicals called emulsifiers to help the cheese keep its shape when it melts).
- Sliced pickle:** Cucumbers, vinegar, water, salt, food preservatives.
- Lettuce/onions:** Shredded lettuce and sliced onions.
- Sauce:** Oil, vinegar, sugar, corn syrup, egg yolks, mustard, onion and garlic powder, food preservatives and food coloring.



The basic ingredients that make up this cheeseburger such as bread, meat, cheese, lettuce and onion are part of a healthy balanced meal. However, hamburgers and many other fast foods contain added fats, sugars, salt, food colouring and food preservatives that if eaten in excess can lead to obesity and heart disease.

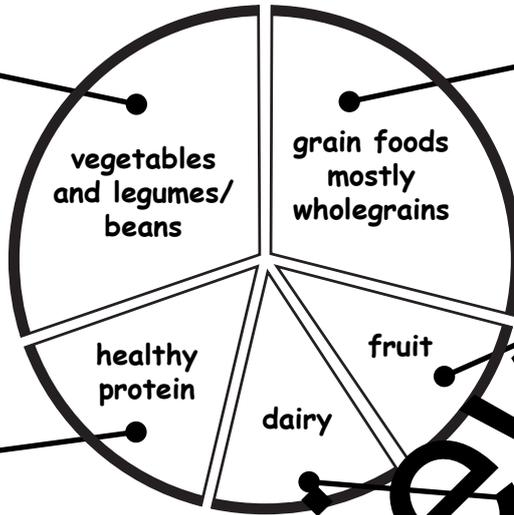
- ☐ Where do you stand on the Great Cheeseburger Debate? Do you think you should cut down on cheeseburgers and other fast foods? Write your ideas here.

RESEARCH!

- ☐ Mouth-watering cheeseburgers can be made with a variety of ingredients. Research some healthier low-fat, low-salt cheeseburger recipes that you can enjoy making at home with your family and friends. Here are some useful websites to start looking for healthy cheeseburger recipes:
 - ▶ www.betterhealth.vic.gov.au/
 - ▶ www.kidspot.com.au
 - ▶ www.freshforkids.com.au/recipes/pdf/carrot_zucchini_burgers.pdf

You have been examining The Australian Guide To Healthy Eating which specifies the portions of different types of foods needed for a healthy, balanced diet. Now it's your turn to plan a tasty healthy dinner for the family. Look at the way the information about which foods to eat most can also be shown on a dinner plate:

Eat a large portion of veggies every day.



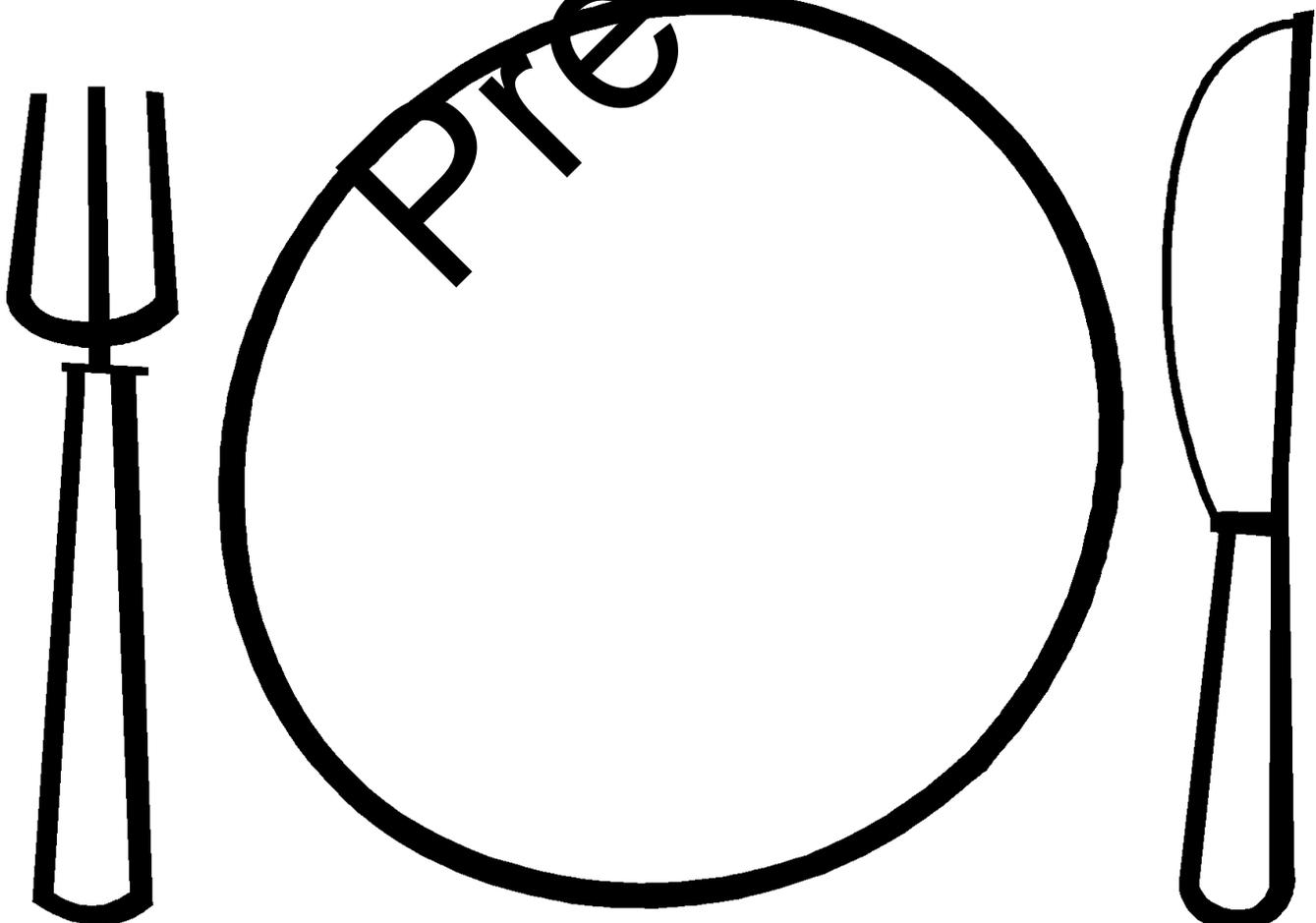
Wholemeal bread, pasta and rice. Eat white bread and white rice occasionally.

Fruits of all colours.

Fish, chicken, beans and nuts first. Eat sausage in moderation.

Cheese, milk, yoghurt

- Draw and annotate a square meal on this plate. Use the example above to help you. You could plan your dinner on the back of this sheet first.



Eating a large portion of veggies provides us with essential vitamins, minerals and fibre. Find out what these super veggies do to keep you on top of your game.

- Look at just some of the nutrients that broccoli, pumpkin and mushrooms contain. Research the functions of these nutrients in your body. Complete the table below with your research.



Brilliant BROCCOLI

Nutrients:

Vitamin C, Vitamin A, Vitamin E, Vitamin K, Vitamin B6, Calcium, Iron, Dietary Fibre, Selenium



Powerful PUMPKIN

Nutrients:

Vitamin A, Vitamin C, Vitamin E, Iron, Dietary Fibre, Thiamin, Niacin, Riboflavin, Phosphorus



Magnificent MUSHROOMS

Nutrients:

Vitamin D and B12, Calcium, Dietary Fibre, Folate, Potassium, Riboflavin, Biotin, Niacin

PREVIEW

Nutrient	Function In The Body
Vitamin C	
Vitamin A	
Vitamin B6	
Folate	
Riboflavin	
Vitamin D	

- All these foods are good sources of **dietary fibre**. What function does dietary fibre have in our diet?

Page 3

1) Plants: broccoli, walnuts, lettuce, tomato. Animals: pork chops, eggs, steak.
Produced: spaghetti, cheese, butter, breakfast cereal, sausages, jelly, soy sauce.

Page 5

Eat Most = breakfast cereal, spaghetti, broccoli, sandwich. Eat Moderately = peach, pineapple, fish, low-fat yoghurt, lamb chops, eggs, nuts. Eat in small amounts = olive oil, butter, cake, ice cream, chips.

Page 6

2) All the children ate predominantly from the Eat Moderately category of The Australian Guide To Healthy Eating. 3) Olive's Eat Most foods: peas and bread. Ella's: water, toast, salad in a wrap, noddles, Asian greens. James': cereal, salad, pasta.
Recommendations: All children could boost intake of Eat Most foods and reduce Eat In Small Amount foods.

Page 8

Check to see that students have recognised that many of the ingredients of the cheeseburger contain added sugars and preservatives.

Page 10

Vitamin C = growth and repair of tissues; vitamin A = maintains healthy vision, builds up immune system; vital to the development of foetuses; keeps skin and cells healthy. Vitamin B6 = plays a role in brain development; builds up the immune system; aids in red blood cell formation. Folate = vital in producing DNA; essential for the nervous system; cell production for the skin. Riboflavin (or vitamin B2) = body growth; red cell production. Vitamin D = enhances calcium absorption and bone strength, prevents rickets and osteoporosis.

Dietary fibre makes defecation regular and easier. It helps the good bacteria in the intestine to maintain a healthy balance by shortening the time of waste products in the intestine.