

Health

# Healthy Eating



## For Junior Primary



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Preview

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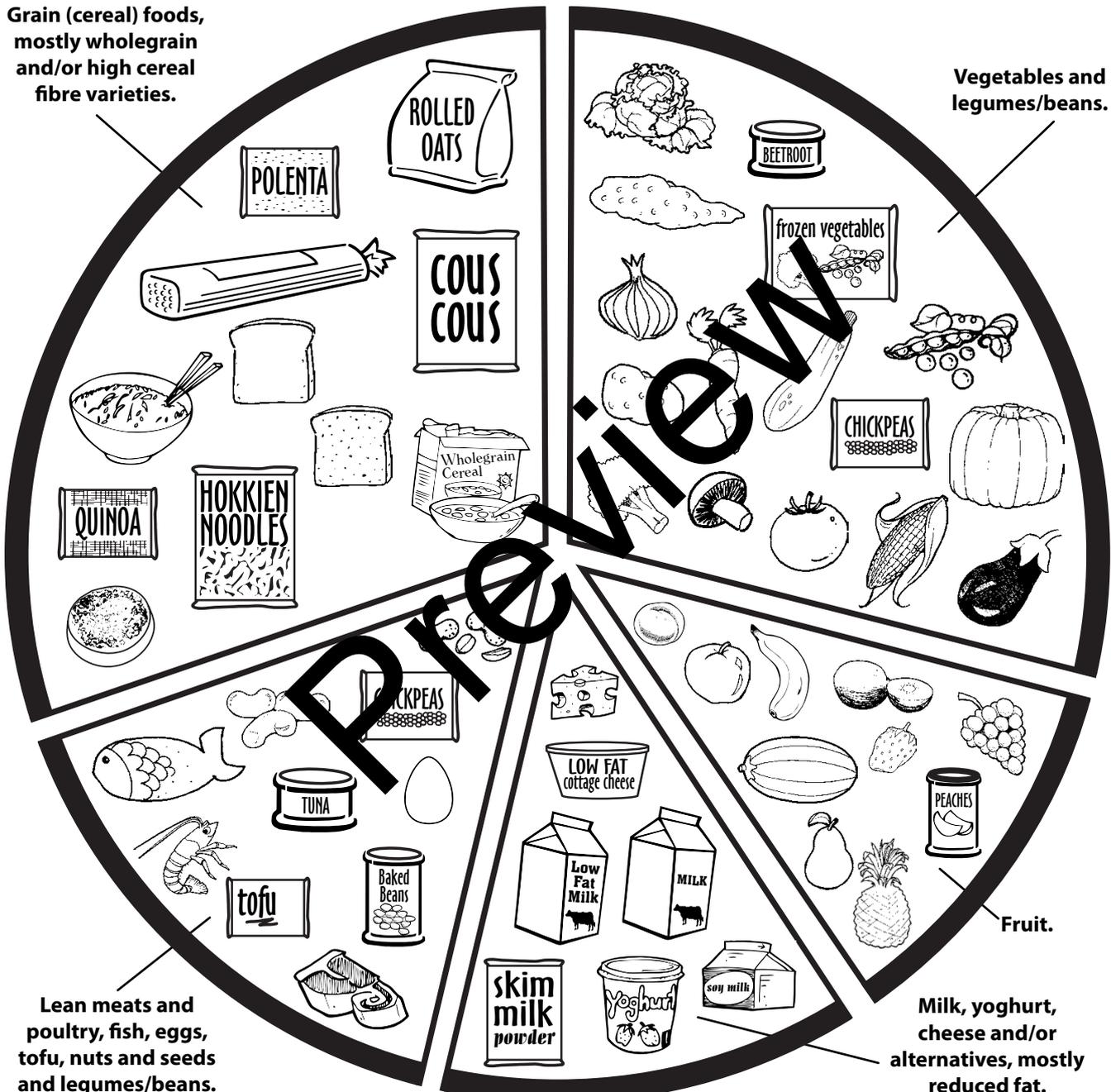
# Activity

# 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. The Australian Government has developed The Australian Guide To healthy Eating below to help you to do this.

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

Vegetables and  
legumes/beans.



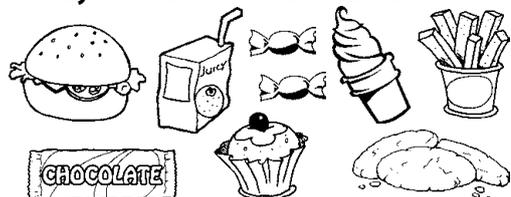
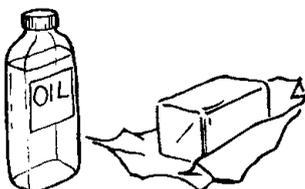
Lean meats and  
poultry, fish, eggs,  
tofu, nuts and seeds  
and legumes/beans.

Milk, yoghurt,  
cheese and/or  
alternatives, mostly  
reduced fat.

Use small amounts

Drink plenty of water

Only sometimes and in small amounts

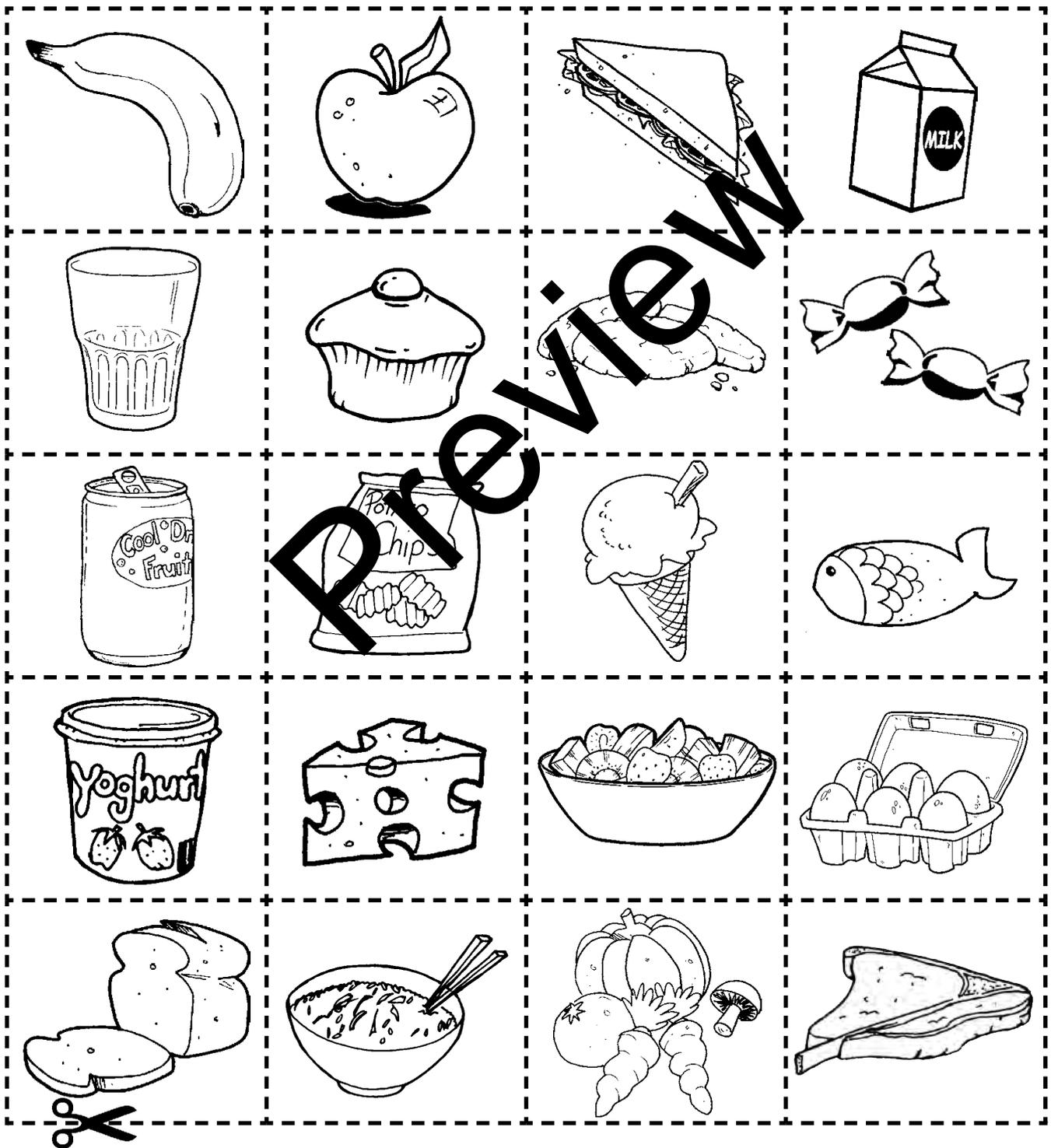


## Activity

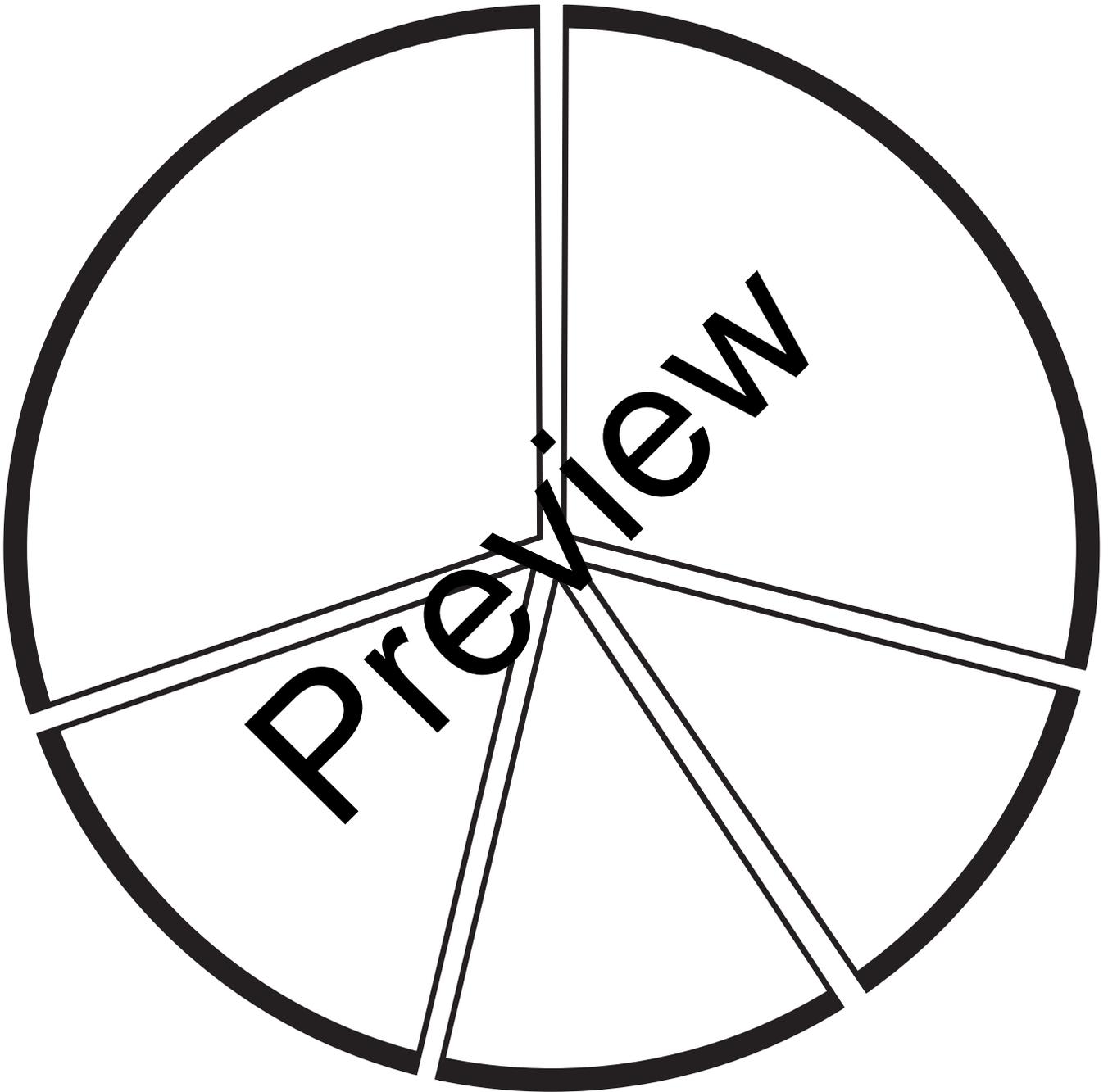
## Healthy Eating 2

Our bodies need healthy food to get all the important nutrients that we need to stay strong and focused.

- Referring to The Australian Guide To Healthy Eating on the previous page, use three different colours to group the pictures under the following headings: "sometimes", "moderate" and "always". Cut them out, then arrange them appropriately in your workbook.



- Think about what you ate yesterday and what you have already eaten today. Place these foods in the correct sections of the plate below. Use The Australian Guide To Healthy Eating on page 3 to help you to do this.

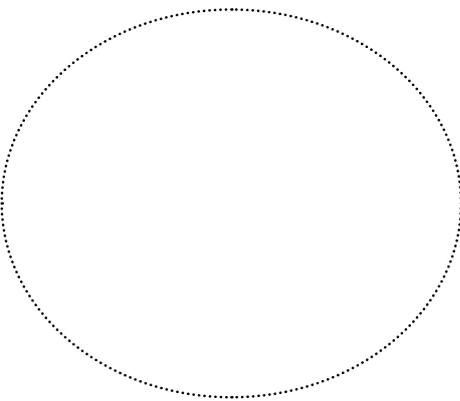


- Do you need to adjust your eating habits to better reflect The Australian Guide To Healthy Eating?

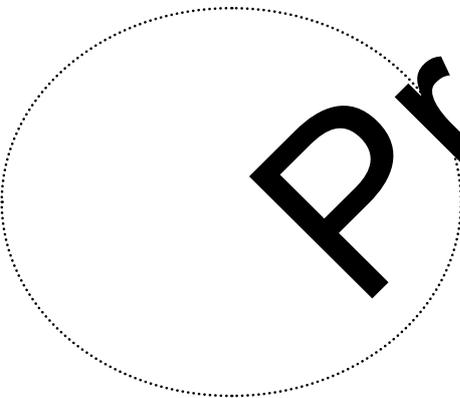
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We need to refuel our bodies during the day so that we have plenty of energy to concentrate at school and play with friends.

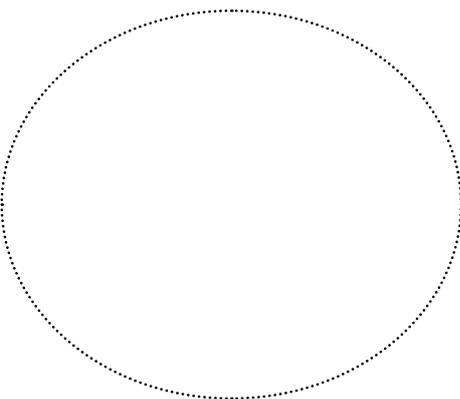
- On the left hand-side of this page, draw healthy meals. On the right hand-side of this page, draw unhealthy meals. Say which meals you would choose and why. Use The Australian Guide To Healthy Eating on page 29 to help you to create your meals.

**HEALTHY**

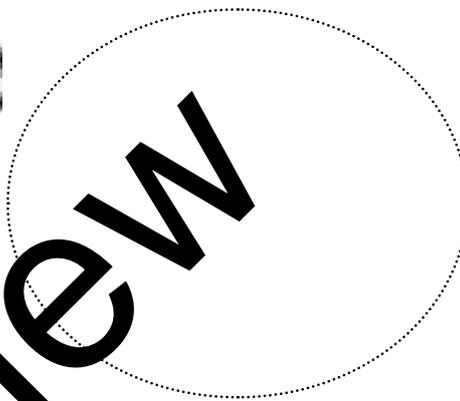
Breakfast 1



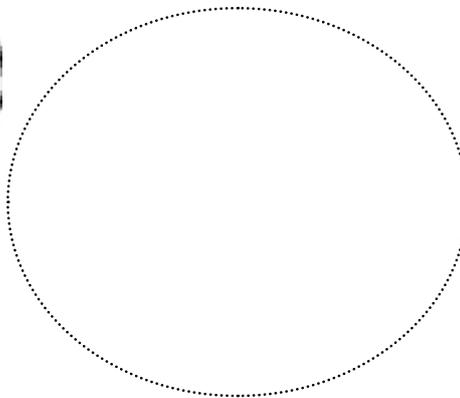
Lunch 1



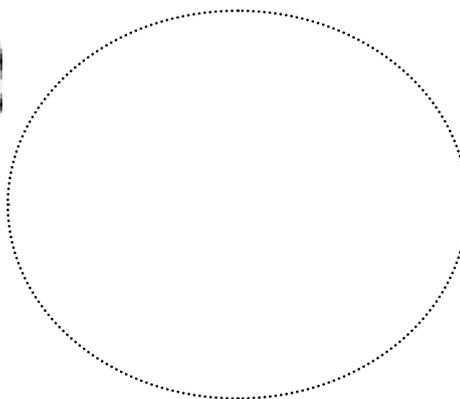
Dinner 1

**UNHEALTHY**

Breakfast 2



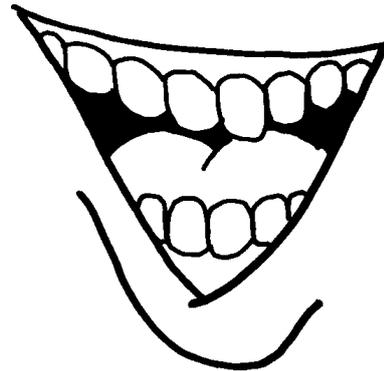
Lunch 2



Dinner 2

**Preview**

Regular fruit and water breaks throughout the school day will not only help to keep you feeling energised and hydrated, but will also prevent your teeth from decaying and keep them white and sparkling.



- In the teeth below, draw three of your favourite fruits that you like to snack on and that you regularly bring to school.



- How often do you clean your teeth in one day? Tick the boxes.

<b>morning</b> <input type="checkbox"/>	<b>afternoon</b> <input type="checkbox"/>	<b>evening</b> <input type="checkbox"/>
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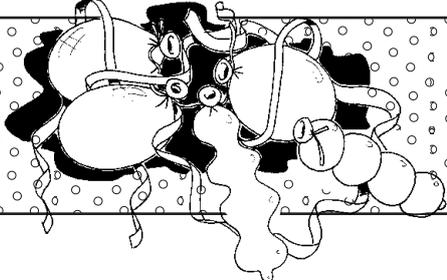
- Twice a day is excellent. There are other ways in which you can look after your teeth - drinking lots of water and staying clear of juices.

How much water did you drink yesterday? \_\_\_\_\_ glasses.



- It's important to celebrate taking care of ourselves and others. Can you plan an amazing menu for a class party. Make sure it is full of healthy choices and is nut-free! Draw, or cut and paste pictures of foods that you would serve.

**Party Menu**



**Preview**

- Your little sister wants to know why the menu is nut-free. Explain here.
- 
- 
- Colour green two healthy foods and say why they are healthy below.
- 
- 
-

### Page 3

The Australian Guide To Healthy Eating has replaced The Food Pyramid, and it can be found at ▶ [www.eatforhealth.gov.au/guidelines/australian-guide-healthy-eating](http://www.eatforhealth.gov.au/guidelines/australian-guide-healthy-eating)  
There are differences between this guide and the old guide which can be discussed in class.

### Page 4

Sometimes: lollies; biscuits; cupcake; cool drink; potato chips; ice-cream.  
Moderate: banana; apple; milk; fish; yoghurt; cheese; fruit salad; eggs; red meat.  
Always: salad sandwich; water; bread; rice; vegetables.

Preview