



Teaching support materials

# Teaching support materials

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## Links to additional materials

### Eat for Health Educator Guide

[www.eatforhealth.gov.au/sites/default/files/files/the\\_guidelines/n55b\\_educator\\_guide\\_130709.pdf](http://www.eatforhealth.gov.au/sites/default/files/files/the_guidelines/n55b_educator_guide_130709.pdf)

### The Australian Guide to Healthy Eating - Poster

[https://www.eatforhealth.gov.au/sites/default/files/files/the\\_guidelines/N55\\_A4\\_DG\\_AGTHE\\_HiRes.pdf](https://www.eatforhealth.gov.au/sites/default/files/files/the_guidelines/N55_A4_DG_AGTHE_HiRes.pdf)

### The Australian Guide to Healthy Eating poster: blank template

[https://www.eatforhealth.gov.au/sites/default/files/files/the\\_guidelines/N55i\\_A4\\_agthe\\_blank\\_hi\\_res.pdf](https://www.eatforhealth.gov.au/sites/default/files/files/the_guidelines/N55i_A4_agthe_blank_hi_res.pdf)

### Eat for Health Dietary Guidelines for all Australians – Poster

[https://www.eatforhealth.gov.au/sites/default/files/files/the\\_guidelines/n55j\\_australian\\_dietary\\_guidelines\\_poster.pdf](https://www.eatforhealth.gov.au/sites/default/files/files/the_guidelines/n55j_australian_dietary_guidelines_poster.pdf)

### Eat for Health Dietary Guidelines for all Australians (Indigenous) - Poster

[https://www.eatforhealth.gov.au/sites/default/files/files/the\\_guidelines/n55k\\_australian\\_dietary\\_guidelines\\_poster.pdf](https://www.eatforhealth.gov.au/sites/default/files/files/the_guidelines/n55k_australian_dietary_guidelines_poster.pdf)

### Food Cents Shop Smart booklet, SA Health

[www.foodcentsprogram.com.au/shop-smart/](http://www.foodcentsprogram.com.au/shop-smart/)

### Growing Community: Starting and Nurturing Community Gardens

<http://www.communitycentressa.asn.au/capacitybuliding/community-gardens>

### NSW Healthy Kids

<https://healthy-kids.com.au>

### Eat a rainbow program, including posters and certificates — Available through the SA Health website

[www.sahealth.sa.gov.au/healthyliving](http://www.sahealth.sa.gov.au/healthyliving)

### Right Bite Food and Drink Spectrum

[www.decd.sa.gov.au/sites/g/files/net1261/f/right\\_bite\\_food\\_spectrum.pdf](http://www.decd.sa.gov.au/sites/g/files/net1261/f/right_bite_food_spectrum.pdf)

# My food diary

Name ..... Date .....

**Breakfast**

**Lunch:**

**Dinner:**

**Snacks:**

From which food group do you mainly eat?  
List your food choices in the correct group.  
Are all the groups covered?

Vegetables  
and legumes/beans

Fruit

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

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

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

# I can eat a rainbow

Write the name of the fruit or vegetable that you ate and colour in.  
Return to school for your certificate.

White

Red

Orange

Yellow

Green

Blue

Purple

Brown

Name ..... Signed by parent .....



# Australian Guide to Healthy Eating

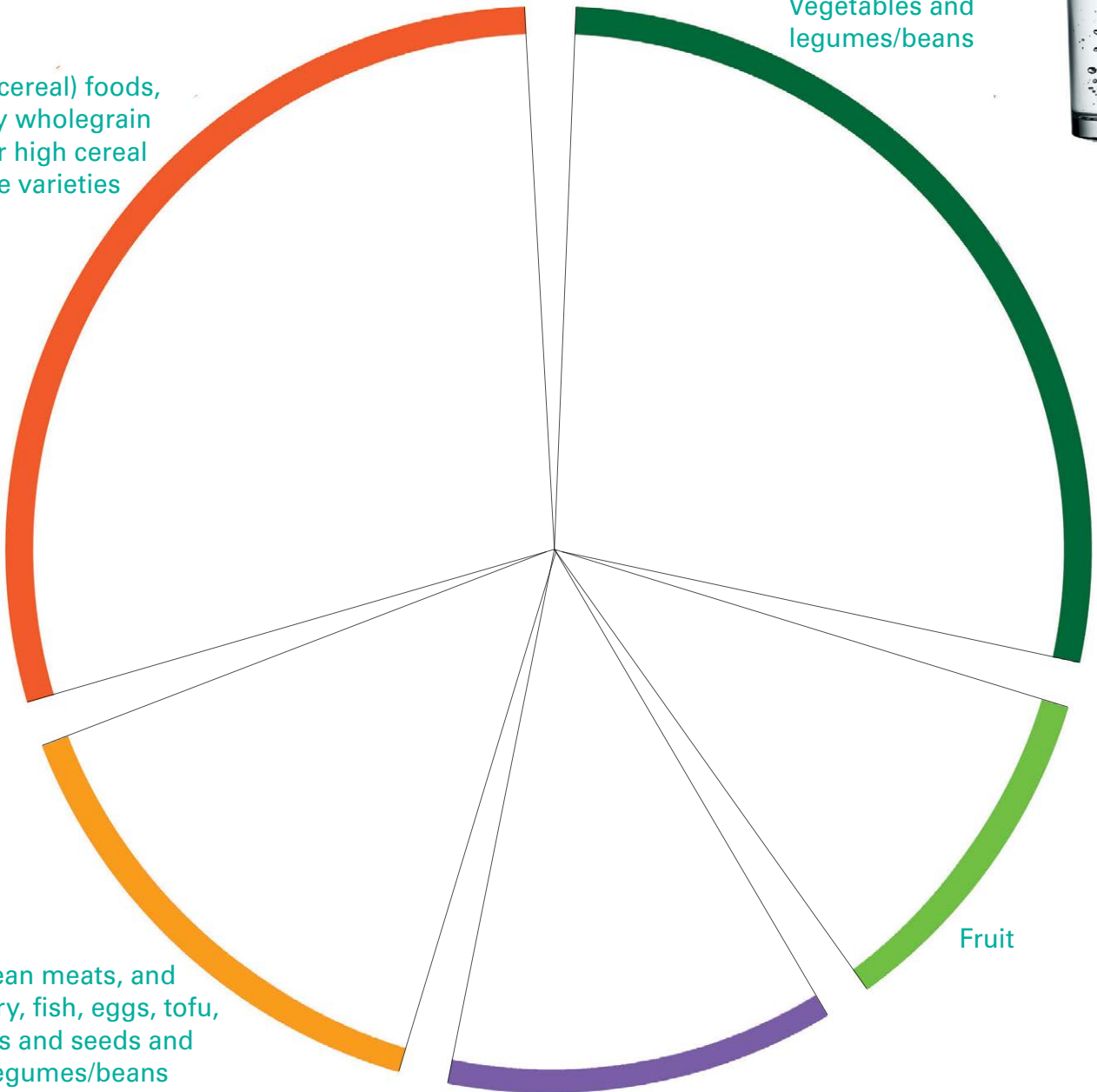
Enjoy a wide variety of nutritious foods from these five food groups every day.

Drink plenty of water.



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

Fruit

## Use small amounts



## Only sometimes and in small amounts



## Example Breakfast invitation letter

Dear .....

Our class understands that breakfast is an important meal of the day.

This is because .....

.....

Our class has been busy planning a healthy breakfast to be held

on ..... at .....

Each person in the class is requested to provide something for the breakfast.

I have been requested to provide .....

I will need to bring .....

to school on the morning of the breakfast.

I hope you can help. Please complete the tear-off slip below and

I will return it to school. My teacher ..... can be

contacted if you would like more information about the class breakfast.

Signed .....

### Breakfast Letter Permission Form

I ..... give permission for ..... to  
attend the class breakfast.

I am able to provide .....

Signed .....



**Name** Ima Foodlover

**Age** 12

**Name**

**Age**

**Breakfast**

- 3 rashers of bacon
- 2 eggs and 1 tomato (fried)
- Cup of tea with milk and 2 sugars
- 2 pieces of brown toast
- Butter
- Jam

**Breakfast**

**Morning Recess**

- 1 slice of cheesecake
- 1 can of soft drink

**Morning Recess**

**Lunch**

- Fried fish and chips (with salt)
- Large chocolate milk
- 2 donuts

**Lunch**

**After School Snack**

- Muffin
- Chocolate bar

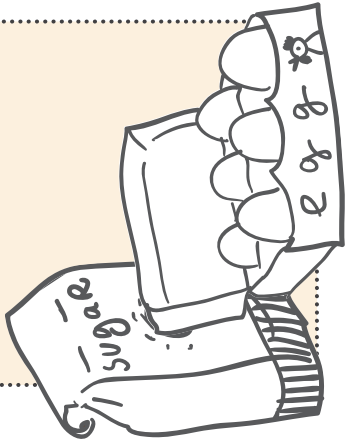
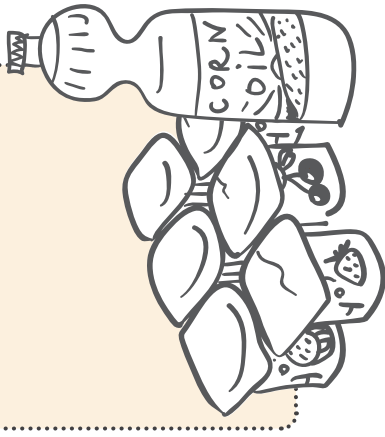
**After School Snack**

**Dinner**

- Large steak
- 2 jacket potatoes with sour cream
- 1 serving of carrots and beans
- 1 bowl of ice-cream with chocolate topping
- 2 slices of white bread
- Butter

**Dinner**

# Food packaging

Name of food product	What the package is made from	How the package protects the food	Information provided on the package	Is it a good design? Why?
<p>eg Jar of tomato paste.</p> 	<p>eg Glass.</p>	<p>eg Keeps germs out, keeps the tomato paste fresh, can be stored in the fridge and re-used.</p>	<p>eg Ingredients list, Nutrition information panel, Mass, Use by date, name of product, Name/ address of manufacturer/ importer.</p>	<p>eg Yes, because it protects the food and is easy to store.</p> 

Name ..... Date .....



# Rating breakfast cereals

Breakfast cereal <i>per 100g</i>	Total fats	Saturated fats	Sugar	Sodium (salt)	Fibre
Cereal A					
Cereal B					
Cereal C					



Name ..... Date .....

# My food investigation

	<b>Bread</b> ..... <i>In fridge</i> ..... <i>Outside</i> .....	<b>Milk</b> ..... <i>In fridge</i> ..... <i>Outside</i> .....	<b>Cheese</b> ..... <i>In fridge</i> ..... <i>Outside</i> .....	<b>Fruit</b> ..... <i>In fridge</i> ..... <i>Outside</i> .....
<b>Day 1</b>				
<b>Day 2</b>				
<b>Day 3</b>				
<b>Day 4</b>				
<b>Day 5</b>				

**My predictions:**

**My conclusion:**

Name ..... Date .....

Place your shopping for the main meals in the correct location.  
Give reasons for your selection.

Fridge		Freezer		Pantry/cupboard	
Product	Reason	Product	Reason	Product	Reason
eg Milk	eg Milk is a perishable food and needs to be stored in the fridge. The fridge temperature will make sure the milk does not spoil within two days.	eg Fish fillets	eg The freezer will keep the fish fresh for a longer period. You can store fish in the freezer for 2-6 months depending on the species. of fish.	eg Packet of pasta	eg Pasta is a non-perishable food. It should be stored in a container so it doesn't get contaminated by insects, chemicals or foreign objects.

Name ..... Date .....

# Food advertising

\*Younger children may need assistance to complete this inquiry.

Name of food	Type of food (tick)		Attention grabber (tick)				How did the ad make you feel?
	Healthy (everyday)	Discretionary food	Jingle	Cartoon	Music	Having fun	Other

Name ..... Date ..... Channel .....

# TV food advertising investigation

Name ..... Date .....

What is the food being advertised?

Describe the characters in the commercial. (eg How old are they?  
Are they male or female?)

What are the characters doing in the advertisement?

How is this food made to look attractive?

What groups of people are encouraged to buy this food?

Is there a slogan in the advertisement? If so what is it?

Where does it fit into *The Australian Guide to Healthy Eating*?

Would you buy this product? Why/why not?

Adapted from: Department of Nutrition and Physical Activity, Western Australia. (2005). *Crunch and sip curriculum activities for middle primary*.

# Food and celebrations from around the world

Name ..... Date .....

Dear Parent,

We are learning about food and celebrations from around the world. Your child has been asked to interview three people about their favourite celebrations. Please assist your child to collect this information.

Completed information needs to be returned to school by \_\_\_\_\_. Thank you

	Name of favourite celebration	Reason for celebration	Favourite food eaten at celebration	My own question:
Person 1				
Person 2				
Person 3				

# Foods from around the world

Name ..... Date .....

Below is a list of some foods with foreign origins that are eaten in Australia.  
Select five to research in a dictionary or use other resources to determine the country of origin for each.  
Using *The Australian Guide to Healthy Eating* determine the food group to which each belongs.

- |           |           |            |           |
|-----------|-----------|------------|-----------|
| Cous cous | Hamburger | Chappati   | Won ton   |
| Borscht   | Sushi     | Omelette   | Spaghetti |
| Baklava   | Gazpacho  | Kebab      | Yogurt    |
| Chutney   | Ghee      | Fetta      | Tofu      |
| Crepe     | Baguette  | Tortellini | Goulash   |

Name of food	Country of origin	Food group (AGHE)



# Food from around the world: Cooking food critique

Name ..... Date .....

Name of food:

What part of the world is it from?

Ingredients:

An ingredient I haven't heard of before is:

What did it smell like?

What did it taste like?

What different food colours do you see in this dish?

Would you cook this again at home? yes / no

Flag

Star Rating (according to personal taste): /5

# Planning your food expo

Name ..... Date .....

**What types of advertising will be used?**

**Do you have a series of recipes for healthy foods to use for the Expo?**

**How many servings do your recipes make?**

**Will you need to adjust the recipes to cater for the number of attendees?**

**How long will it take to prepare your recipes?**

**Make a list of ingredients to be used in the recipes.**

**Find the cost of ingredients.**

**What equipment/utensils do you require, including paper plates, cutlery, napkins?**

**Who is responsible for each task?**

**What extra adult supervision will be required?**

**What steps will be taken to ensure that the food is safe to eat?**