



Indicative A response

Healthy me

Year 3

**English
Health & Physical Education (HPE)**

Section 1. Information retrieval chart

My food facts retrieval chart

Name: <i>Student A</i>		Peer editor: <i>Student B</i>	
Define "food": <i>Food is a substance eaten by living things in order to stay alive. (www.wiktionary.org/wiki/food)</i>			
Write a food fact in each of the boxes below. Use headings to organise your information.			
<u>Dairy products</u> <i>This food group provides calcium and iron for our bodies. All of these foods are made out of milk.</i>	<u>Lean meat, fish, chicken and legumes</u> <i>Meats with little fat, such as lean steak, pork, fish and chicken are good for us.</i>	<u>Vegetables</u> <i>Vegetables are good for us. They give us vitamins and minerals. You should eat five serves a day to keep healthy.</i>	<u>Fruits</u> <i>Fruits are healthy to eat, but some fruits with a higher sugar content (like pineapple) should be eaten in smaller amounts. Fruit juices are also high in sugar. Drinking water is best.</i>
What are some ways in which different foods are good for us?			
<ul style="list-style-type: none"> • <i>Breads and grains, dairy products, meats, eggs and nuts are all healthy, as long as we don't eat too many of them.</i> • <i>Foods that are low in sugar, salt, oils and fats are better for the heart.</i> • <i>Meat and beans give us iron.</i> • <i>Minerals and vitamins in food help us grow.</i> 			
Other interesting facts:			
<ul style="list-style-type: none"> • <i>Some people are allergic to certain foods.</i> • <i>Blood is food for some animals.</i> 			
Write some words that describe what each type of food may sound, feel and look like.			
Healthy foods		Unhealthy foods	
Sound like <i>Crispy Crunching</i> <i>Running water</i>		Sound like <i>Oil bubbling Chips crackling</i> <i>Fizzy bubbles</i>	
Feel like <i>Smooth</i> <i>Cool and wet</i> <i>Cold</i>	Look like <i>Green and glossy</i> <i>Grainy</i> <i>Fresh</i>	Feel like <i>Greasy</i> <i>Oily</i> <i>Sticky</i>	Look like <i>Colourful packages</i> <i>Plastic wrappers</i>

Section 2. Mini-lesson teaching notes

Introduction

Did you know that Australia has more obese people than many other countries in the world? The word "obese" means "extremely overweight".

Body

In this lesson you will learn some interesting facts about:

- different food groups
- how we can make good choices about foods
- exercise and being active.

(Ask students questions)

Q. What do you think makes us overweight?

A. Eating too much of the wrong sort of food.

A. Not exercising enough.

Q. How can you change bad eating habits?

A. Eat less and choose fruit and vegetables for snacks.

A. Drink water instead of soft drink or juice.

Amazing facts: One serve of hot chips has 14 times more fat than a baked potato.

Packets of potato chips have two times more fat than hot chips. One 50 g packet of chips has three teaspoons of fat.

(Show students pictures of food groups on a brochure.)

In this picture you can see the five main food groups.

(Point to each food group and give examples of each.)

Indicative A response

Too much sugar, oil and salt can be a problem.

If we choose foods and drinks with less sugar, oil and salt, we will stay healthier.

Queensland Health has TV ads and brochures that tell us to have two serves of fruit and five serves of vegetables every day.

(Make sure group can see a computer: www.mypyramid.gov/pyramid/index.html)

I want to show you this website about food groups.

(Click on each food group and talk about the good and bad points of each. Ask questions to check that everyone understands.)

Who has learned something new so far?

Conclusion

- What sorts of things can cause us to become unhealthy?
- What is another word for extremely overweight?
- What types of foods are not good for us?
- What are some good choices for snacks and drinks?
- The Queensland Government has a campaign called "Go for 2&5" — what does this mean?

(Show food chart)

Look at this food chart and tell me what foods you can see that could be reduced or replaced with healthier choices.

Look at reducing the amount of juice you drink or replacing it with water or milk.

Hints: Instead of having ice-cream for dessert, you could have fruit.

Instead of hot chips, try a baked potato or rice.

I hope you have learnt something new today.

Thank you for being good listeners in my lesson. Does anyone have a question?

Section 3. Mini-lesson presentation

Information for teachers: An “A” presentation clearly uses the identified features of a mini-lesson to engage students.