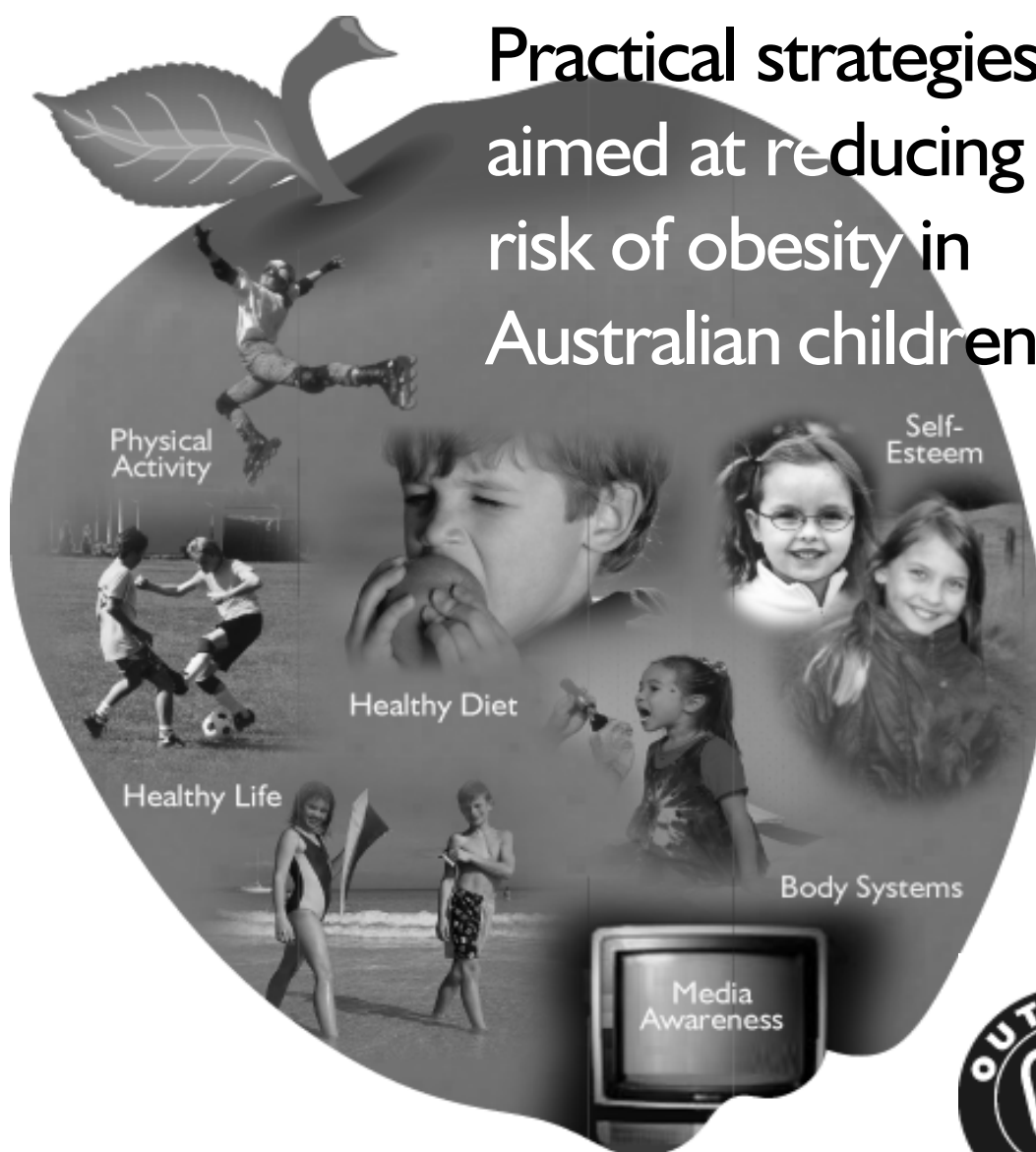


Healthy Bodies Happy Kids

SAMPLE ONLY

Practical strategies
aimed at reducing the
risk of obesity in
Australian children.

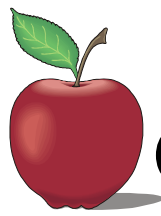


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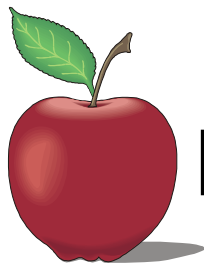
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Books In The Series

This health series will provide comprehensive, up-to-date information, a range of ideas that support a “whole school” approach to health promotion, specific activity suggestions and “hands-on” investigations in the following components of the series:

Teachers’ Resource Book

- Factual and statistical information on:
 - diet** - requirements, recent food trends, labelling requirements, allergies and deficiencies;
 - body systems** - digestion, cardiovascular responses, health problems;
 - exercise** - benefits, programming, variety and alternatives in exercise for students;
 - self-esteem** - peer pressure, mental illnesses, eating habits, body, facilitating positive perceptions;
 - media** - guidelines, viewing strategies, analysis, use of positive media exposure.
- Indoor and outdoor games with a “health” theme.
- Curriculum integration ideas.
- A list of songs, poems and references for stories that promote health.
- Whole-school projects and parent involvement.
- Canteens - ideas on how to work with the school canteen to encourage healthy food choices.
- References for healthy meals and snacks.
- Websites, addresses and contact details of nationwide health organizations.

Student Activity Books

Adopting an integrated approach, activity ideas provided will draw on and cultivate skills in language, numeracy, science, society and environment and the arts. The focus of the workbooks will be practical learning experiences using resources from students’ existing surroundings.

Books will:

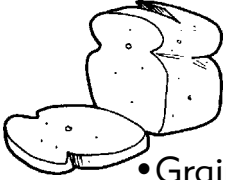
- Comprise Junior (Years 1 - 3), Middle (Years 4 - 5), Upper (Years 6 - 7) books.
- Be theme-based books with age-appropriate mascot characters that enhance visual appeal and student motivation.
- Contain sections on:
 - Diet;
 - Body systems related to diet and exercise;
 - Exercise and leisure for fitness;
 - Self-esteem for a positive body image and a constructive attitude towards self-management in health;
 - Media analysis - recognition of marketing techniques and how to avoid them.
- Incorporate practical, inquiry-style activities based around relevant, real-life situations and using easily obtained resources such as junk mail and the newspaper.
- Include “Take Home” activity sheets that can be used as homework and as a means of eliciting parental support and awareness of health issues.
- Provide Internet links that are “student-friendly”.



Canteen Blitz

Your teacher will be providing you with a copy of the school canteen menu. Your mission is to judge the canteen foods and report your findings back to base.

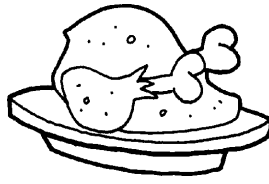
- 1 Use the symbols below to place next to each food on your canteen's menu. You can use more than one symbol for each food.



•Grains



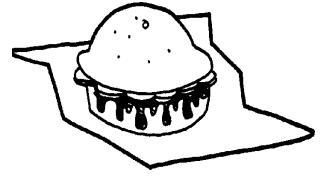
•Dairy



•Meat



•Fruit & Veg



•Fats

- 2 Draw a 😊 next to the foods that you think are **healthy** choices and a ☹️ next to foods that are less healthy.

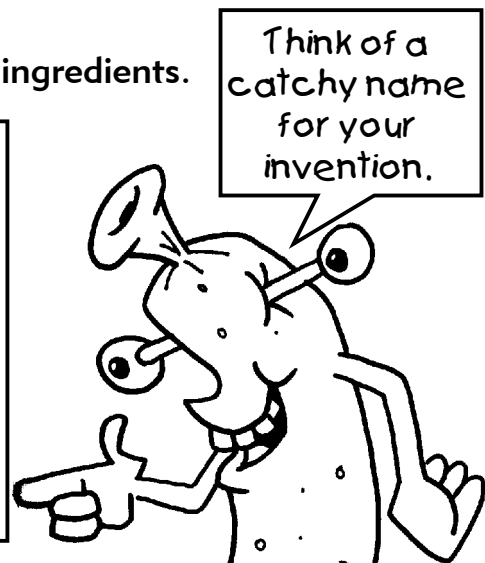
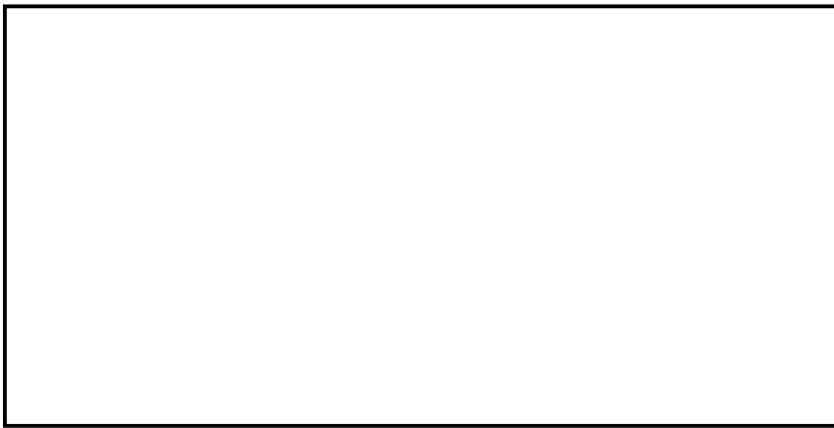
- 3 What food do you think is the healthiest food on the canteen menu?

Why did you choose this food? _____

- 4 Choose 3 healthy foods on the canteen menu that you would eat.

- 5 Imagine that you are head chef at the school canteen for a day. Invent a fantastic snack or lunch idea that is tasty and healthy. Try to include **two or more food groups**, especially grains, fruit and vegetables. The less fat and sugar, the better!

Draw and label your creation to show all of the ingredients.



► **Challenge:** Super students who finish all their work can write a letter to the canteen telling them how they "rated". Include a neat copy of the new food invention, suggesting it for the menu.



Alien 'All You Can Eat'

When the alien mascots arrived on Earth, they decided to go to an International Food Hall so that they could sample foods from all over our world.

1 How much does your class know about international foods? Survey your classmates to find out some foods from these countries:



2 Write any others here:

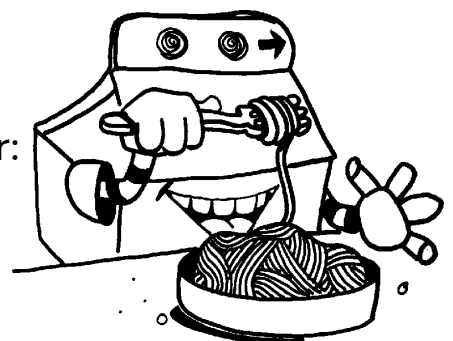
Country:

Food:

3 Why do you think we have so many restaurants with foods from other countries?

4 Draw your favourite food from another country here:

5 Is this a healthy food? Explain your answer:





Why Did I Eat That Chocolate Bar?

Some people are attracted to the fridge like a magnet. There are many reasons why people eat apart from just being hungry.



1 Colour in the fridge magnets that show reasons why you have eaten in the last week.

2 Which of these do you think are good reasons to eat?

3 Choose one that is not a good reason to eat and explain why this could be a problem:

Reason for eating: _____

Is not a good reason because: _____

► Challenge: If someone wanted to eat because they felt sad, what could they do instead? _____

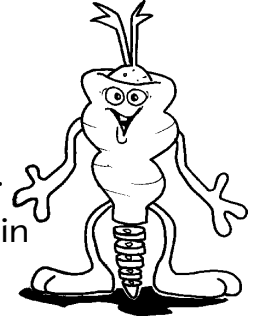


Diet Report

Take Home Sheet

For homework tonight, you will be scoring everything that you eat. Try to be honest and decide on the scores yourself. Remember to include snacks, drinks and desserts as well.

- A Excellent:** healthy food, such as fresh fruit and vegetables, salads, grains such as bread and rice, lean meat and dairy products such as milk and yoghurt.
- B Average:** foods that are okay in small amounts, such as fatty meats, foods with lots of cheese, nuts, salads with dips or dressings.
- C Watch Out:** foods that are very high in fats and sugars, and low in vitamins, such as chips, lollies, chocolate, fried foods, pastries, and fatty fast foods



○ As an extra challenge you can write a comment about the foods that you ate.

Food	Score	Comment
Potato chips	C	Ate too many of these - made me thirsty!
Water	A	Stopped me from eating more chips.
Sandwich	B	Lots of salad but too much mayonnaise.

○ Now it's time to circle your overall score: Mostly A's Mostly B's Mostly C's
Write an overall comment to yourself about your diet for the evening:

▶ **Challenge:** Design a sticker for yourself. Think of a character or an animal and a short phrase, such as "What a healthy muncher!" or "It's not too scary to choose more dairy!" Draw your sticker onto the circle.

