

# EON HEALTHY EATING KEY MESSAGES AND ASSOCIATED LESSON PLANS

## EON HEALTHY EATING



**EON** Foundation

EON KEY MESSAGE:	<b>Bush Tucker is Good Tucker.</b>
<p>This PDF contains all 6 lesson plans associated with the above EON Key Message. If you would like a copy of any of the resources referred to in the lesson plans, please email <a href="mailto:admin@eon.org.au">admin@eon.org.au</a>.</p> <p>Note: If you download this PDF you can then click on the bookmark icon in the left hand menu, which will allow you to click through to a specific lesson plan.</p>	

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# LESSON GUIDE

## Bush Tucker Poem

### EON Healthy Eating



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EON KEY MESSAGE:	Bush tucker is good tucker.		
AUSTRALIAN CURRICULUM: HEALTH & PHYSICAL EDUCATION	SUB-STRAND	CONTENT	FOCUS AREA
	Making healthy and safe choices.	Plan and practice strategies to promote health, safety and wellbeing. (ACCPS054)	Personal, social, economic and cultural influences on food choices and eating habits.
RESOURCES/EQUIPMENT:	<ul style="list-style-type: none"><li>• Aboriginal and Torres Strait Islander Guide to Healthy Eating</li><li>• Bush Tucker Poster</li><li>• Gary the Goanna Colour-In</li><li>• Traditional Hunting Poster</li><li>• When My Family Eats Poster</li></ul>		
OUTLINE:	<ol style="list-style-type: none"><li>1. Organise for a community Elder to give students a talk on local bush tucker foods.</li><li>2. Ask students to write a short poem about their favourite bush tucker food.</li></ol>		
REFLECTION ACTIVITY:	Ask students to share their poems with their families.		
APPROPRIATENESS:	<input type="checkbox"/> KK-Year 2 <input checked="" type="checkbox"/> Years 3-6 <input checked="" type="checkbox"/> Year 7 +		
EXTENSION IDEAS:	Ask if students would be willing to share their poem with the class.		



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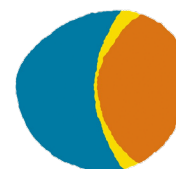
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EON HEALTHY EATING 

# LESSON GUIDE

## Bush Tucker Story Book

### EON Healthy Eating



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	Making healthy and safe choices.	Plan and practice strategies to promote health, safety and wellbeing. (ACCPS054)	Personal, social, economic and cultural influences on food choices and eating habits.
RESOURCES/EQUIPMENT:	<ul style="list-style-type: none"> <li>• Aboriginal and Torres Strait Islander Guide to Healthy Eating</li> <li>• Pigs and Honey Picture Book</li> <li>• Butchers' paper</li> <li>• Colour pencils</li> </ul>		
OUTLINE:	<ol style="list-style-type: none"> <li>1. Organise for a community Elder to oversee this lesson.</li> <li>2. Show the picture book "Pigs and Honey" to class and ask students what they think is happening in the story.</li> <li>3. Ask the students to create a story of their own and depict it in pictures using the butchers' paper and pencils.</li> <li>4. Ask students how they can incorporate healthy eating and bush tucker into their diet.</li> </ol>		
REFLECTION ACTIVITY:	Ask students to share their story in pairs.		
APPROPRIATENESS:	<input checked="" type="checkbox"/> KK-Year 2	<input checked="" type="checkbox"/> Years 3-6	<input checked="" type="checkbox"/> Year 7 +



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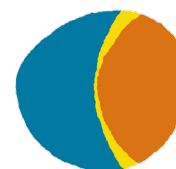
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# LESSON GUIDE

## Bush Tucker Talk

### EON Healthy Eating



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	Making healthy and safe choices.	Plan and practice strategies to promote health, safety and wellbeing. (ACCPS054)	Personal, social, economic and cultural influences on food choices and eating habits.
RESOURCES/EQUIPMENT:	<ul style="list-style-type: none"> <li>• Aboriginal and Torres Strait Islander Guide to Healthy Eating</li> <li>• Bush Tucker Poster</li> <li>• Traditional Hunting Poster</li> <li>• When My Family Eats Poster</li> <li>• Butchers' paper and colour pencils</li> </ul>		
OUTLINE:	<ol style="list-style-type: none"> <li>1. Organise for a community Elder to give students a talk on local bush tucker foods.</li> <li>2. Ask students to create a drawing of some of the bush tucker foods they have learnt about.</li> </ol>		
REFLECTION ACTIVITY:	Ask students to take their drawing home and show their family. Students should then ask their family members to share their knowledge on bush tucker with them. Ask students to write down what they learnt in their EON Food Diary.		
APPROPRIATENESS:	<input type="checkbox"/> KK-Year 2 <input checked="" type="checkbox"/> Years 3-6 <input type="checkbox"/> Year 7 +		
EXTENSION IDEAS:	Provide students with some questions to ask the community Elder to find out about the bush tucker foods that are discussed. For example: <ol style="list-style-type: none"> <li>1. Where can I find this food?</li> <li>2. What is this food good for?</li> <li>3. How do I prepare this food?</li> </ol>		



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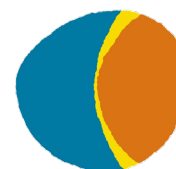
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EON HEALTHY EATING 

# LESSON GUIDE

## Bush Tucker Trails

### EON Healthy Eating



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	Making healthy and safe choices.	Plan and practice strategies to promote health, safety and wellbeing. (ACCPS054)	Personal, social, economic and cultural influences on food choices and eating habits.
RESOURCES/EQUIPMENT:	<ul style="list-style-type: none"> <li>• Aboriginal and Torres Strait Islander Guide to Healthy Eating</li> <li>• Bush Tucker Poster</li> <li>• Gary the Goanna Colour In</li> <li>• Traditional Hunting Poster</li> <li>• When My Family Eats Poster</li> </ul>		
OUTLINE:	<ol style="list-style-type: none"> <li>1. Organise for a community Elder to visit the school and take the students out to show them bush foods and how they grow and are gathered.</li> <li>2. Ask students to draw and name the bush foods they learnt about.</li> <li>3. Discuss why the bush foods would be a healthy food choice in terms of nutrients and health benefits.</li> </ol>		
REFLECTION ACTIVITY:	Ask students to pair-up and share with their partner what they learnt in this lesson.		
APPROPRIATENESS:	<input type="checkbox"/> KK-Year 2 <input checked="" type="checkbox"/> Years 3-6 <input checked="" type="checkbox"/> Year 7 +		
EXTENSION IDEAS:	Ask students to discuss what they learnt in class with their family and try to source some bush tucker for a home meal.		



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EON HEALTHY EATING 

# LESSON GUIDE

## Damper Day

### EON Healthy Eating



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	Making healthy and safe choices.	Plan and practice strategies to promote health, safety and wellbeing. (ACCPS054)	Personal, social, economic and cultural influences on food choices and eating habits.
RESOURCES/EQUIPMENT:	<ul style="list-style-type: none"> <li>Aboriginal and Torres Strait Islander Guide to Healthy Eating</li> <li>Carbohydrates Information Sheet</li> <li>Fibre Information Sheet</li> </ul>		
OUTLINE:	<ol style="list-style-type: none"> <li>Organise for a community Elder to oversee this lesson and provide information on how damper is prepared in their community.</li> <li>Discuss what damper is with the class.</li> <li>Discuss how they think damper is made and compare this with bread.</li> <li>Ask what kind of nutrients damper provides:                     <ul style="list-style-type: none"> <li>Carbohydrates -Go food</li> <li>Fibre from wheat</li> </ul> </li> </ol>		
REFLECTION ACTIVITY:	Ask students to pair-up and share with their partner what they learnt in this lesson.		
COOK / RECIPE:	Make damper in class.		
APPROPRIATENESS:	<input type="checkbox"/> KK-Year 2 <input checked="" type="checkbox"/> Years 3-6 <input checked="" type="checkbox"/> Year 7 +		
EXTENSION IDEAS:	Ask students to create a venn diagram about the similarities and differences between bread and damper.		



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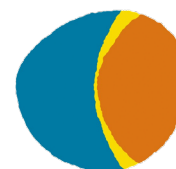
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# LESSON GUIDE

## Know Your Bush Food

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	Making healthy and safe choices	Plan and practice strategies to promote health, safety and wellbeing. (ACCPS054)	Personal, social, economic and cultural influences on food choices and eating habits.
RESOURCES/EQUIPMENT:	<ul style="list-style-type: none"><li>Aboriginal and Torres Strait Islander Guide to Healthy Eating</li><li>Local bush foods OR use Bush Tucker Poster</li></ul>		
OUTLINE:	<ol style="list-style-type: none"><li>Organise for a community Elder to oversee this lesson.</li><li>Bring in some local bush food and discuss their health benefits with the class.</li></ol>		
REFLECTION ACTIVITY:	Ask students to share what they learnt with their family.		
APPROPRIATENESS:	<input type="checkbox"/> KK-Year 2 <input checked="" type="checkbox"/> Years 3-6 <input checked="" type="checkbox"/> Year 7 +		
EXTENSION IDEAS:	Distribute the bush foods into the groups on the Aboriginal and Torres Strait Islander Guide to Healthy Eating.		



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