

EON HEALTHY EATING KEY MESSAGES AND ASSOCIATED LESSON PLANS

EON HEALTHY EATING



EON Foundation

EON KEY MESSAGE:	Food Must Be Stored and Prepared Safely to Make Sure You Don't Get Sick
<p>This PDF contains all 10 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 admin@eon.org.au.</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>	

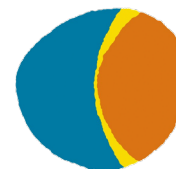
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LESSON GUIDE

Cook Clean

EON Healthy Eating



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EON KEY MESSAGE:	Food must be stored and prepared safely to make sure you don't get sick.		
AUSTRALIAN CURRICULUM: HEALTH & PHYSICAL EDUCATION	SUB-STRAND	CONTENT	FOCUS AREA
	Making healthy and safe choices.	Investigate and select strategies to promote health, safety and well-being. (ACPPS073)	Safe practices at home.
RESOURCES/EQUIPMENT:	<ul style="list-style-type: none"> • Food pictures • Cross Contamination Information Sheet • Homemade Cleaning Product Sheet 		
OUTLINE:	<ol style="list-style-type: none"> 1. Teach class on the cross contamination that can occur between raw and cooked foods. 2. Tell students it is best to have a red chopping board for all raw meat foods and another colour board for fresh foods and staples. 3. Use Cross Contamination information sheet to give examples. 4. Show students some relevant food pictures and ask them to decide whether they should cut the food on a red or other coloured chopping board. 5. Talk about the importance of keeping the cooking environment clean, both before and after cooking. 		
REFLECTION ACTIVITY:	Ask students to write one thing they have learned on a piece of scrap paper and wad it up. Given a signal, they throw their paper snowballs in the air. Then each student picks up a nearby response and reads it aloud.		
APPROPRIATENESS:	<input type="checkbox"/> KK-Year 2	<input checked="" type="checkbox"/> Years 3-6	<input checked="" type="checkbox"/> Year 7+
EXTENSION IDEAS:	Show students how to make their own cleaning product with vinegar and bicarb soda, using the Homemade Cleaning Product sheet.		



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Fire Safety

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	Making healthy and safe choices.	Investigate and select strategies to promote health, safety and well-being. (ACPPS073)	Safe practices at home.
RESOURCES/EQUIPMENT:	<ul style="list-style-type: none"> • Fire Safety information sheet 		
OUTLINE:	<ol style="list-style-type: none"> 1. Go through the Fire Safety information sheet with students. 2. Discuss potential fire safety hazards when working in the kitchen. 3. Discuss what to do if there is a fire and how to try to put it out. (Ensure this is accordance with the school's fire safety policy) 4. Give students a scenario where there is a fire and ask them how they will respond to the issue. 		
REFLECTION ACTIVITY:	Ask students to write down one thing they learned in this lesson on a piece of scrap paper and wad it up. Given a signal, they throw their paper snowballs in the air. Then each student picks up a nearby response and reads it aloud.		
APPROPRIATENESS:	<input type="checkbox"/> KK-Year 2 <input checked="" type="checkbox"/> Years 3-6 <input checked="" type="checkbox"/> Year 7+		



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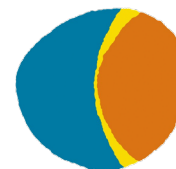
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Knife Skills

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	Making healthy and safe choices.	Investigate and select strategies to promote health, safety and well-being. (ACPPS073)	Safe practices at home.
RESOURCES/EQUIPMENT:	<ul style="list-style-type: none">• Knife Skill Information Sheet• The Cuts		
OUTLINE:	<ol style="list-style-type: none">1. Go through the importance of safe knife usage in the kitchen referring to the Knife Skills information sheet.2. Demonstrate safe cutting skills.3. Ask for volunteers to show the class how to be safe when working with a knife.		
REFLECTION ACTIVITY:	Ask students to come up with rules about knife skills and write them in their EON Food Diary.		
APPROPRIATENESS:	<input type="checkbox"/> KK-Year 2	<input checked="" type="checkbox"/> Years 3-6	<input checked="" type="checkbox"/> Year 7+
EXTENSION IDEAS:	Go through different cutting and slicing techniques using The Cuts poster.		



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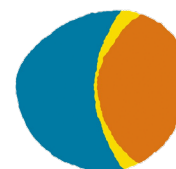
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Role Play Safety

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	Making healthy and safe choices.	Investigate and select strategies to promote health, safety and well-being. (ACPPS073)	Safe practices at home.
RESOURCES/EQUIPMENT:	• Role Play Sheet		
OUTLINE:	1. Follow the Role Play Sheet		
REFLECTION ACTIVITY:	Ask students to write down 3 things they learnt from the session in their EON Food Diary.		
APPROPRIATENESS:	<input type="checkbox"/> KK-Year 2	<input checked="" type="checkbox"/> Years 3-6	<input checked="" type="checkbox"/> Year 7+



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Rotting Bread Experiment

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	Making healthy and safe choices.	Investigate and select strategies to promote health, safety and well-being. (ACPPS073)	Sustainable food choices.
RESOURCES/EQUIPMENT:	<ul style="list-style-type: none"> • Bread • Zip Lock bags x 3 • Marker pen 		
OUTLINE:	<ol style="list-style-type: none"> 1. Talk to students about storing food correctly so that food and the money used to do the shopping are not wasted. 2. Tell the class that you will be showing them what happens when food is not stored properly, using bread as an example. 3. Place one slice of white bread into each of the 3 zip lock bags and label the bags as 1, 2 and 3. 4. Place bag 1 in the fridge, place bag 2 near a windowsill with sunlight, and place bag 3 in a dark cupboard. 5. Ask students to write down in their food diaries what they think will happen to the slice of bread in each bag. 6. Discuss some of the students' thoughts. 7. Wait for 2 weeks to observe the results. 		
REFLECTION ACTIVITY:	Ask students to write down what they learnt from the experiment in their EON food Diary.		
APPROPRIATENESS:	<input type="checkbox"/> KK-Year 2 <input checked="" type="checkbox"/> Years 3-6 <input checked="" type="checkbox"/> Year 7 +		



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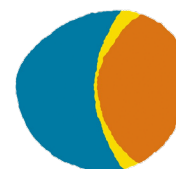
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Safety Rules in the Kitchen

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	Making healthy and safe choices.	Investigate and select strategies to promote health, safety and well-being. (ACPPS073)	Safe practices at home.
RESOURCES/EQUIPMENT:	<ul style="list-style-type: none"> • Kitchen Safety Poster • Safety in the Kitchen Information Sheet 		
OUTLINE:	<ol style="list-style-type: none"> 1. Show the class the safety information posters and discuss kitchen safety with them. 2. Ask students to make their own poster showing rules to keep them safe in the kitchen while cooking. 		
REFLECTION ACTIVITY:	Ask the students to share their rules in class and to explain why they made those rules.		
APPROPRIATENESS:	<input type="checkbox"/> KK-Year 2	<input checked="" type="checkbox"/> Years 3-6	<input checked="" type="checkbox"/> Year 7+



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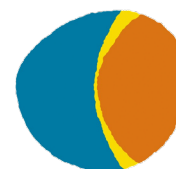
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Spot the Dangers

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	Making healthy and safe choices.	Investigate and select strategies to promote health, safety and well-being. (ACPPS073)	Safe practices at home.
RESOURCES/EQUIPMENT:	<ul style="list-style-type: none"> Spot the Dangers worksheet 		
OUTLINE:	<ol style="list-style-type: none"> Talk about some of the dangers that are present in the kitchen. <ul style="list-style-type: none"> Knives Hot stove Water on the floor Cross-contamination Germy hands and body Give students the worksheet to complete. Ask students to share their answers. Ask students how they can avoid these dangers. 		
REFLECTION ACTIVITY:	Ask the students to discuss some of the hygiene dangers they may see around their home and write down how they can fix them.		
APPROPRIATENESS:	<input type="checkbox"/> KK-Year 2 <input checked="" type="checkbox"/> Years 3-6 <input type="checkbox"/> Year 7 +		
EXTENSION IDEAS:	Brainstorm ideas with students about ways they can make sure they uphold good hygiene and a clean work environment.		



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Storing Foods

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	Making healthy and safe choices.	Investigate and select strategies to promote health, safety and well-being. (ACPPS073)	Safe practices at home.
RESOURCES/EQUIPMENT:	<ul style="list-style-type: none"> • Food Pictures • Storage Labels • Rotten Food pictures (extension) 		
OUTLINE:	<ol style="list-style-type: none"> Using the storage labels, set up class so that there are the following food storage areas: <ul style="list-style-type: none"> • Fridge • Freezer • Pantry/shelves • Kitchen top • Outside Talk to students about storing food correctly so that they do not waste food, or the money used to do the shopping. Use food pictures and ask one student at a time to place the picture in the correct storage space. Discuss the answers with class. 		
REFLECTION ACTIVITY:	Ask students to go home and check to see if their foods are stored correctly and record any changes they make to their EON Food Diary.		
APPROPRIATENESS:	<input type="checkbox"/> KK-Year 2 <input checked="" type="checkbox"/> Years 3-6 <input checked="" type="checkbox"/> Year 7+		
EXTENSION IDEAS:	Show students the rotten food pictures and discuss how or why these foods would have become spoilt.		



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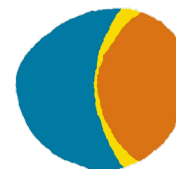
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The Danger Zones

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	Making healthy and safe choices.	Investigate and select strategies to promote health, safety and well-being. (ACPPS073)	Sustainable food choices.
RESOURCES/EQUIPMENT:	<ul style="list-style-type: none">• Danger Zone Info Sheet• Food Pictures		
OUTLINE:	<ol style="list-style-type: none">1. Use the Danger Zone Info Sheet to explain to students why it is important to keep food away from the Danger Zone.2. Use food cards to place food in the right zone on the Danger Zone Info Sheet.		
REFLECTION ACTIVITY:	Ask students to form pairs and share one new piece of information they learnt in the lesson.		
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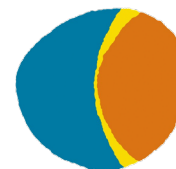
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Fridge Stacking

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	Making healthy and safe choices.	Investigate and select strategies to promote health, safety and well-being. (ACPPS073)	Safe practices at home.
RESOURCES/EQUIPMENT:	<ul style="list-style-type: none"> • Food Storage Infographic • Food Pictures • Blue Tack 		
OUTLINE:	<ol style="list-style-type: none"> 1. Discuss the importance of proper food storage to avoid cross contamination ensuring food is safe to eat. 2. Draw a picture of an open fridge on the white board. 3. Hold out a picture of a food item that belongs in the fridge and ask a student to come forward and blue tack it on the correct shelf/level in the fridge, using the Food Storage infographic as a guide. 4. Discuss the answers and correct students if necessary. 		
REFLECTION ACTIVITY:	Ask students to write down one thing they learned from the lesson on a piece of scrap paper and wad it up. Given a signal, they throw their paper snowballs in the air. Then each student picks up a nearby response and reads it aloud.		
APPROPRIATENESS:	<input type="checkbox"/> KK-Year 2 <input checked="" type="checkbox"/> Years 3-6 <input checked="" type="checkbox"/> Year 7+		



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