

EON HEALTHY EATING KEY MESSAGES AND ASSOCIATED LESSON PLANS

EON HEALTHY EATING



EON Foundation

EON KEY MESSAGE:	Keeping Your Hands and Body Clean is Important When Cooking Food to Make Sure You Don't Get Sick.
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This PDF contains all 5 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.

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.

PAGE NO:	LESSON PLAN	PAGE NO:	LESSON PLAN
2	Damage Control	5	Healthy Habits
3	Germ It	6	Washing Hands
4	Glitter Germs		



LESSON GUIDE

Damage Control

EON Healthy Eating



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AUSTRALIAN CURRICULUM: HEALTH & PHYSICAL EDUCATION	SUB-STRAND	CONTENT	FOCUS AREA
	Making healthy and safe choices.	Identify and practice strategies to promote health, safety and wellbeing. (ACPPS036)	Managing personal safety.
RESOURCES/EQUIPMENT:	<ul style="list-style-type: none">Band aids		
OUTLINE:	<ol style="list-style-type: none">What to do when injured or after cutting yourself.Demonstrate to class how to put on a band aid.What to do if you are burnt.		
REFLECTION ACTIVITY:	Practice putting band aids on a partner.		
APPROPRIATENESS:	<input type="checkbox"/> KK-Year 2	<input checked="" type="checkbox"/> Years 3-6	<input checked="" type="checkbox"/> Year 7+



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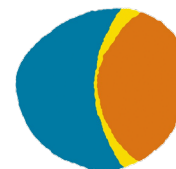
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LESSON GUIDE

Germ It!

EON Healthy Eating



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AUSTRALIAN CURRICULUM LINKS: HEALTH & PHYSICAL EDUCATION	SUB-STRAND	CONTENT	FOCUS AREA
	Making healthy and safe choices.	Identify and practice strategies to promote health, safety and wellbeing. (ACPPS036)	Managing personal safety.
RESOURCES/EQUIPMENT:	<ul style="list-style-type: none"> • Healthy Handwashing Poster 		
OUTLINE:	<ol style="list-style-type: none"> 1. "Germ It" is a game that teaches the importance of good hand washing to prevent the spread of germs and illness. 2. Start with two players designated as "it" (the contagious germs). The rest of the players spread out. 3. The players that are the germs work to tag the other players. Once another person has been tagged, they are considered contagious and become a germ. They either hold hands or link arms with the first germ to become a two-person (germ) team. 4. This germ team moves around the room trying to tag or "infect" other players with their germs. Each tagged person becomes part of the growing link of germs. 5. Once the group of germs has six people, they divide into two groups. The game ends when all players have been caught. 6. The goal of the game is to stay healthy and free from the germs by moving quickly about the room and avoid being tagged. Emphasise the importance of washing hands regularly to avoid the spread of germs. 7. Remind students how to wash their hands properly at the end of the game. Refer to Healthy Handwashing Poster. 		
REFLECTION ACTIVITY:	Ask students to write down what they learnt in the lesson in their EON Food Diary.		
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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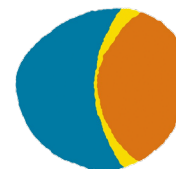
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LESSON GUIDE

Glitter Germs

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	Making healthy and safe choices.	Identify and practice strategies to promote health, safety and wellbeing. (ACPPS036)	Managing personal safety.
RESOURCES/EQUIPMENT:	<ul style="list-style-type: none"> • Vaseline • Glitter • Personal Hygiene Poster • Germ Spreading Scenarios 		
OUTLINE:	<ol style="list-style-type: none"> 1. Place a little Vaseline in your hand and add a teaspoon of glitter to the gel. 2. Rub your hands together and slowly touch things around you and have the student notice the spreading of the glitter. 3. Tell students that the glitter spreading is the same way in which germs spread around you. 4. Show that there are ways to prevent germs from spreading. 5. Go through the Personal Hygiene Poster. 6. Divide students into two groups and give them one of the germ buster scenarios and ask them what they are going to do to stop the germs spreading. 7. Ask students to share their ideas. 		
REFLECTION ACTIVITY:	Ask students to write down what they have learnt in this lesson 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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LESSON GUIDE

Healthy Habits

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	Making healthy and safe choices.	Identify and practice strategies to promote health, safety and wellbeing. (ACPPS036)	Managing personal safety.
RESOURCES/EQUIPMENT:	<ul style="list-style-type: none"> • Smart Goals Information Sheet • Healthy Habits Cards 		
OUTLINE:	<ol style="list-style-type: none"> 1. Ask students what they could do to live a healthier life. To start the discussion you could say: "I brushed my teeth this morning and I'm going to do it again tonight before I go to bed". 2. Ask the students to name something healthy they have done today and have them give a reason why they believe the activity is healthy. Correct the student if needed. 3. Ask students "Can you think of any of your habits that are connected to good health?". You may need to give them some hints to get them on the right track. You could offer questions, such as: <ul style="list-style-type: none"> o "What about your teeth?" to prompt them to answer that brushing their teeth is a healthy habit. o "What do we do with our hands before we eat?" To prompt them to answer that washing their hands before they eat is a healthy habit. o "How do we keep our whole bodies clean?" To prompt them to answer that taking a bath or shower each day is a healthy habit. o "What do you do every night, until morning?" To prompt them to give you the answer that they need "a good night's sleep". 4. Ask students to focus on a healthy habit that they don't currently do but would like to start doing. 		
REFLECTION ACTIVITY:	Talk about SMART goals and ask students to write down a smart goal related to the habit they want to develop.		
APPROPRIATENESS:	<input type="checkbox"/> KK-Year 2 <input type="checkbox"/> Years 3-6 <input checked="" type="checkbox"/> Year 7+		



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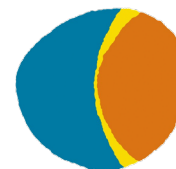
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LESSON GUIDE

Washing Hands!

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	Making healthy and safe choices.	Identify and practice strategies to promote health, safety and wellbeing. (ACPPS036)	Managing personal safety.
RESOURCES/EQUIPMENT:	<ul style="list-style-type: none"> • When to Wash Hands Poster • Healthy Handwashing Poster • Slices of bread • Plastic bags • Brown bag 		
OUTLINE:	<ol style="list-style-type: none"> 1. Explain that washing your hands is important to stop you from getting sick and spreading germs and illness. 2. Ask students to touch their faces, hair, desk or other object to get their hands dirty. 3. Give each student a slice (whole or half) of preservative-free, fresh bakery bread and tell them to touch it all over, keeping it flat. 4. Have students place the slice of bread in a plastic bag with two small drops of water. Seal the bag shut. 5. Label the bag with the student's name and date. 6. Put all the bread slices in a brown grocery bag. Include one piece of bread in a bag that was untouched. 7. Seal the grocery bag shut. Place in warm spot. 8. Each day have the students open the brown grocery bag and observe the bread for any changes. Typically, it takes about five days to two weeks for good mold growth. 9. Explain to the students that the mold is from the germs they had on their hands. Even though we can't see these germs, they are there. These germs can spread easily and cause us to become sick. 10. Hand washing is the simple most effective way to reduce the number of germs on our hands! Go through the When to Wash Hands Poster. 		
REFLECTION ACTIVITY:	Ask students to write down or draw what they think the piece of bread they have touched will look like in a few days.		
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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