

EON HEALTHY EATING KEY MESSAGES AND ASSOCIATED LESSON PLANS

EON HEALTHY EATING



EON Foundation

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| EON KEY MESSAGE: | Water is the Healthiest Drink |
| <p>This PDF contains all 8 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

Dried Body

EON Healthy Eating



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| EON KEY MESSAGE: | Water is the healthiest drink. | | |
| AUSTRALIAN CURRICULUM: HEALTH & PHYSICAL EDUCATION | SUB-STRAND | CONTENT | FOCUS AREA |
| | Making healthy and safe choices. | Identify and practice strategies to promote health, safety and well being. (ACPPS036) | Nutritional requirements and dietary needs. |
| RESOURCES/EQUIPMENT: | <ul style="list-style-type: none"> Grapes and sultanas | | |
| OUTLINE: | <ol style="list-style-type: none"> Show the class a fresh grape and a sultana. Ask students if they know what the similarities and differences are between the two fruits. Share with students that a sultana is just a grape without the water in it. Compare our body to the grape when we drink enough water and to the sultana when we are dehydrated. Ask students what it feels like when they do not drink enough water. Ask students to draw a picture of them when they have enough water and a picture of them being dehydrated. Ask some of the students to share their pictures with the class. | | |
| REFLECTION ACTIVITY: | Ask students to write down how much water they drink at home | | |
| APPROPRIATENESS: | <input checked="" type="checkbox"/> KK-Year 2 | <input checked="" type="checkbox"/> Years 3-6 | <input checked="" type="checkbox"/> Year 7 + |



Lesson Guide

Egg Teeth

EON Healthy Eating



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| RESOURCES/EQUIPMENT: | <ul style="list-style-type: none"> • 3 raw eggs in their shells • 3 x containers • Water, blue energy drink, coke • Diabetes Information Sheet • Water Information Sheet • Aboriginal and Torres Strait Islander Guide to Healthy Eating | | |
| OUTLINE: | <ol style="list-style-type: none"> 1. Ask students what kind of drinks they like to drink. 2. Talk about their answers and ask them where their choices fit within the Aboriginal and Torres Strait Islander Guide to Healthy Eating. 3. Explain to students that water is the healthiest drink using the Water Information Sheet. 4. Activity: <ul style="list-style-type: none"> • Place each egg into a separate container. • Fill one container with water, one with blue energy drink and one with coke. • Ask the students what they think will happen to the shell of each egg. 5. Leave the eggs for 1 week and show them the results or show pre-prepared eggs in this lesson if available. | | |
| REFLECTION ACTIVITY: | Ask students to write down names of drinks they should try to drink less of. | | |
| APPROPRIATENESS: | <input checked="" type="checkbox"/> KK-Year 2 | <input checked="" type="checkbox"/> Years 3-6 | <input checked="" type="checkbox"/> Year 7 + |
| EXTENSION IDEAS: | <ul style="list-style-type: none"> - Discuss why too much sugar is bad for health: Diabetes – Using Diabetes Information Sheet Tooth decay | | |



Lesson Guide

Good Drinking Times



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EON Healthy Eating

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| RESOURCES/EQUIPMENT: | <ul style="list-style-type: none"> • Water Information Sheet • Water Maze Sheet | | |
| OUTLINE: | <ol style="list-style-type: none"> 1. Ask the students to think of all the activities they do from the moment they wake up to the moment they go to bed. 2. Ask the students to list the activities on the white board. 3. Ask students to find ways to fit water drinking times into their day. 4. Ask students to write down some goals to increase the amount of water they drink each day. | | |
| REFLECTION ACTIVITY: | <p>Ask students to write down one of the goals as a SMART goal in their EON Food Diary.</p> <p>OR</p> <p>Complete the Water Maze Sheet.</p> | | |
| 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

How Many Glasses?



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EON Healthy Eating

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| RESOURCES/EQUIPMENT: | <ul style="list-style-type: none"> Water Maze Sheet | | |
| OUTLINE: | <p>1. Ask students how many glasses of water they think they should be having each day.</p> <ul style="list-style-type: none"> Put all the different answers on the board <p>2. Reveal the answer:</p> <ul style="list-style-type: none"> 5 glasses (1 litre) for 5 to 8 years 7 glasses (1.5 litres) for 9 to 12 years 8 to 10 glasses (2 litres) for 13+ years | | |
| REFLECTION ACTIVITY: | <p>Brainstorm ideas with the class as to how to increase the amount of water they drink.</p> <p>OR</p> <p>Complete the Water Maze Sheet.</p> | | |
| 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 think about all the other drinks they have each day and how they can swap these for water. | | |



Lesson Guide

Make Your Water Bottle



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EON Healthy Eating

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| RESOURCES/EQUIPMENT: | <ul style="list-style-type: none"> • Aboriginal and Torres Strait Islander Guide to Healthy Eating • Water bottles • Markers • Diabetes Information Sheet • Water Information Sheet | | |
| OUTLINE: | <ol style="list-style-type: none"> 1. Ask students what kind of drinks they like to drink. 2. Talk about their answers and ask them where the drinks fit within the Aboriginal and Torres Strait Islander to Guide Healthy Eating. 3. Explain to students that water is the healthiest drink using the Water Information Sheet. <p><i>Activity:</i></p> <ol style="list-style-type: none"> 4. Give students a water bottle and markers. 5. Ask them to design their own water bottle with their names and bring them to class every day. | | |
| REFLECTION ACTIVITY: | Ask students to show their water bottle designs with the class. OR Discuss ways to increase how much water the students can drink each day. | | |
| APPROPRIATENESS: | <input checked="" type="checkbox"/> KK-Year 2 <input checked="" type="checkbox"/> Years 3-6 <input checked="" type="checkbox"/> Year 7 + | | |
| EXTENSION IDEAS: | Discuss why too much sugar is bad for health: <ul style="list-style-type: none"> - Diabetes (Use Diabetes Information Sheet) - Causes tooth decay. | | |



Lesson Guide

True or False: Water

EON Healthy Eating



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| RESOURCES/EQUIPMENT: | <ul style="list-style-type: none"> • Water: True or False • True or False Signs | | |
| OUTLINE: | <ol style="list-style-type: none"> 1. Discuss the importance of drinking water with the class. 2. Give the students True or False signs. 3. Ask students the questions from the Water: True or False sheet and ask them to hold up either a True or False sign as their answer. 4. Discuss the answers. | | |
| REFLECTION ACTIVITY: | Ask the students to write down one new thing they learnt about water in this 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 + |



Lesson Guide

Water for Survival



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EON Healthy Eating

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| RESOURCES/EQUIPMENT: | <ul style="list-style-type: none"> • Healthy Plant, Unhealthy Plant Pictures • Diabetes Information Sheet and Water Information Sheet | | |
| OUTLINE: | <p>1. Ask students if they think it would be a good idea to give animals, or plants soft drinks or a sports/energy drink? What would happen to them if they did? Possible answers include:</p> <ul style="list-style-type: none"> • sick, tired, wouldn't grow normally, may even die. <p>2. Show students the healthy and unhealthy plant pictures. Ask students what the difference is between the two plants.</p> <p>3. Point out the differences between the healthy watered plant and the unhealthy plant. The healthy plant is full of colour and stands tall and firm. Unhealthy plants sag, lack bright colour and look wilted or limp.</p> <p>3. What do you think may happen to our bodies if we stopped drinking mostly water and drank soft drinks, fruit drinks or sports/energy drinks instead? Possible answers include:</p> <ul style="list-style-type: none"> • more diseases, injuries, our organs won't be working properly, we get headaches and we don't think as clearly. <p>5. Water is what human beings, animals and plants are meant to drink. Drinking water helps you stay healthy!</p> | | |
| REFLECTION ACTIVITY: | Ask students to write down 3 reasons why they should be drinking water in their EON Food Diary. Discuss the answers with the class. | | |
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| EXTENSION IDEAS: | <p>Discuss why too much sugar is bad for health:</p> <ul style="list-style-type: none"> • Diabetes – Use Diabetes Information Sheet • Causes tooth decay. | | |



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Water Poster



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| RESOURCES/EQUIPMENT: | <ul style="list-style-type: none"> • Paper • Colouring pens and pencils • Water Information Sheet | | |
| OUTLINE: | <ol style="list-style-type: none"> 1. Talk to class about the importance of drinking water using the Water Information Sheet. 2. Brainstorm ideas with the class on how to increase water intake. For e.g. <ul style="list-style-type: none"> • Fill a reusable water bottle and take it with you when you go places. • Drink water or milk with every meal. • Drink a glass of water when you wake up in the morning. • Keep cold water in a bottle in the fridge. 3. Ask students to create a poster to take home showing some of their favourite tips on how to drink more water. | | |
| REFLECTION ACTIVITY: | Ask volunteers to share their posters with the class. | | |
| APPROPRIATENESS: | <input type="checkbox"/> KK-Year 2 <input checked="" type="checkbox"/> Years 3-6 <input checked="" type="checkbox"/> Year 7 + | | |

