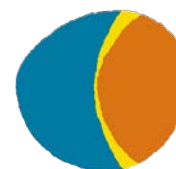


EON HEALTHY EATING KEY MESSAGE 1

LESSON PLANS

EON HEALTHY EATING



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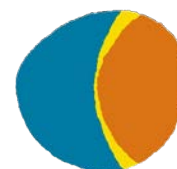
EON KEY MESSAGE:	Eat a wide variety of food from the five food groups
<p>This PDF contains lesson plans for the EON key message: “Eat a wide variety of food from the five food groups”.</p> <p>Please see the accompanying PDF containing the resources referred to in these lesson plans.</p>	
LESSON PLANS:	<ul style="list-style-type: none">• Balanced Diet (Years 3-6)• Balanced Diet (Year 7)• Eat Like a Worm• Food Group Bingo• Food Group Hoops• Healthy Meats• Healthy Plate• Packing Lunch• Planning Healthy Tuckers



LESSON GUIDE

Balanced Diet (Years 3-6)

EON HEALTHY EATING



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EON KEY MESSAGE:	Eat a wide variety of food from the five food groups		
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)	Food groups and recommendations for healthy eating
RESOURCES/EQUIPMENT:	<ul style="list-style-type: none"> • GO, GROW and GLOW Poster • Food pictures 		
OUTLINE:	<ol style="list-style-type: none"> 1. Explain to students that a balanced diet contains the key nutrients to keep our body healthy using the GO, GROW and GLOW Poster. 2. Show students food cards and ask them to identify them as GO, GROW or GLOW foods 3. Put different foods together and ask students to identify whether the combination of foods is balanced or not balanced. 		
REFLECTION ACTIVITY:	Ask students to write or draw their favourite GO, GROW and GLOW food 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:	Introduce students to the Aboriginal and Torres Strait Islander Guide to Healthy Eating.		



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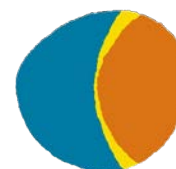
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LESSON GUIDE

Balanced Diet (Yr 7+)

EON HEALTHY EATING



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EON KEY MESSAGE:	Eat a wide variety of food from the five food groups		
AUSTRALIAN CURRICULUM: HEALTH & PHYSICAL EDUCATION	SUB-STRAND	CONTENT	FOCUS AREA
	Making healthy and safe choices	Plan and practice strategies to promote health, safety and well-being (ACPPS054)	Food groups and recommendations for healthy eating
RESOURCES/EQUIPMENT:	<ul style="list-style-type: none"> • Aboriginal and Torres Strait Islander Guide to Healthy Eating • Food pictures • Meal Plan • Carbohydrate, Protein, Fats, Vitamins and Minerals Information Sheet 		
OUTLINE:	<ol style="list-style-type: none"> 1. Explain to students that a balanced diet contains the following key nutrients to keep our body healthy: <ul style="list-style-type: none"> • Carbohydrates for energy e.g. cereals, breads • Protein for growth e.g. eggs, meats • Vitamins and minerals for controlling body functions e.g. vitamin C to prevent sickness, iron to help produce blood • Fats and oils for energy and protection e.g. nuts, avocado, margarine • Water for hydration 2. Give students a meal plan and ask them to identify and label the major nutrients in the meal 3. Discuss answers in class and classify whether the meal represents a balanced diet or not. 		
REFLECTION ACTIVITY:	Ask students to pair-up and share one new thing they learnt in class today		
APPROPRIATENESS:	<input type="checkbox"/> KK-Year 2 <input type="checkbox"/> Years 3-6 <input checked="" type="checkbox"/> Year 7 +		



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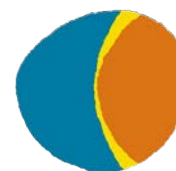
EON HEALTHY EATING



LESSON GUIDE

Eat Like a Worm

EON HEALTHY EATING



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EON KEY MESSAGE:	Eat a wide variety of food from the five food groups		
AUSTRALIAN CURRICULUM: HEALTH & PHYSICAL EDUCATION	SUB-STRAND	CONTENT	FOCUS AREA
	Making healthy and safe choices	Recognise situations and opportunities to promote health, safety and wellbeing (ACPPS018)	Food groups and recommendations for healthy eating
RESOURCES/EQUIPMENT:	<ul style="list-style-type: none"> Worm colouring-in sheet 		
OUTLINE:	<ol style="list-style-type: none"> Discuss what is used to feed the worms in the worm farm. Ask students what kinds of foods you can find at home that worms will like. Discuss with students if they eat these foods at home too! Ask students what would happen if we decided to feed the worms with sweet biscuits, energy drinks, chocolate and soft drinks. Relate this concept to our human bodies and giving it the right type of food and nourishment. 		
REFLECTION ACTIVITY:	Worm colouring-in sheet OR Discuss with a partner one food or drink you have that is not good for your body.		
APPROPRIATENESS:	<input checked="" type="checkbox"/> KK-Year 2 <input checked="" type="checkbox"/> Years 3-6 <input type="checkbox"/> Year 7 +		
EXTENSION IDEAS:	Discuss where you can find healthy foods to fuel your body. Relate the foods mentioned to the Aboriginal and Torres Strait Islander Guide to Healthy Eating.		



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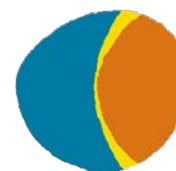
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LESSON GUIDE

Food Group Bingo!

EON HEALTHY EATING



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EON KEY MESSAGE:	Eat a wide variety of food from the five food groups		
AUSTRALIAN CURRICULUM: HEALTH & PHYSICAL EDUCATION	SUB-STRAND	CONTENT	FOCUS AREA
	Making healthy and safe choices	Recognise situations and opportunities to promote health, safety and wellbeing (ACPPS018)	Food groups and recommendations for healthy eating
RESOURCES/EQUIPMENT:	<ul style="list-style-type: none"> Food Group Bingo sheet 		
OUTLINE:	<ol style="list-style-type: none"> Explain the rules of Food Group Bingo with the class as follows: <ul style="list-style-type: none"> Give each student a Food Group Bingo sheet. Ask them to cut out each food and re-stick them onto a new piece of paper in a different order. Students may need help with this part of the game. Call out random foods from the Food Bingo sheet and ask students to cross it off their own sheet. If a student can cross off an entire row or column of foods on their sheet, ask them to shout out BINGO! They will be the winner of the game. 		
REFLECTION ACTIVITY:	Ask students to write down three foods that they haven't tried before from the Food Bingo sheet and share some answers with the class. Discuss where these foods can be found.		
APPROPRIATENESS:	<input type="checkbox"/> KK-Year 2	<input checked="" type="checkbox"/> Years 3-6	<input checked="" type="checkbox"/> Year 7+
EXTENSION IDEAS:	Get students to explain benefit of each food called out during the game.		

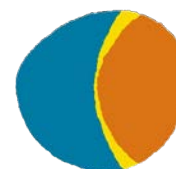


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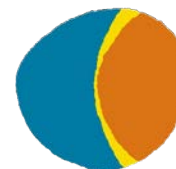
EON KEY MESSAGE:	Eat a wide variety of food from the five food groups		
AUSTRALIAN CURRICULUM: HEALTH & PHYSICAL EDUCATION	SUB-STRAND	CONTENT	FOCUS AREA
	Making healthy and safe choices	Recognise situations and opportunities to promote health, safety and wellbeing (ACPPS018)	Food groups and recommendations for healthy eating
RESOURCES/EQUIPMENT:	<ul style="list-style-type: none"> Aboriginal and Torres Strait Islander Guide to Healthy Eating Food Pictures 		
OUTLINE:	<ol style="list-style-type: none"> Place five hula hoops or draw five big circles in the sand allowing sufficient space between them. Assign a food group to each hoop or circle. Split students into five groups. Assign them to a hoop or circle and tell them which one of the five food groups it represents. Spread all the food pictures around a specific area. Ask students to find all the foods belonging to their food group and put them into their home circle. Rules: <ul style="list-style-type: none"> Only one student from each team runs to find a food picture at a time. That student can only collect one food picture at a time to put in their home circle. When one student completes their turn, they tag another student in the group who will then find one more food picture for their home circle. Make sure there is an even number of food items for each group and tell students how many they need to find. The first group to collect all the food pictures for their food group wins! Once each group has finished, check that everyone has the right foods in their food group and discuss what foods each group has. 		
APPROPRIATENESS:	<input type="checkbox"/> KK-Year 2 <input checked="" type="checkbox"/> Years 3-6 <input checked="" type="checkbox"/> Year 7 +		



LESSON GUIDE

Healthy Meats

EON HEALTHY EATING



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AUSTRALIAN CURRICULUM: HEALTH & PHYSICAL EDUCATION	SUB-STRAND	CONTENT	FOCUS AREA
	Making healthy and safe choices	Plan and practice strategies to promote health, safety and well-being (ACPPS054)	Food groups and recommendations for healthy eating
RESOURCES/EQUIPMENT:	<ul style="list-style-type: none"> Aboriginal and Torres Strait Islander Guide to Healthy Eating Protein Information Sheet Meat pictures from the Food Pictures Folder 		
OUTLINE:	<ol style="list-style-type: none"> 1. Introduce/review the Aboriginal and Torres Strait Islander Guide to Healthy Eating focusing on the meat group. Also refer to the Protein Information Sheet. 2. Ask the class to sort the pictures of meat into lean and processed meat piles. 3. Ask the class what they think is the difference between lean meat and processed meat. <ul style="list-style-type: none"> • LESS FAT • LESS SALT 4. Promote eating a variety of protein sources not just red meat e.g. fish, eggs, chicken <ul style="list-style-type: none"> • Only have red meat twice per week 6. Tell class a meat portion in a meal shouldn't be bigger than palm size. 		
REFLECTION ACTIVITY:	Ask students to pair up and share with their partner what their favourite meat type is. Ask students to share their partner's answer.		
COOK / RECIPE:	Recipe with lean meat e.g. beef or kangaroo meat		
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 come up with ideas for a week's protein plan, spreading out protein intake with different types of protein sources.		



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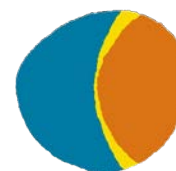
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LESSON GUIDE

Healthy Plate

EON HEALTHY EATING



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EON KEY MESSAGE:	Eat a wide variety of food from the five food groups		
AUSTRALIAN CURRICULUM: HEALTH & PHYSICAL EDUCATION	SUB-STRAND	CONTENT	FOCUS AREA
	Making healthy and safe choices	Plan and practice strategies to promote health, safety and well-being (ACPPS054)	Food groups and recommendations for healthy eating
RESOURCES/EQUIPMENT:	<ul style="list-style-type: none"> Aboriginal and Torres Strait Islander Guide to Healthy Eating MyPlate worksheets for each student Food pictures 		
OUTLINE:	<ol style="list-style-type: none"> Introduce/revise the following MyPlate portion guidelines: ½ plate vegetables, ¼ plate meats/protein, ¼ plate grain/legumes. Provide examples of healthy dinner meals: Scrambled eggs, chicken and vegetable pasta, couscous, tuna and vegetable patties. Ask students to create a simple and quick dinner meal on their worksheets- use food cards to help students come up with ideas. Ask for volunteers to share their meal idea with the class. Ask the class to identify the food groups in the meal. Ask the class where they might get the ingredients for their dinner from. 		
REFLECTION ACTIVITY:	Ask students to write down a dinner meal recipe 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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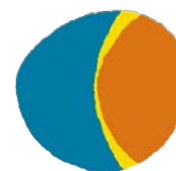
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LESSON GUIDE

Packing Lunch

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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 well-being (ACPPS036)	Food groups and recommendations for healthy eating
RESOURCES/EQUIPMENT:	<ul style="list-style-type: none"> • GO, GROW and GLOW posters • Aboriginal and Torres Strait Islander Guide to Healthy Eating • My Healthy Lunchbox Sheet • Pack a Healthy Lunch Box Worksheet • Food pictures /cards 		
OUTLINE:	<ol style="list-style-type: none"> 1. Introduce/review GO, GROW and GLOW concept Give students My Healthy Lunchbox Sheet and ask them to draw what they think they should eat to GO, GROW and GLOW. 2. Ask students to share their ideas with the class. 3. Discuss which types of food they might need to pack more of, or less of, in their lunch box. 4. Ask students to complete the Pack a Healthy Lunch Box Worksheet and suggest they take it home and show their parents. 		
REFLECTION ACTIVITY:	Ask students to show the healthy lunch box ideas to their parents and try to come into school with a lunch box that looks like the pictures.		
APPROPRIATENESS:	<input checked="" type="checkbox"/> KK-Year 2	<input checked="" type="checkbox"/> Years 3-6	<input type="checkbox"/> Year 7 +
EXTENSION IDEAS:	Discuss some unhealthy lunchbox foods and why these are only 'sometimes' foods.		



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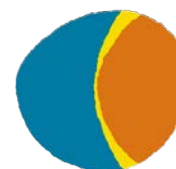
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EON HEALTHY EATING 

LESSON GUIDE

Planning Healthy Tuckers

EON Healthy Eating



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EON KEY MESSAGE:	Eat a wide variety of food from the five food groups		
AUSTRALIAN CURRICULUM: HEALTH & PHYSICAL EDUCATION	SUB-STRAND	CONTENT	FOCUS AREA
	Making healthy and safe choices	Plan and practice strategies to promote health, safety and well-being (ACPPSOfive4)	Food groups and recommendations for healthy eating
RESOURCES/EQUIPMENT:	<ul style="list-style-type: none"> • Aboriginal and Torres Strait Islander Guide to Healthy Eating • Food pictures /cards • MyPlate Worksheet 		
OUTLINE:	<ol style="list-style-type: none"> 1. Introduce/review the Aboriginal and Torres Strait Islander Guide to Healthy Eating. 2. Go through the proportion of each food group that should be eaten: ½ plate of vegetable or fruit; ¼ plate of protein; ¼ plate of grain/legumes. 3. Using the MyPlate Worksheet, ask students to plan out their own plate for breakfast, lunch and dinner with foods they have at home. 		
REFLECTION ACTIVITY:	Ask students to pair up and share their ideas with each other.		
APPROPRIATENESS:	<input type="checkbox"/> KK-Year 2 <input checked="" type="checkbox"/> Years 3-6 <input checked="" type="checkbox"/> Year 7 +		
EXTENSION IDEAS:	Ask the class what is important about each food group i.e. the health benefits/nutrients of each food group.		



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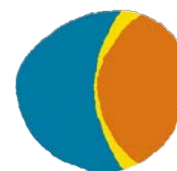
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EON HEALTHY EATING 

LESSON GUIDE

The Nutrients We Need!

EON HEALTHY EATING



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EON KEY MESSAGE:	Eat a wide variety of food from the five food groups		
AUSTRALIAN CURRICULUM: HEALTH & PHYSICAL EDUCATION	SUB-STRAND	CONTENT	FOCUS AREA
	Making healthy and safe choices	Plan and practice strategies to promote health, safety and well-being (ACPPS0five4)	Food groups and recommendations for healthy eating
RESOURCES/EQUIPMENT:	<ul style="list-style-type: none"> • Food Circles worksheet • Aboriginal and Torres Strait Islander Guide to Healthy Eating 		
OUTLINE:	<ol style="list-style-type: none"> 1. Talk to students about why we eat food. 2. Discuss the Aboriginal and Torres Strait Islander Guide to Healthy Eating and the different food groups and why they are important. <ul style="list-style-type: none"> • Grains and legumes: provide energy and fibre • Meats, chicken, eggs, legumes: protein to help you grow and stop you from getting sick • Dairy: calcium- important for strong bones and teeth • Vegetables and fruit: vitamins, minerals, fibre – helps you feel good, stay active and protects you from sickness. 		
REFLECTION ACTIVITY:	Ask students to fill in the main benefits of each food group on the Food Circles worksheet.		
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 write down their favourite food from each food group and then share this with the class.		



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