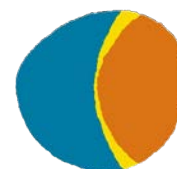


EON HEALTHY EATING KEY MESSAGE 1 RESOURCES REFERED TO IN LESSON PLANS

EON HEALTHY EATING



EON Foundation

EON KEY MESSAGE:	Eat a wide variety of food from the five food groups
<p>This PDF contains the resources referred to in the lesson plans for the EON key message: “Eat a wide variety of food from the five food groups”.</p> <p>(Click on the bookmark icon on the upper left of this PDF to navigate between the resources)</p>	
RESOURCES:	<ul style="list-style-type: none">• Aboriginal and Torres Strait Islander Guide to Healthy Eating• Carbohydrate Information Sheet• Fats Information• Food Circles Worksheet• Food Group Bingo• Food Pictures• Go Grow and Glow Poster• Meal Plan• Minerals Information Sheet• My Healthy Lunchbox Sheet• My Plate Worksheet• Pack a Healthy Lunchbox Worksheet• Proteins Information Sheet• Vitamins Information Sheet• Worm Colouring-In Sheet



EON Foundation is the registered business name of EON Benevolent Fund Inc.

ABN 30 018 685 040 | ARBN 618 377 209. PO Box 677 SUBIACO WA 6904 | Telephone (08) 9381 5403 |

www.eon.org.au

EON HEALTHY EATING 



Aboriginal and Torres Strait Islander Guide to **Healthy** Eating

Eat different types of foods from the five food groups every day.



Drink plenty of water.



Use small amounts



Milk, yoghurt, cheese and/or alternatives, mostly reduced fat



Only sometimes and in small amounts

Eat healthy, stay strong and live long

Drink Water
Got thirst...
water first!

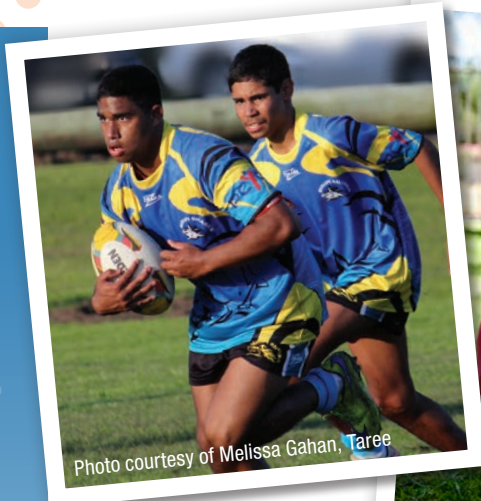


Photo courtesy of Melissa Gahan, Taree



Be active every day

Eat Less Sugar

- Limit foods and drinks with added sugar
- Add less sugar to your tea or coffee



Eat Less Saturated Fat

- Limit fried foods
- Trim fat off meat
- Take skin off chicken
- Choose reduced fat milk



Eat Less Salt

- Don't add salt as you cook or at the table
- Choose low salt foods



Healthy Snack Ideas





CARBOHYDRATES

Carbohydrates are one of four main nutrients found in food.

They are the main source of energy for our body with 1 gram of carbohydrates supplying 16.7 kJ of energy.

Carbohydrates are important as they are the only source of energy for your RED BLOOD CELLS and extremely important fuel for your BRAIN CELLS.

All carbohydrate sources break down into sugar in your blood. It is important to eat the right quality and quantity of carbohydrates so that blood sugars do not become too high.

Sources of carbohydrates:

- Starch: simple and complex
- Fruits
- Dairy
- Processed food/ added sugars



VS



Starch: Good source of healthy carbohydrates as long as wholegrain, complex sources are chosen

- Simple: white, processed sources such as white bread and pastries
- Complex: wholegrain, minimally processed sources like multigrain bread, bran cereals, potato.

Fruits: There are natural sugars found in fruits called FRUCTOSE. It is important to have fruits in your diet because they have important vitamins and minerals for good health. It is important also not to have too many fruits in one day. Aim for 2 types of fruits per day!

Dairy: There are natural sugars found in dairy called LACTOSE. This can be found in milk, cheese and yoghurt.

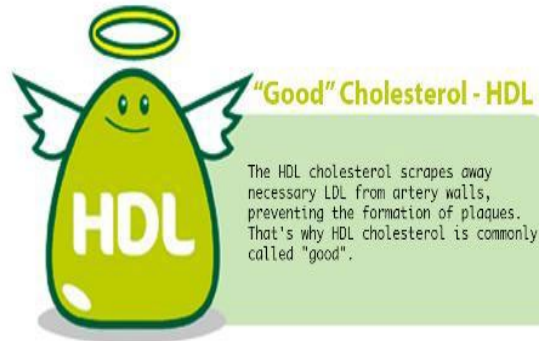
Processed Foods/ Added Sugars: These sources of carbohydrates should not be consumed regularly. They do not add any nutritional benefits unlike the other sources of carbohydrates. Examples: soft drinks, chocolates and lollies.

FATS

Healthy 'unsaturated' fats should be included in your diet every day. This may help improve your overall heart health. Unhealthy 'saturated and trans' fats should be limited.

Fats contribute to blood cholesterol: HDL and LDL.

Unsaturated fats increase good cholesterol while saturated and trans fats increase bad cholesterol



Poly-unsaturated fats (PUFA)



Choose healthier fats, oils and protein sources



Olive, canola, corn, soybean, safflower, sunflower oils



Avocado



Lean meat



Fish



Chicken



Nuts and seeds



Legumes

Mono-unsaturated fats (MUFA)

Saturated fats and trans fats

X

Limit unhealthy fats, oils and protein sources



Butter



Coconut and palm oil



Meat with fat still attached



Battered fish



Crumbed chicken



"Bad" Cholesterol - LDL

LDL, on the contrary, deposits excess cholesterol on the artery walls, thus promoting plaque formation. For this reason, the LDL cholesterol is defined as "bad".

X

Limit takeaway foods



VEGETABLES

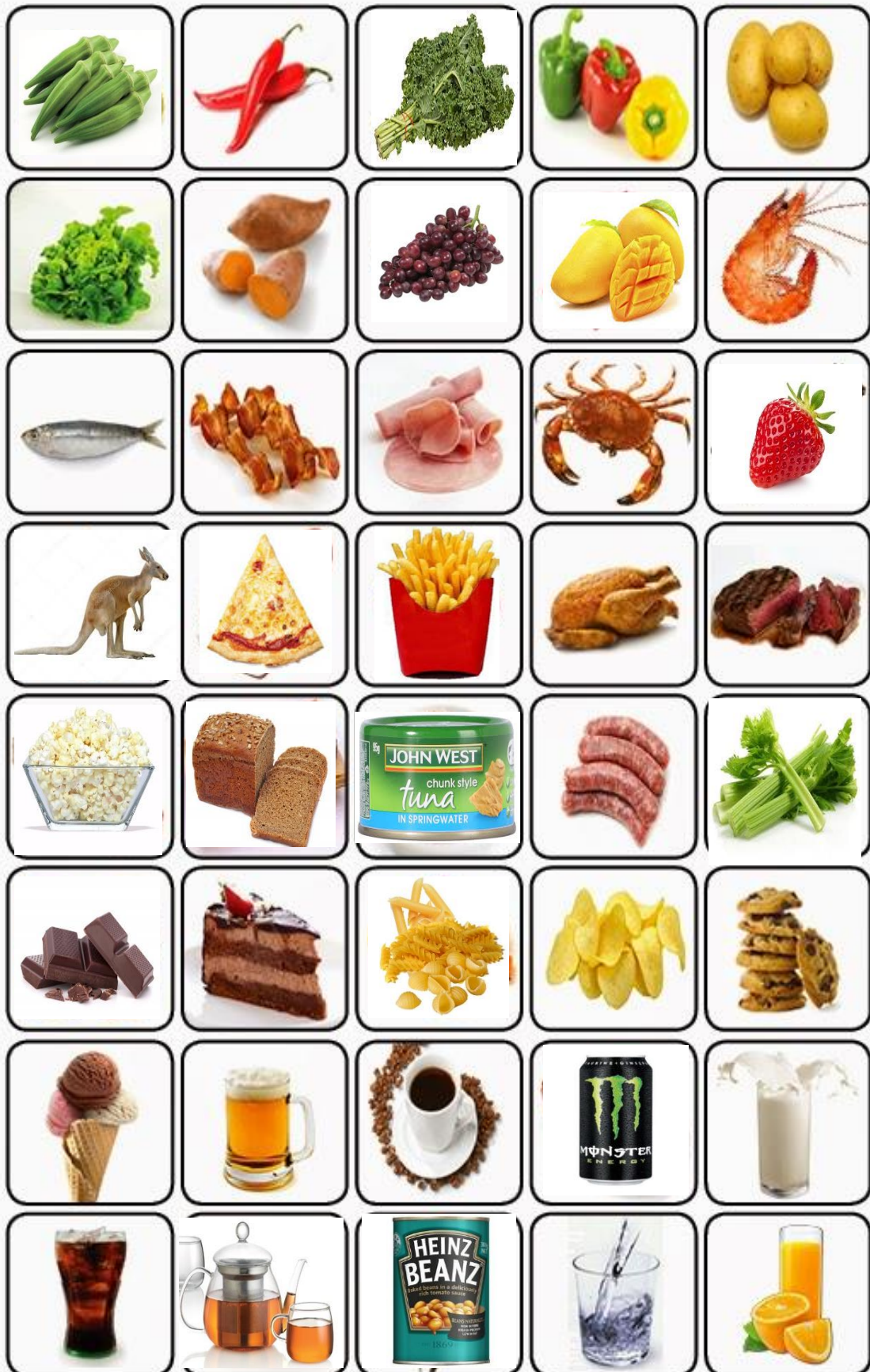
FRUITS

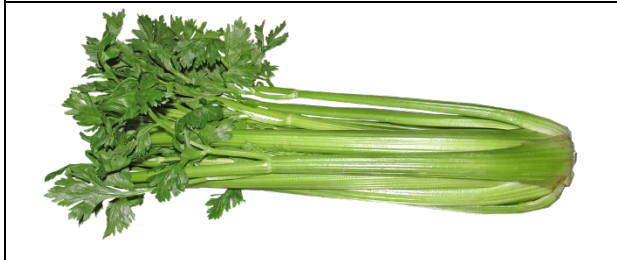
GRAINS

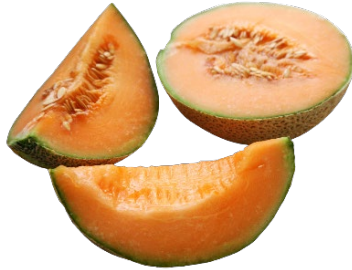
MEATS + ALTERNATIVES

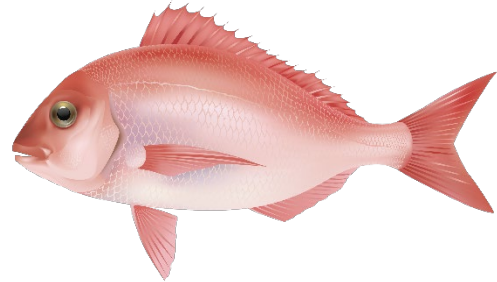
DAIRY

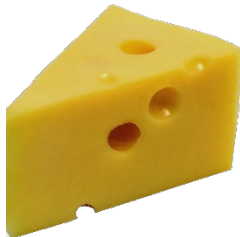
FOOD GROUP BINGO

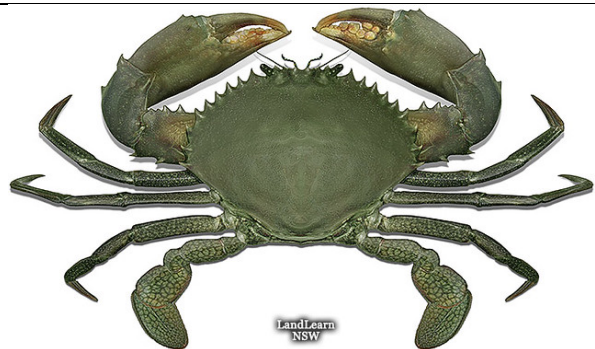
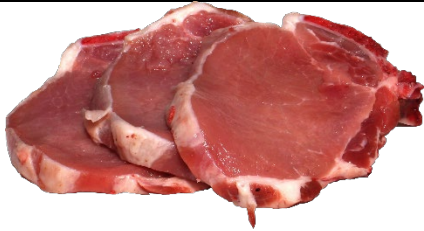


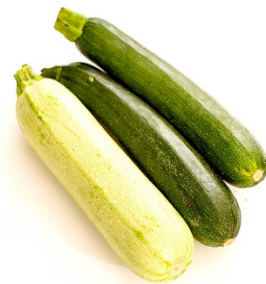
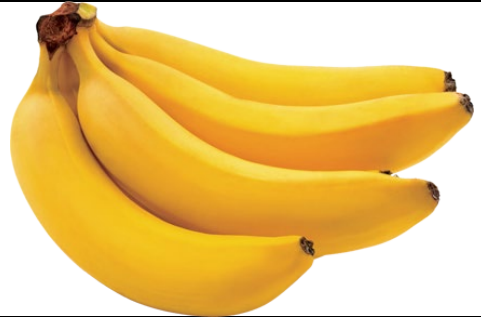


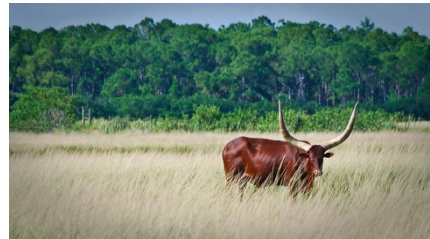


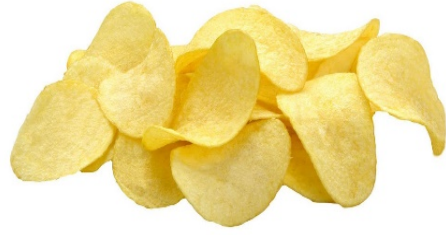














GO

Foods that give you ENERGY. They are CARBOHYDRATES such as rice, oats, wholegrain bread, pasta and breakfast cereals.



GROW

Foods that give you PROTEIN to build your bones and muscles. These are foods like meat, chicken, fish, legumes, beans, eggs and milk.



GLOW

Foods that are packed with VITAMINS + MINERALS. These come from fruits and vegetables of all shapes, colours and sizes! They give you shiny hair, strong nails and stop you from getting sick!

MEAL PLAN

BREAKFAST

Wheat biscuit with milk and yoghurt

(1 wheat biscuit, ½ cup reduced fat milk, 100g yoghurt)



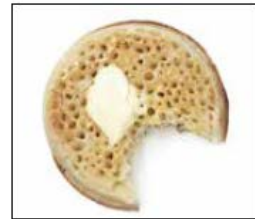
AFTERNOON BREAK

Crumpet

(1 crumpet with a light spread of margarine)

Glass of milk

(1 cup/250ml reduced fat milk)



MORNING BREAK

Banana

(1 medium banana)

Crispbreads with peanut butter spread

(3 crispbreads, 1T of peanut butter spread)



EVENING MEAL

Lamb kebab with vegetables

(65g cooked lamb kebab, 1 small boiled potato, ½ cup cooked carrot, ½ cup cooked beans)



EVENING SNACK

Fruit salad (tinned or fresh) and reduced fat yoghurt

(1 cup mixed fruit plus small tub/100g yoghurt)



LUNCH

Egg, cheese and salad sandwich

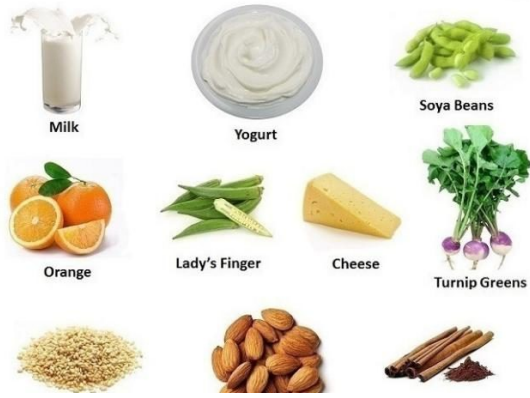
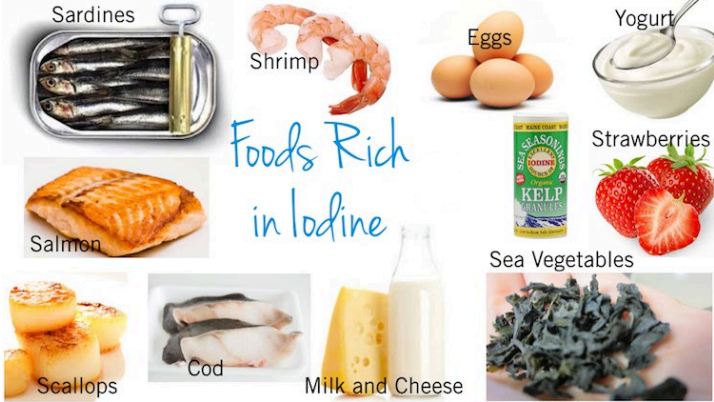
(2 x slices of wholemeal bread, 1 boiled egg, 20g/1 slice reduced fat cheese, 1 cup mixed salad)

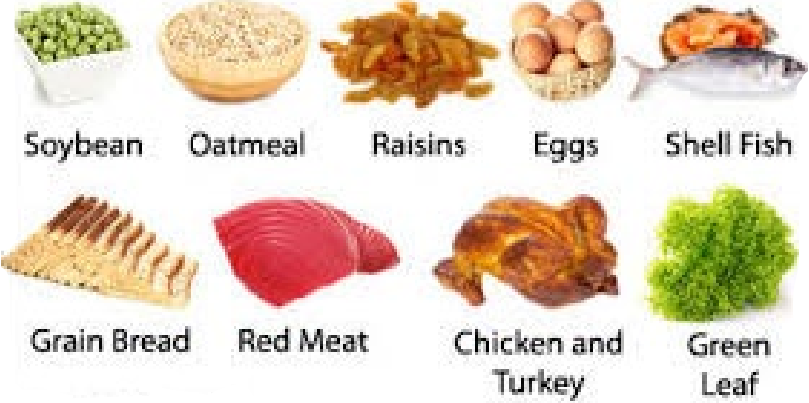
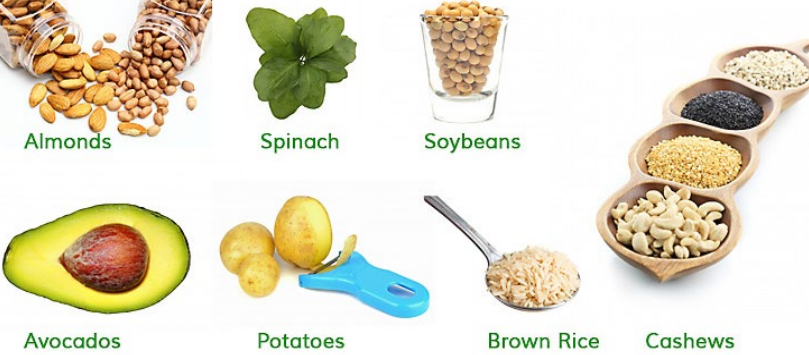


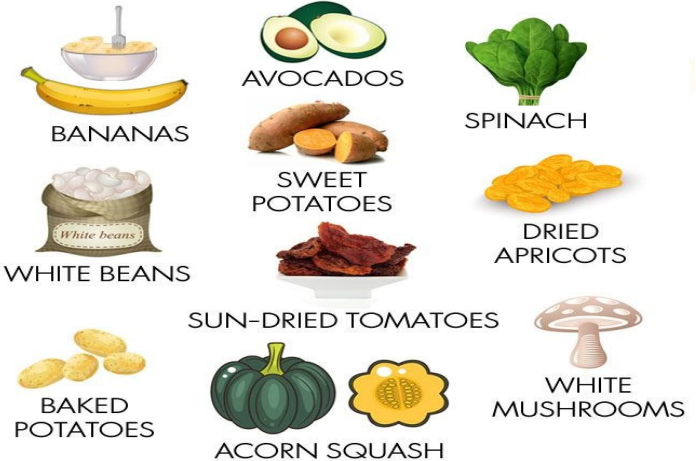

Drink plenty of water throughout the day




MINERALS

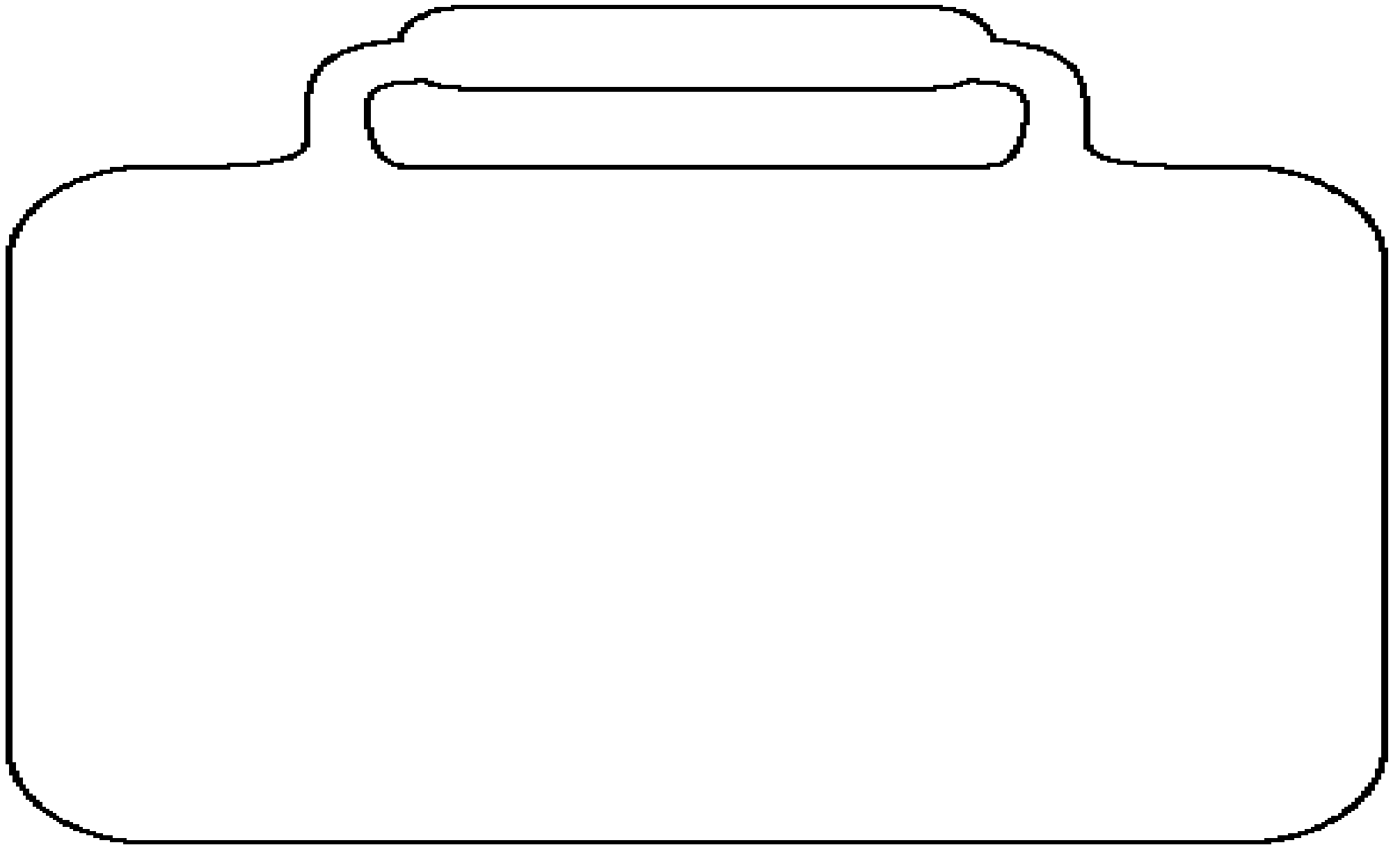
VITAMIN	WHAT IT DOES	DEFICIENCY	SOURCE
Calcium	<ul style="list-style-type: none"> • Bone and teeth formation • Muscle function • Blood clotting 	<ul style="list-style-type: none"> • Weak bones • Weak teeth • Poor growth 	 <p>Milk, Yogurt, Soya Beans, Orange, Lady's Finger, Cheese, Turnip Greens, Sesame seeds, Almonds, Cinnamon</p>
Iodine	<ul style="list-style-type: none"> • Growth and development 	<ul style="list-style-type: none"> • Fatigue • Malnutrition 	 <p>Sardines, Shrimp, Eggs, Yogurt, Salmon, Strawberries, Sea Vegetables, Scallops, Cod, Milk and Cheese</p> <p style="text-align: center;"><i>Foods Rich in Iodine</i></p>

<p>Iron</p>	<ul style="list-style-type: none"> • Red blood cell formation • Energy production • Growth and development • Immune function • Wound healing 	<ul style="list-style-type: none"> • Fatigue • Poor growth • Weakness (Anaemia) • Malnutrition 	 <p>Soybean Oatmeal Raisins Eggs Shell Fish</p> <p>Grain Bread Red Meat Chicken and Turkey Green Leaf</p>
<p>Magnesium</p>	<ul style="list-style-type: none"> • Muscle function • Normal heart beats • Immune function • Energy production 	<ul style="list-style-type: none"> • Muscle spasms • Loss of appetite • Personality changes • Nausea and vomiting 	 <p>Almonds Spinach Soybeans</p> <p>Avocados Potatoes Brown Rice Cashews</p>

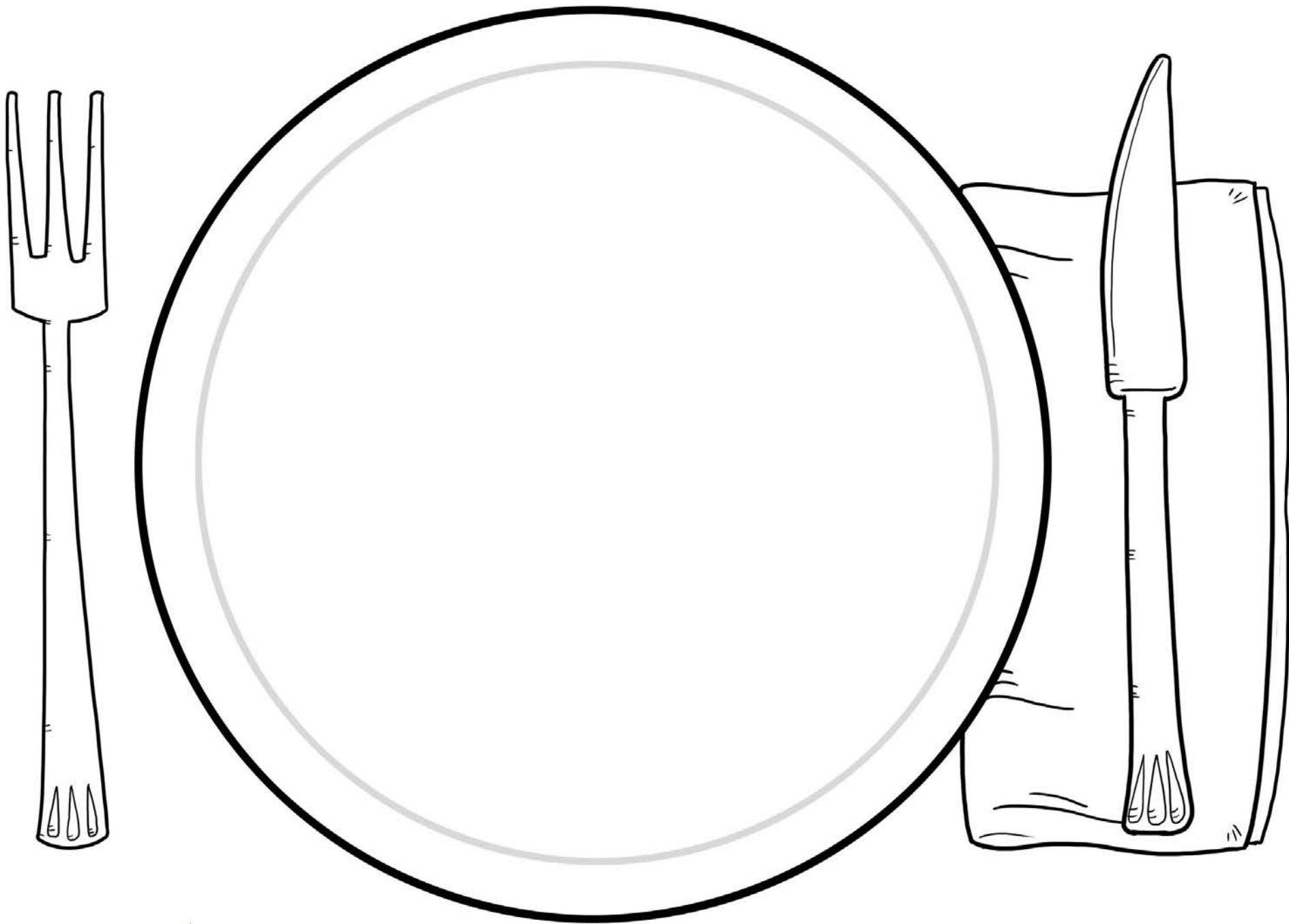
<p>Potassium</p>	<ul style="list-style-type: none"> • Heart function • Muscle function 	<ul style="list-style-type: none"> • Fatigue • Muscle weakness • Cramps 	 <p>BANANAS</p> <p>AVOCADOS</p> <p>SPINACH</p> <p>WHITE BEANS</p> <p>SWEET POTATOES</p> <p>DRIED APRICOTS</p> <p>SUN-DRIED TOMATOES</p> <p>BAKED POTATOES</p> <p>ACORN SQUASH</p> <p>WHITE MUSHROOMS</p>
<p>Sodium</p>	<ul style="list-style-type: none"> • Blood pressure control • Muscle function 	<ul style="list-style-type: none"> • Fatigue • Muscle weakness • Cramps 	<p>Sodium-Rich Vegetables</p>  <p>Carrot</p> <p>Radish</p> <p>Bell Pepper</p> <p>Tomato</p> <p>Broccoli & Cabbage</p> <p>Cucumber</p>

<p>Zinc</p>	<ul style="list-style-type: none">• Growth and development• Immune function• Wound healing	<ul style="list-style-type: none">• Poor wound healing• Malnutrition• Poor growth and development• Skin rashes• Low appetite	
-------------	--	--	---

MY HEALTHY LUNCHBOX



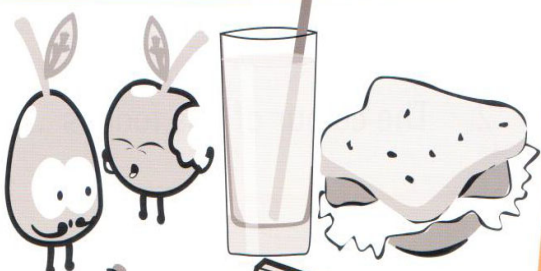
Dinner time! Draw your favorite foods on the plate. Make sure to use all the food groups!



Pack a Healthy Lunchbox

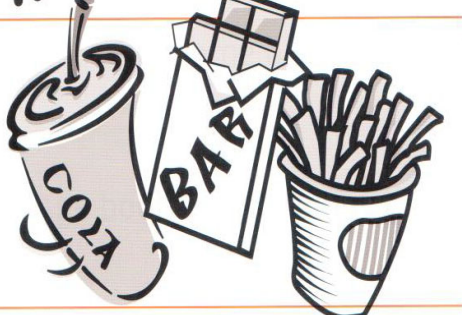
1

Example one: Salad sandwich, fruit and water.



2

Example two: Bag of chips, chocolate bar and soft drink.



1. Tick the lunchbox that is the healthy option

2. How will you feel if you eat lunchbox 1?

😊 or ☹️

3. How will you feel if you eat lunchbox 2?

😊 or ☹️

4. Draw or write another healthy food or drink you could add to your lunchbox.

Protein Information Sheet

Protein is a key nutrient important for good health and growth, especially in children.

We need protein to make and repair body tissues. This is important for healing wounds and fighting off infections

Proteins also help keep our immune system strong to be able to fight off illnesses.

Protein comes from a range of food sources. Key sources of protein include:

- Animal meat: chicken, lamb, beef, fish,
- Animal products: eggs, milk, cheese, yoghurt,
- Plant sources: wholegrains, nuts, seeds, beans, legumes, lentils

The meat and meat alternatives group on the Aboriginal and Torres Strait Islander Guide to Healthy Eating are the best sources of protein for our bodies

Lean meat vs other meat cuts:

- Lean meats are low in animal fat and do not have added salt or preservatives.



Red meat should only be eaten twice a week. A variety of protein sources should be included such as eggs, fish and non-meat sources (beans, legumes) should be eaten.
























When having meat sticking to the right amount is important!

PROTEIN: 2-3 serves a day. Each of these is one serve ...



VITAMINS

VITAMIN	WHAT IT DOES	DEFICIENCY	SOURCE
Vitamin A	<ul style="list-style-type: none"> • Good vision • Immune function • Red blood cell production 	<ul style="list-style-type: none"> • Disease of the eye and blindness • Increased susceptibility to infectious disease 	
Vitamin B6	<ul style="list-style-type: none"> • Nervous system function • Red blood cell production • Immune function • Energy production from carbohydrates, protein and fats 	<ul style="list-style-type: none"> • Depression/Moodiness • Fatigue 	

<p>Vitamin D</p>	<ul style="list-style-type: none"> • Bone growth • Immune function 	<ul style="list-style-type: none"> • Osteoporosis- weak bones 	<h3 style="text-align: center;">Foods High in Vitamin D</h3> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  <p>Fish</p> </div> <div style="text-align: center;">  <p>Egg yolk</p> </div> <div style="text-align: center;">  <p>Meat</p> </div> </div> <div style="display: flex; justify-content: space-around; align-items: center; margin-top: 10px;"> <div style="text-align: center;">  </div> <div style="text-align: center;">  </div> <div style="text-align: center;">  </div> </div> <p style="text-align: center; margin-top: 5px;">Fortified beverages, cereals and milk</p> <p style="text-align: center; font-size: small;">©Nutrientsreview.com</p>
<p>Vitamin E</p>	<ul style="list-style-type: none"> • Forms blood vessels • Immune function • Antioxidant 	<ul style="list-style-type: none"> • Muscle weakness • Eye damage 	<div style="display: grid; grid-template-columns: repeat(3, 1fr); gap: 10px;"> <div style="text-align: center;"></div> <div style="text-align: center;"></div> <div style="text-align: center;"></div> <div style="text-align: center;"></div> <div style="text-align: center;"></div> <div style="text-align: center;"></div> <div style="text-align: center;"></div> <div style="text-align: center;"></div> <div style="text-align: center;"></div> </div>
<p>Vitamin K</p>	<ul style="list-style-type: none"> • Blood clotting • Strong bones 	<ul style="list-style-type: none"> • Poor wound healing and bleeding 	<div style="display: flex; flex-wrap: wrap; justify-content: space-around; align-items: center;"> <div style="text-align: center; margin: 5px;"><p>Broccoli</p></div> <div style="text-align: center; margin: 5px;"><p>Squash</p></div> <div style="text-align: center; margin: 5px;"><p>Swiss Chard</p></div> <div style="text-align: center; margin: 5px;"><p>Peppers</p></div> <div style="text-align: center; margin: 5px;"><p>Parsley</p></div> <div style="text-align: center; margin: 5px;"><p>Tomatoes</p></div> <div style="text-align: center; margin: 5px;"><p>Kale</p></div> <div style="text-align: center; margin: 5px;"><p>Olive oil</p></div> </div>

