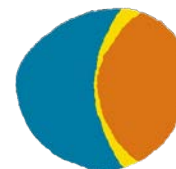


# EON HEALTHY EATING KEY MESSAGE 2

## RESOURCES REFERED TO IN LESSON PLANS

EON HEALTHY EATING



**EON** Foundation

EON KEY MESSAGE:	Eating lots of fruit and veg keeps your body strong.
<p>This PDF contains the resources referred to in the lesson plans for the EON key message: “Eating lots of fruit and veg keeps your body strong”.</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"><li>• Aboriginal and Torres Strait Islander Guide to Healthy Eating</li><li>• Calories Information Sheet</li><li>• Eat a Rainbow Fact Sheet</li><li>• Fruit and Vegetable Bingo Worksheet</li><li>• Fruit and Vegetable Information Sheet</li><li>• Fruit and Vegetable Labels</li><li>• Fruit and Vegetable Pictures</li><li>• Fruit and Vegetable True or False</li><li>• Plant Parts We Eat Colouring-in Sheet</li><li>• Plant Parts We Eat Worksheet</li><li>• Plant Parts We Eat Information</li><li>• Rainbow Colouring Sheet</li><li>• Rainbow Poster</li><li>• Vitamins and Minerals Information Sheet</li></ul>



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](http://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



# WHAT IS A CALORIE

**Calories = Energy**

**Food is Fuel**




- Calories, also known as kilojoules, are found in the food we eat.
- They measure the amount of energy the food/drink provides our body.
- We should aim to have foods which are high in nutrients.
- We should have less energy dense, nutrient poor foods like chocolates, sugary drinks and cakes.



- Eating too many of the foods above that are energy dense but nutrient poor can lead to diseases such as obesity, diabetes and heart disease.

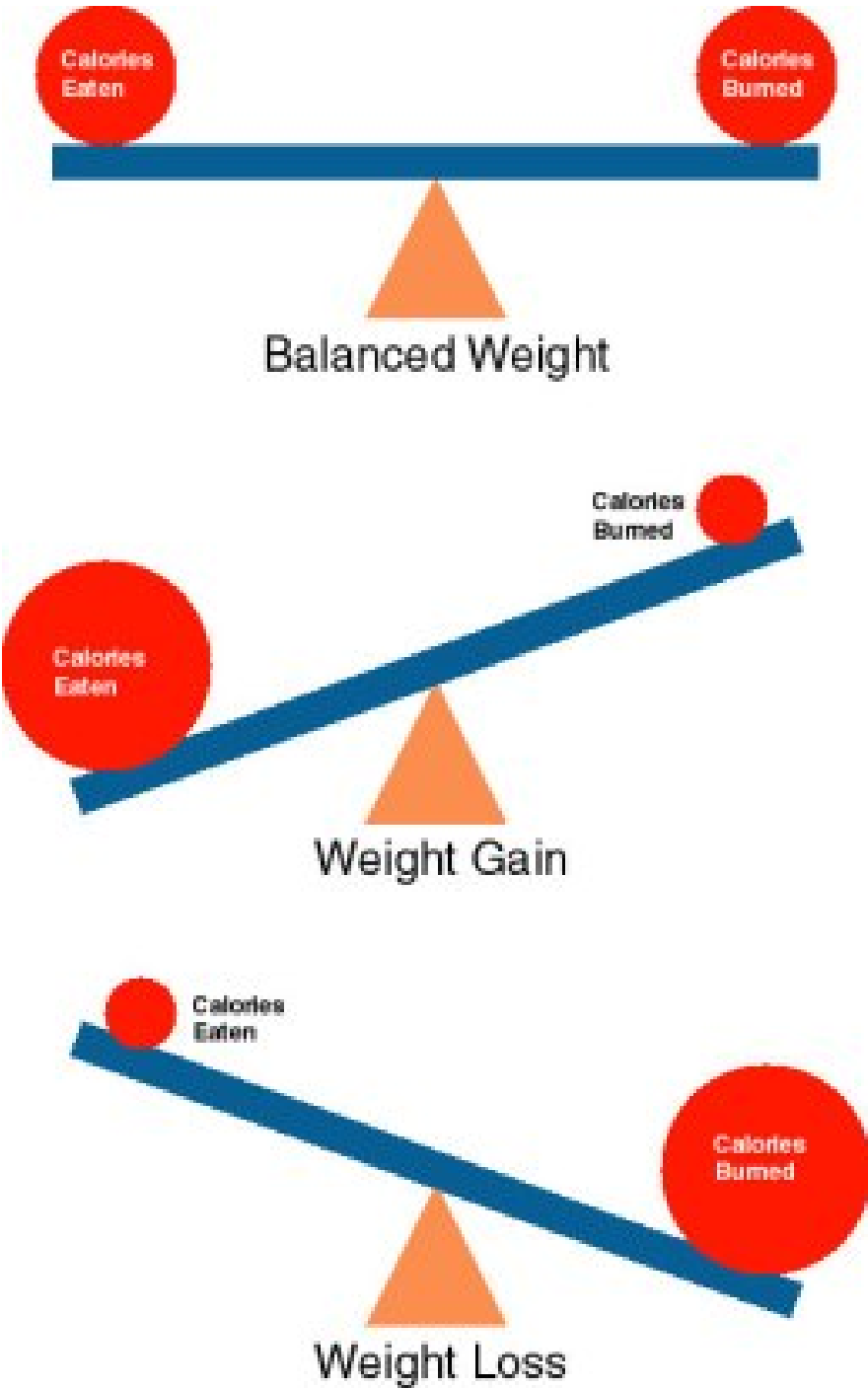
 PROTEIN - 4 CALORIES PER GRAM  
 FAT - 9 CALORIES PER GRAM  
 CARBS - 4 CALORIES PER GRAM

OR

 PROTEIN - 17 KILOJOULE PER GRAM  
 FAT - 37 KILOJOULE PER GRAM  
 CARBS - 16 KILOJOULE PER GRAM

You can burn calories or energy by exercising  
and being active!

# WEIGHT GAIN/LOSS BALANCE





### EAT A RAINBOW!

Fruit and vegetables fall into five different colour categories: red, purple/blue, orange, green and white/brown. Each colour carries its own set of unique disease fighting chemicals called phytochemicals. It is these phytochemicals that give fruits and vegetables their vibrant colour and of course some of their healthy properties.

#### *What's in a colour?*

#### **RED**

Red fruits and vegetables are coloured by a natural plant pigment called lycopene. Lycopene is a powerful antioxidant that can help reduce the risk of cancer and keep our heart healthy.

#### **PURPLE /BLUE**

The plant pigment anthocyanin is what gives blue/purple fruits and vegetables their distinctive colour. Anthocyanin also has antioxidant properties that protect cells from damage and can help reduce the risk of cancer, stroke and heart disease.

#### **ORANGE/YELLOW**

Carotenoids give this group their vibrant colour. A well-known carotenoid called Beta-carotene is found in sweet potatoes, pumpkins and carrots. It is converted to vitamin A, which helps maintain healthy mucous membranes and healthy eyes. Another carotenoid called lutein is stored in the eye and has been found to prevent cataracts and age-related macular degeneration, which can lead to blindness.

#### **GREEN**

Green vegetables contain a range of phytochemicals including carotenoids, indoles and saponins, all of which have anti-cancer properties. Leafy greens such as spinach and broccoli are also excellent sources of folate.

#### **BROWN/WHITE**

White fruits and vegetables contain a range of health-promoting phytochemicals such as allicin (found in garlic) which is known for its antiviral and antibacterial properties. Some members of the white group, such as bananas and potatoes, are also a good source of potassium.

## Fruit and vegetable colour chart

Red	Purple/Blue	Orange/Yellow	Green	Brown/White
Tomato	Beetroot	Carrots	Spinach	Cauliflower
Red capsicum	Red cabbage	Rockmelon	Asparagus	Brown pears
Radishes	Eggplant	Lemons	Avocados	Mushrooms
Strawberries	Purple	Sweet potato	Broccoli	White peaches
Rhubarb	asparagus	Pumpkin	Peas	Garlic
Cherries	Blackberries	Pineapples	Green apples	Bananas
Red grapes	Blueberries	Mangoes	Green grapes	Potatoes
Raspberries	Purple grapes	Corn	Limes	Dates
Watermelon	Plums	Oranges	Kiwifruit	Onions
Red apples		Squash	Green beans	Ginger
		Peaches	Lettuce	Parsnips
		Nectarines	Cabbage	Turnip
		Apricots	Celery	
		Grapefruit	Cucumber	
			Green capsicum	

Offering a wide range of colours in children's food not only looks great but also ensures that children are receiving a great variety of nutrients.

Here are some healthy ways you can interest children into the marvellous, colourful world of fruit and vegetables:

### Create your own Fruit and Veg Rainbow

A great way to keep track of the colours children eat each day is to create a fruit and veg rainbow poster. Every time the children eat a colourful fruit and vegetable they can place a corresponding coloured sticker on the rainbow or get them to colour in a small section on the rainbow. This is also a great activity that parents can do with their children at home.

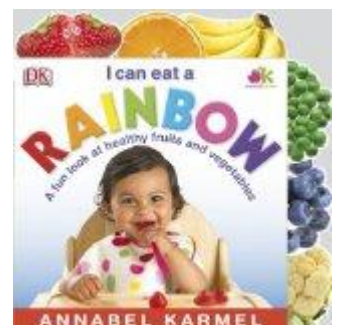
### Create a Rainbow on Your Plate

Make a tropical rainbow fruit salad with fruits of each colour: oranges, strawberries, mango, rockmelon, kiwifruit, bananas, and blueberries.

Stir fry your own mix of vegetables using each colour: red onions, carrots, baby corn, broccoli and mushrooms.

### Read a book – I can eat a rainbow by Annabel Karmel

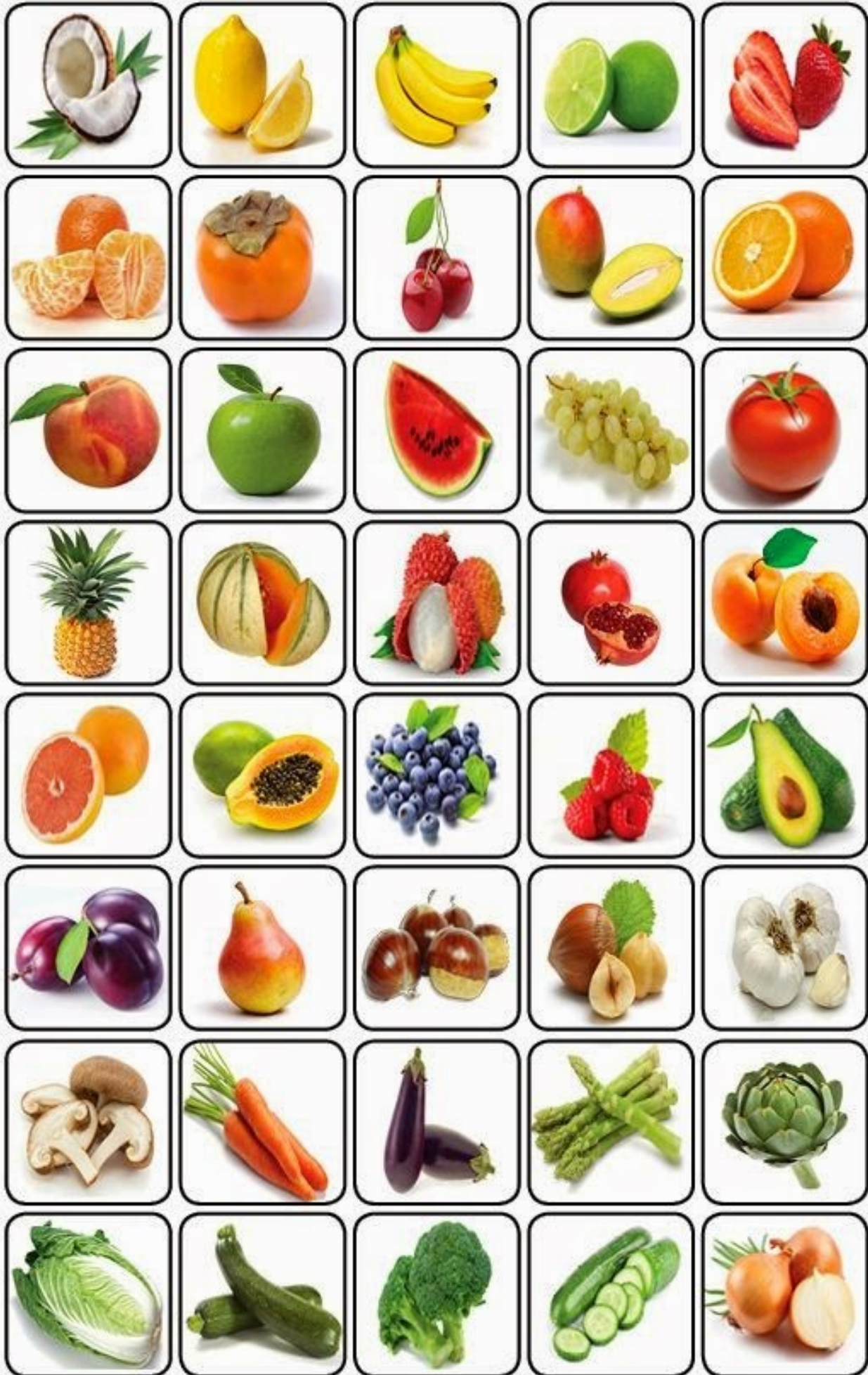
*I can eat a rainbow* teaches kids how to eat healthily by enjoying a 'rainbow' of food, from purple plums to red apples to greens like spinach and celery. Each two-page spread focuses on food of a different colour.



Author: Nutrition Australia ACT Division, 2013



Fruit and Veg Bingo



# FRUITS and VEGETABLES

Fruits and vegetables are full of important nutrients that are important for healthy bodies and minds!

## Benefits of Fruits and Vegetables:

- Fibre- helps keeps you full
- Vitamin and minerals- important for good hair, skin, keeps your bones strong and giving you energy
- Phytochemicals- helps produce important vitamins and minerals
- Antioxidants – anticancer substances
- Low calories – helps keep your weight stable
- Help stop diseases like diabetes, heart disease, ear, eye, skin and tooth diseases
- Build your immune system so you can fight infections, like colds
- Helps you stay active

## Serves of Vegetables:

**VEGETABLES: 5+ serves a day. Each of these is one serve...**



1 large carrot



1 cup broccoli



1 small potato



1 small tomato



½ corn cob



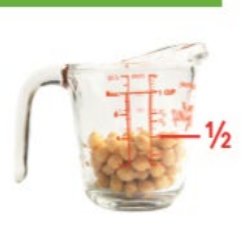
1 cup leafy greens



½ cup cooked vegetables



½ cup baked beans



½ cup cooked or canned legumes

## Serves of Fruit:

**FRUIT: 2 serves a day. Each of these is one serve...**



1 apple



1 banana



2 kiwi fruit



4 dried apricots



1 cup berries



1 cup canned fruit

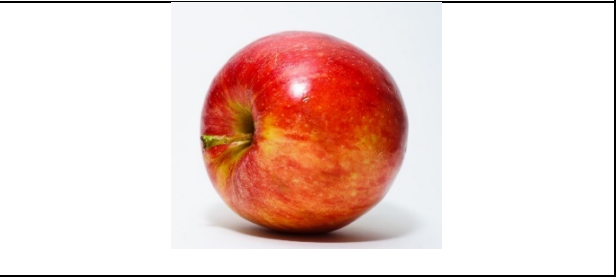
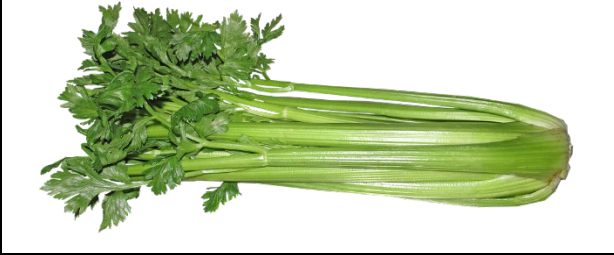


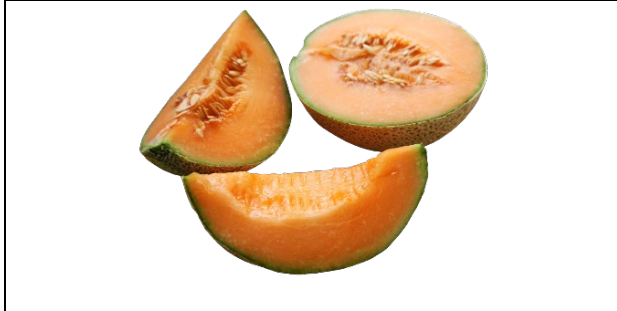
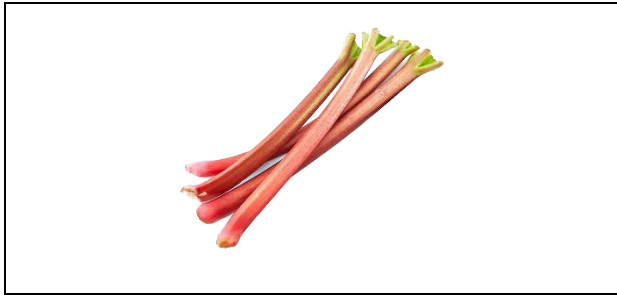
2 tablespoons sultanas

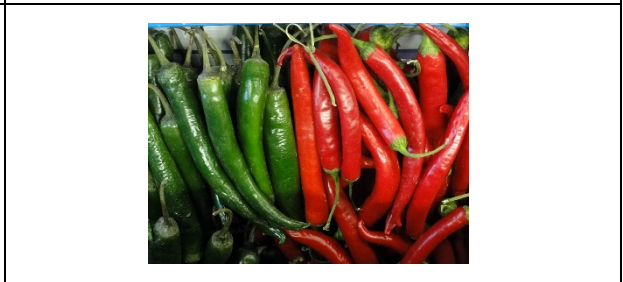
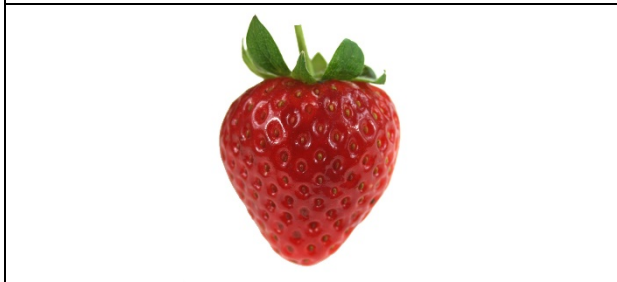
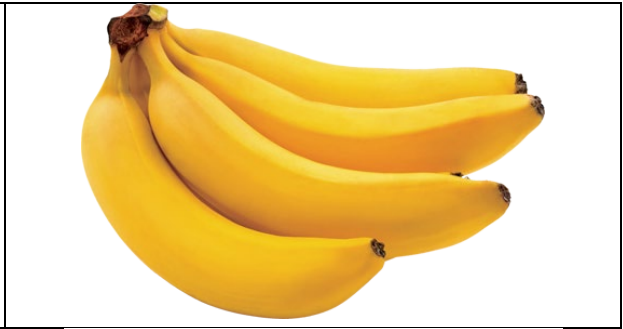
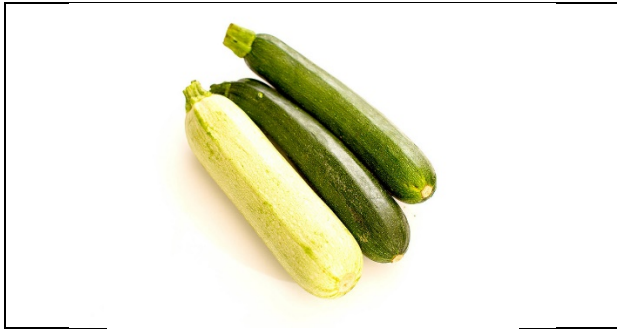


Half a small glass of no-added-sugar fruit juice

Pumpkin	Corn
Celery	Orange
Potato	Tomato
Lettuce	Capsicum
Peas	Sweet Potato
Broccoli	Apple
Rhubarb	Silver Beet
Rock Melon	Beans
Lemons & Limes	Carrots
Asparagus	Watermelon
Raspberries	Blue Berries
Onion	Frozen Veggies
Zucchini	Banana
Kiwi Fruit	Passionfruit
Tinned Pineapple	Tinned Beans
Mixed Greens	Mushrooms
Eggplant	Leek
Strawberry	Chillies







# FRUIT AND VEGETABLE TRUE OR FALSE

## KK-YEAR2

1. Vegetables give you good eye sight – TRUE
2. Vegetables are high in salt – FALSE
3. Vegetables come in all shapes, sizes and colours – TRUE
4. You can't eat vegetables raw – FALSE
5. When you don't eat enough vegetables, you can get sick quickly- TRUE
6. Eating too many carrots will make you orange – FALSE
7. Fruits are bad for your body – FALSE
8. Bananas are blue- TRUE
9. Apples can be red or green – TRUE
10. Fruits and vegetables are GLOW foods - TRUE

## YEAR 3-6

1. Cooking vegetables gets rid of a lot of the good nutrients – TRUE
2. Vegetables help you go to the toilet regularly- TRUE
3. You can't eat vegetables raw – FALSE
4. Tomato is a vegetable – TRUE
5. It is best to deep fry vegetables – FALSE
6. Red and orange foods are good for eye health – TRUE
7. Vitamins and minerals are found in fruits and vegetables – TRUE
8. Vitamin C is found in fruits like oranges and kiwi fruit – TRUE
9. We should not snack on vegetables and fruit – FALSE
10. Tinned fruit and vegetables are bad for our health – FALSE

## YEAR 7+

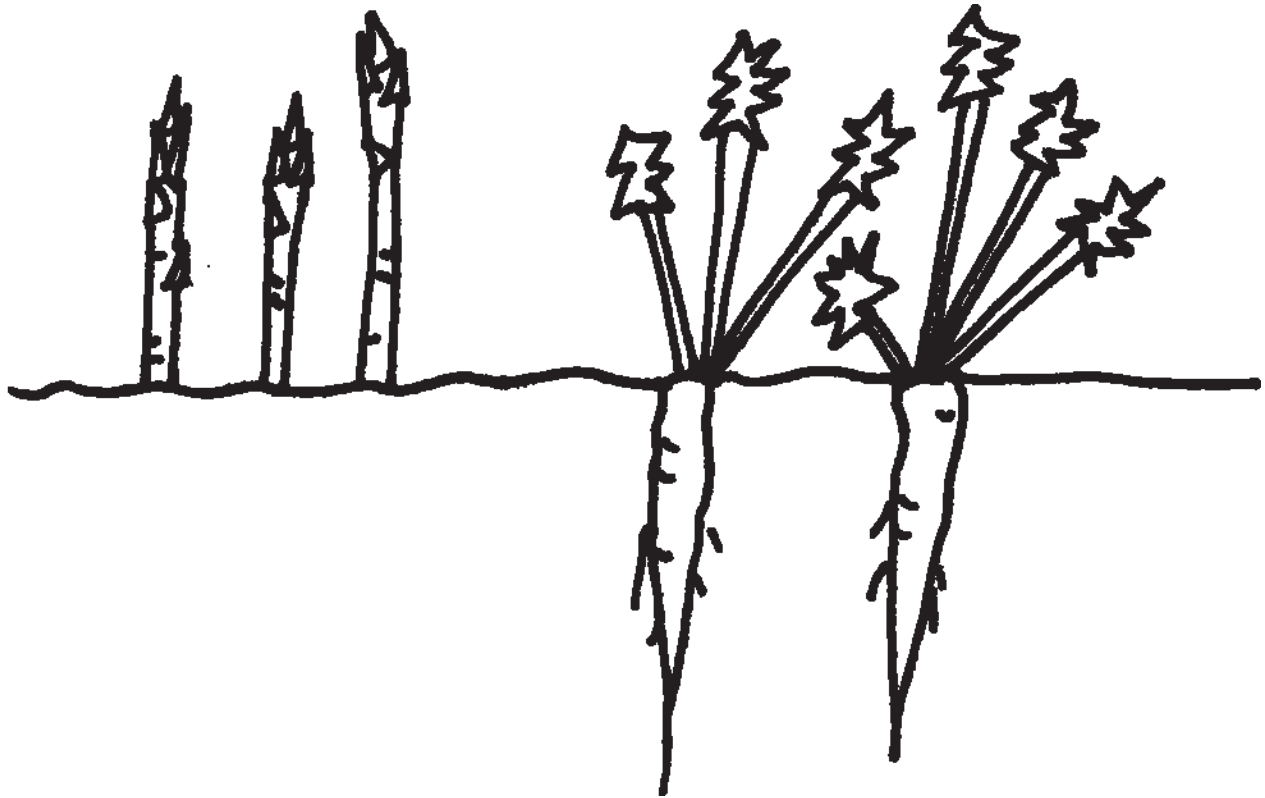
1. Dried fruits aren't as healthy a choice as fresh fruit – TRUE
2. Fruit and vegetables are low in fibre – FALSE
3. You need to eat 2 vegetables and 5 fruits everyday – FALSE
4. 1 cup of fresh vegetables is one serve –TRUE
5. Green leafy vegetables are a good source of iron important for healthy blood – TRUE
6. Potatoes are bad for our body – FALSE
7. Frozen vegetables are not good to eat – FALSE
8. We should drink the syrup from tinned fruits -FALSE
9. Vitamins and minerals are important for good skin, hair and a strong immune system- TRUE
10. You feel tired and low energy when you do not eat enough fruits and vegetables- TRUE



**TRUE**

**FALSE**

# What Part Of A Plant Do We Eat?



**A Fun Coloring Book About  
The Different Parts Of Plants  
That We Eat**

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**University of California**

Agriculture and Natural Resources

■ UCCE Master Gardener Program

# What Part Of A Plant Do We Eat?

We eat many different parts of plants

The different parts of plants are the Roots, Seeds, Fruits, Flowers, Leaves and Stems

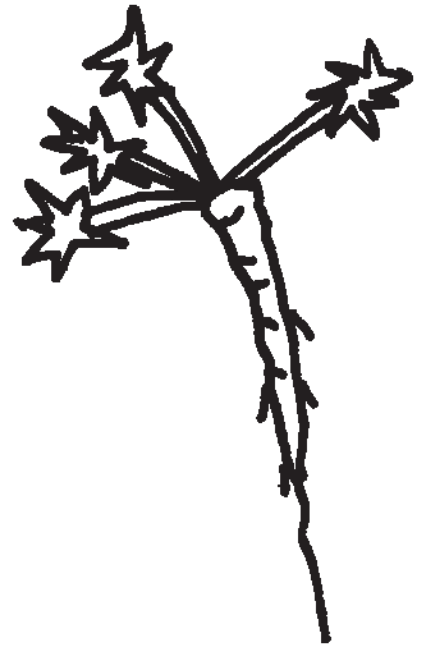
Sometimes we eat one part of a plant.  
Examples of this are:

<u>Plant Part</u>	<u>Examples of These Plants</u>
Roots	Carrots, Radishes
Seeds	Corn, Peas, Sunflower Seeds
Fruits	Apples, Blueberries, Grapes
Flowers	Cauliflower, Nasturtiums, Squash Blossoms
Leaves	Lettuce, Spinach, Cabbage
Stems	Rhubarb, Asparagus

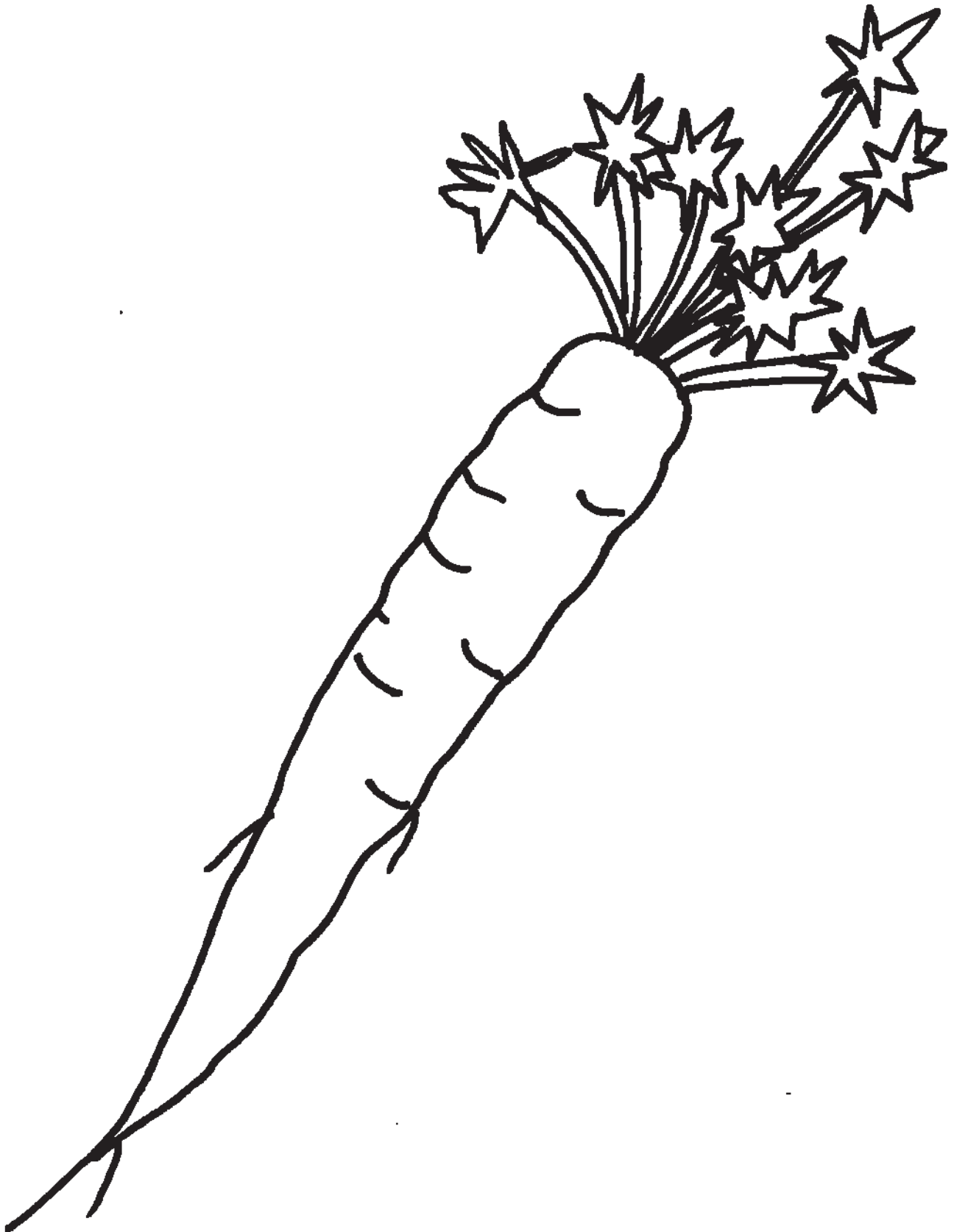
We are able to eat many parts of some plants.  
Examples of this are:

<u>Plant Part</u>	<u>Plant Parts We Eat</u>
Beets	Root, Stem and Leaves
Broccoli	Flower and Stem
Celery	Stems and Leaves
Onion	Root and Stems
Pumpkin	Fruit, Flower and Seeds

Some parts of plants are healthy to eat and good for our bodies and some parts are not. An example of this is a tomato. The fruit of the tomato is healthy to eat. All of the other parts are not. Please be sure to check with an adult before you eat any part of a plant that you haven't eaten before.

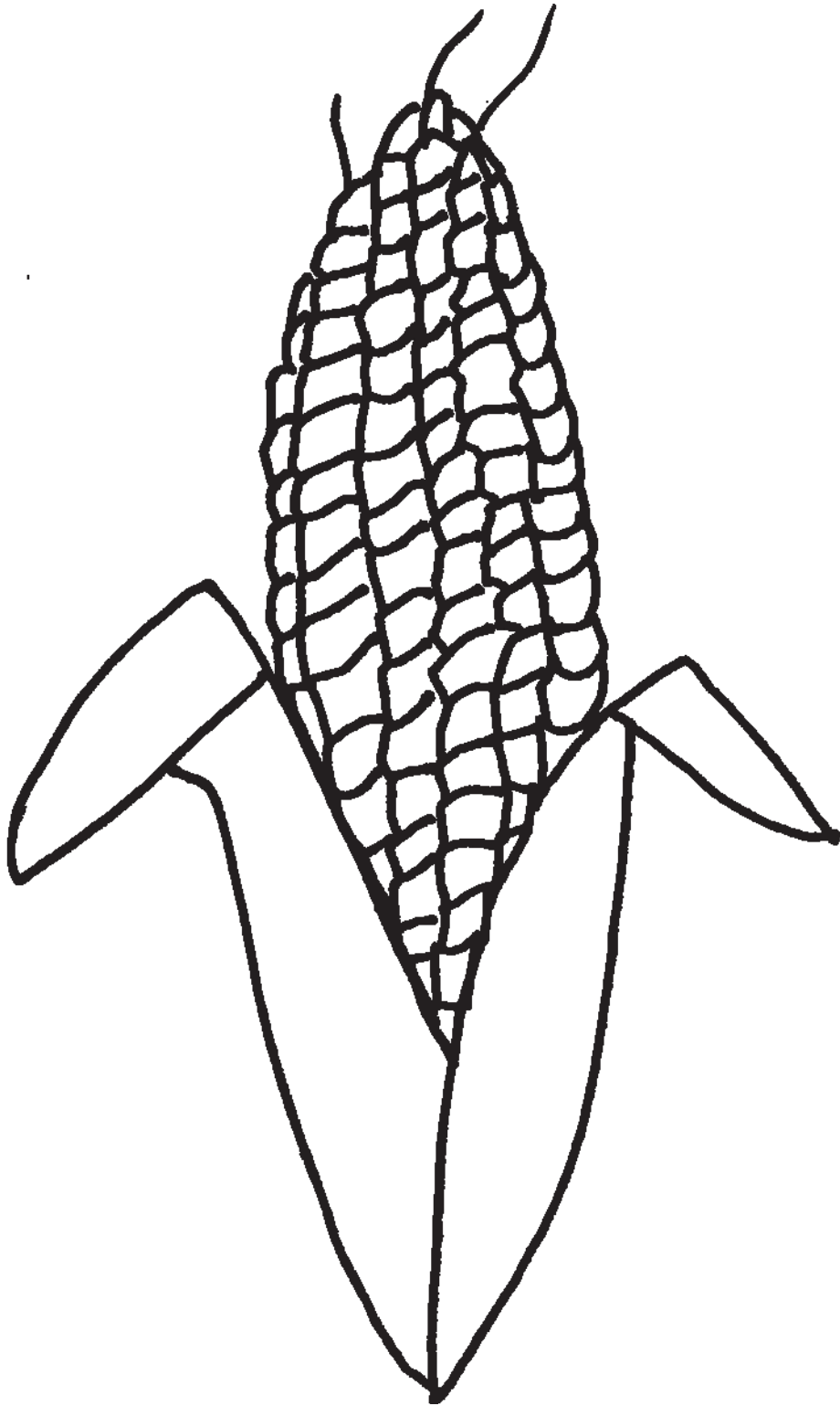


We eat the **root** of this plant



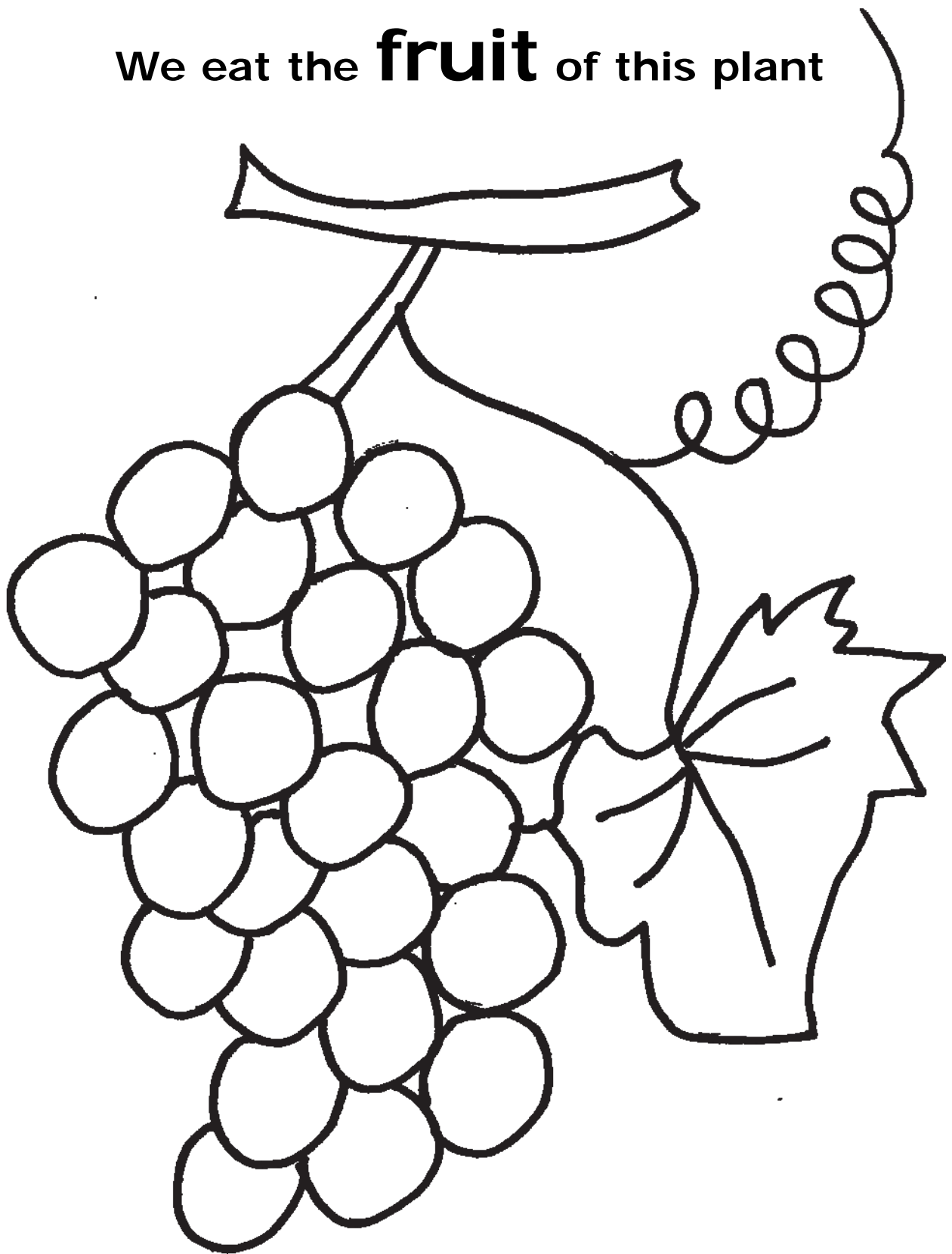
I'm a Carrot

We eat the **seeds** of this plant



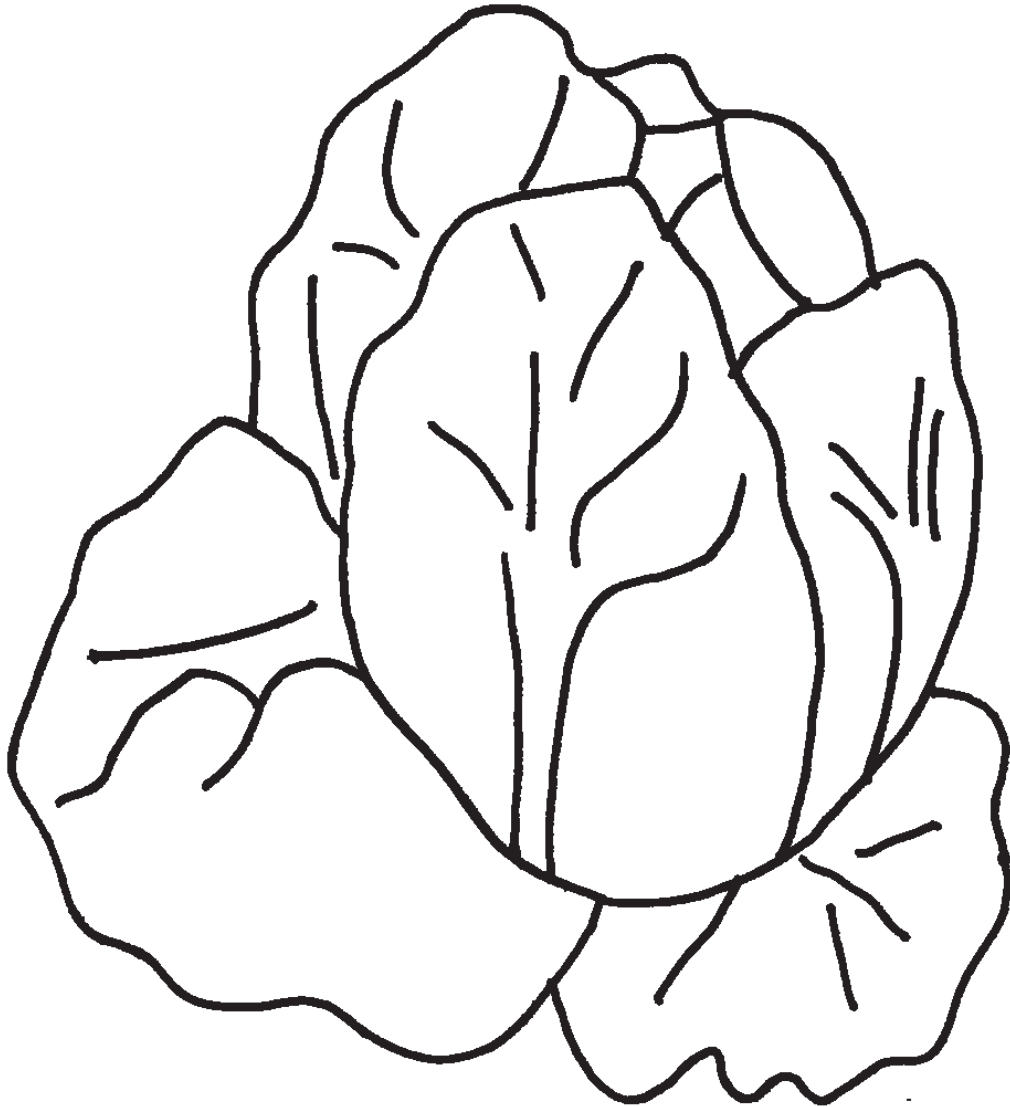
I'm an ear of corn

We eat the **fruit** of this plant



I'm a bunch of grapes

We eat the **leaves** of this plant



I'm a head of lettuce

UCCE Orange County Master Gardeners

<http://mgorange.ucanr.edu>

[http://mgorange.ucanr.edu/Gardening\\_Hotline/](http://mgorange.ucanr.edu/Gardening_Hotline/)

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## PLANT PARTS THAT WE EAT

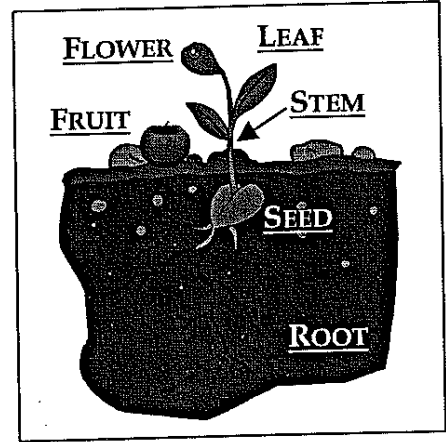
List and draw as many edible roots, stems, leaves, flowers, fruit, and seeds that you can. You might like to include some bush foods that you can eat.

Plant Parts We Eat		
Roots	Stems	Leaves
Flowers	Fruit	Seeds



# The Plants We Eat Reference List

When you eat fruit or vegetables, think about which part of the plant it comes from. For example: a potato is a ROOT. We eat the STEMS and FLOWERS of broccoli. Berries, tomatoes, and bananas are FRUITS of the plant. Lettuce and spinach are the LEAVES of the plant.



Using the following list or actual vegetables and fruits as models, have students identify which plant parts they represent.

## ROOTS

beet  
onion  
carrot  
parsnip  
potato  
radish  
rutabaga  
sweet potato  
turnip

## STEMS

broccoli  
celery  
rhubarb  
Asparagus  
**SEEDS**  
lima beans  
peas  
corn  
pumpkin seeds

## FRUIT

banana  
berries  
pear  
plum  
pineapple  
eggplant  
cucumber  
grapes  
pumpkin

## LEAVES

lettuce  
parsley  
cabbage  
spinach  
collards

## FLOWERS

cauliflower  
broccoli

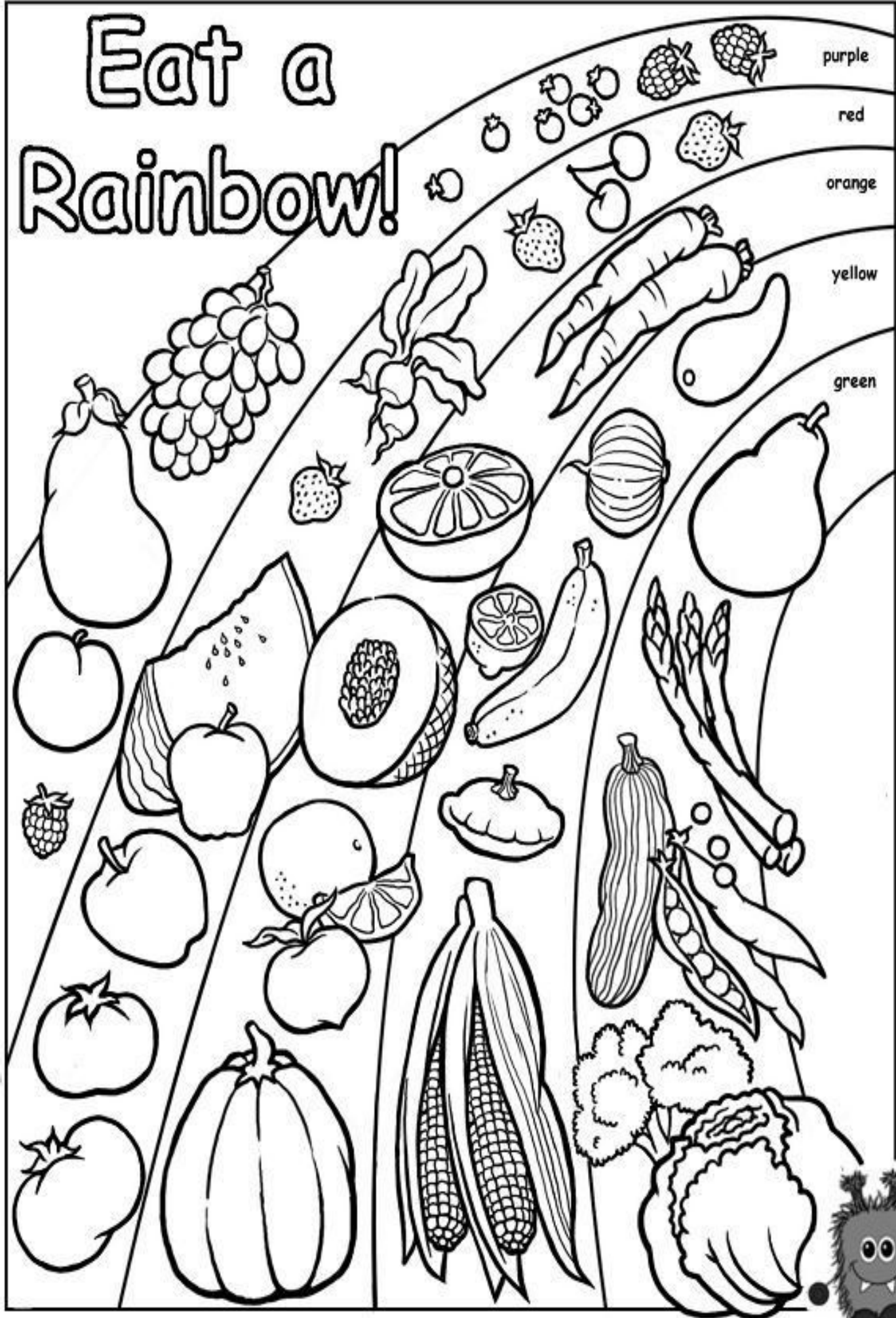
## What is the difference between a fruit and a vegetable?

The answer depends on your relationship with the two items. If you're stocking the produce department at a grocery store, a tomato is a vegetable. If you're a plant scientist—a botanist—a tomato is a fruit. Cucumbers, pumpkins, avocados, and peppers are all fruits. Culturally, however, the grocer is going to call them vegetables.

A fruit is the ripe ovary or ovaries of a flower—the mature ovary of a seed-bearing plant. Let's say you've got a tomato plant with those little yellow flowers all ready. A bee comes along and fertilizes the flower. The flower starts developing into a fruit with the seed inside.

Vegetables, however, are the roots (carrots), tubers (potato), leaves (spinach), stems (celery), and other bits of plants that you might eat. For a botanist, a vegetable is sort of like the umbrella word for all the edible parts of a plant. Just to keep life interesting, mushrooms aren't plants at all, they are a kind of fungus.

# Eat a Rainbow!



purple

red

orange

yellow

green



# TASTE THE RAINBOW!

Challenge yourself to eat a rainbow of colourful vegetables every day. Your body will thank you!

## PURPLE

The plant pigment anthocyanin is what gives purple/blue vegetables their distinctive colour. Its potent health benefits include protection against ageing, heart disease, cancer and dementia.

### Foods to choose

Beetroot, eggplant, red cabbage, red onion, radicchio, purple sweet potato

## RED

Red vegetables get their vibrant red colour from a natural plant pigment, lycopene. Lycopene is a powerful antioxidant that keeps your heart healthy and also helps reduce the risk of certain cancers.

**Foods to choose** Tomatoes (and other tomato products), red capsicum, chilli, radishes, red kidney beans

## ORANGE

Antioxidants are in abundance in orange vegies, specifically a well known carotenoid, beta-carotene, which the body converts to vitamin A for healthy eyes. Orange vegetables are also rich in vitamin C to help boost immunity.

### Foods to choose

Carrots, sweet potato, pumpkin, red lentils

## GREEN

Green vegetables are a powerhouse of nutrition, bursting with antioxidants, vitamins and minerals. Dark leafy greens are rich in potassium, folate and calcium for good health.

### Foods to choose

Broccoli, peas, zucchini, Brussels sprouts, beans, bok choy, cucumber, green capsicum, spinach, silverbeet, lettuce, avocado, asparagus, kale, celery, artichoke

## YELLOW

Bright yellow vegies are rich in cancer-fighting carotenoids, vitamin A and lutein for healthy eyes, and vitamin C for supple skin.

### Foods to choose

Corn, baby corn, yellow squash, yellow capsicum, chickpeas, golden beetroot

# 5 ways TO GET YOUR FIVE A DAY!

1

## Get more veg at breakfast

What better way to start your day than with a colourful plate of veg. From omelettes to fritters, the options are endless!



avocado toast



vegie omelette



wilted spinach



sautéed mushrooms

2

## Vegetable snack ideas

For a satisfying snack, vegies are the perfect choice for dunking, spreading, munching and crunching.



celery + peanut butter



crudités + hoummos



cherry tomatoes + cheese



guacamole

3

## Sneak in extra vegies

Feeding a vegie-dodger? Try grating or puréeing extra veg into pasta sauces, smoothies and fritters.



green smoothie



corn fritters



pasta sauce



savoury muffins

4

## Try something new!

Do you go for the same trio of peas, corn and carrots every night? Add a new veg to your trolley each month.



eggplant



parsnip



fennel



artichoke

5

## Perfect flavour pairings

The right flavours can take any vegetable from bland to glam! Experiment with herbs, spices, lemon and chilli.



pea + mint



tomato + basil



avocado + lime



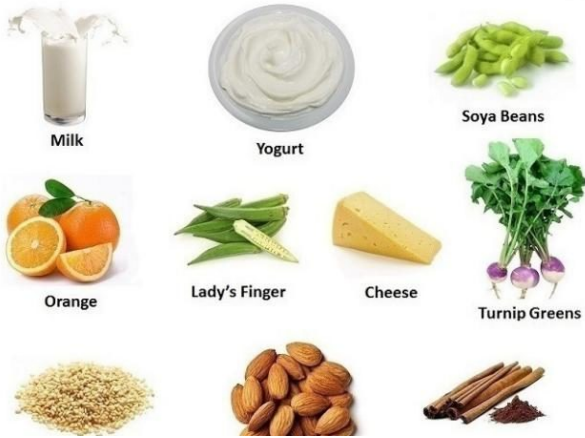

pumpkin + sage

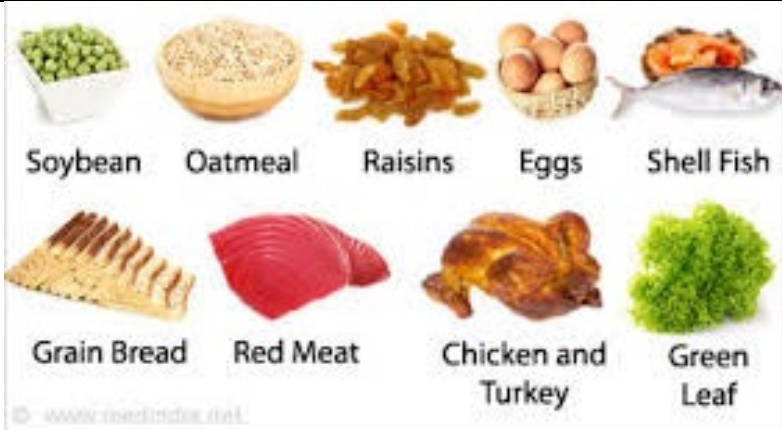
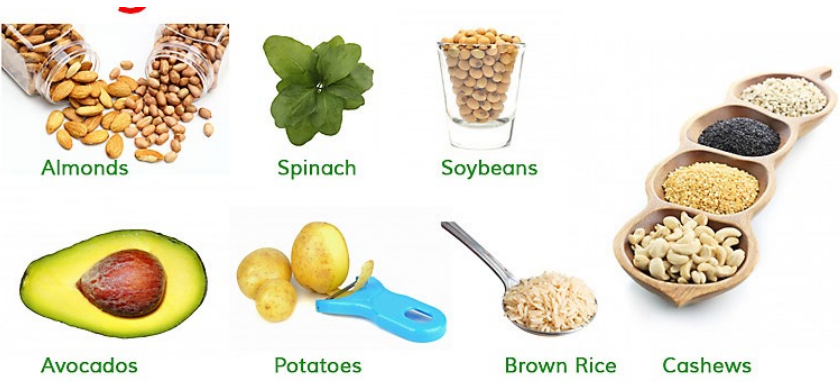
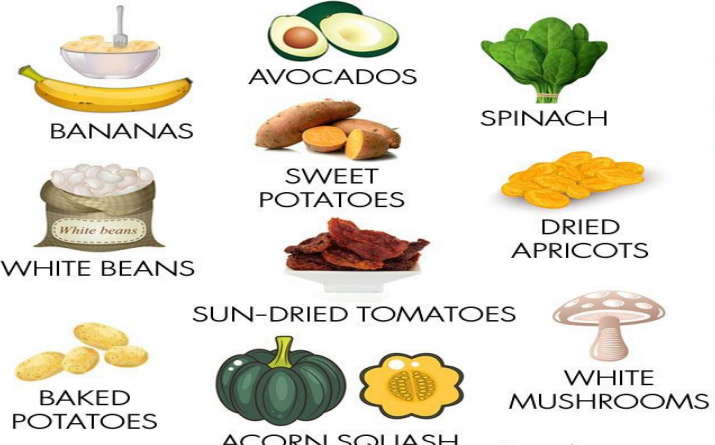
Choose the right portion


For more portion ideas, visit  
[nestlechoosewellness.com.au](http://nestlechoosewellness.com.au)



# VITAMINS and MINERALS

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

<p>Iron</p>	<ul style="list-style-type: none"> <li>• Red blood cell formation</li> <li>• Energy production</li> <li>• Growth and development</li> <li>• Immune function</li> <li>• Wound healing</li> </ul>	<ul style="list-style-type: none"> <li>• Fatigue</li> <li>• Poor growth</li> <li>• Weakness (Anaemia)</li> <li>• Malnutrition</li> </ul>	 <p>Soybean Oatmeal Raisins Eggs Shell Fish</p> <p>Grain Bread Red Meat Chicken and Turkey Green Leaf</p> <p>© www.meritindia.in</p>
<p>Magnesium</p>	<ul style="list-style-type: none"> <li>• Muscle function</li> <li>• Normal heart beats</li> <li>• Immune function</li> <li>• Energy production</li> </ul>	<ul style="list-style-type: none"> <li>• Muscle spasms</li> <li>• Loss of appetite</li> <li>• Personality changes</li> <li>• Nausea and vomiting</li> </ul>	 <p>Almonds Spinach Soybeans</p> <p>Avocados Potatoes Brown Rice Cashews</p>
<p>Potassium</p>	<ul style="list-style-type: none"> <li>• Heart function</li> <li>• Muscle function</li> </ul>	<ul style="list-style-type: none"> <li>• Fatigue</li> <li>• Muscle weakness</li> <li>• Cramps</li> </ul>	 <p>BANANAS AVOCADOS SPINACH</p> <p>WHITE BEANS SWEET POTATOES DRIED APRICOTS</p> <p>BAKED POTATOES SUN-DRIED TOMATOES WHITE MUSHROOMS</p> <p>ACORN SQUASH</p> <p>To explore more, visit</p>

<p>Sodium</p>	<ul style="list-style-type: none"> <li>• Blood pressure control</li> <li>• Muscle function</li> </ul>	<ul style="list-style-type: none"> <li>• Fatigue</li> <li>• Muscle weakness</li> <li>• Cramps</li> </ul>	 <p><b>Sodium-Rich Vegetables</b></p> <p>Carrot, Radish, Bell Pepper, Tomato, Broccoli &amp; Cabbage, Cucumber</p>
<p>Zinc</p>	<ul style="list-style-type: none"> <li>• Growth and development</li> <li>• Immune function</li> <li>• Wound healing</li> </ul>	<ul style="list-style-type: none"> <li>• Poor wound healing</li> <li>• Malnutrition</li> <li>• Poor growth and development</li> <li>• Skin rashes</li> <li>• Low appetite</li> </ul>	