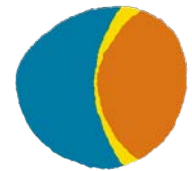


EON HEALTHY EATING KEY MESSAGE 2

LESSON PLANS

EON HEALTHY EATING



EON Foundation

EON KEY MESSAGE:	Eating lots of fruit and veg keeps your body strong
<p>This PDF contains lesson plans for the EON key message: “Eating lots of fruit and veg keeps your body strong”.</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">• Adding More Vegetables• Benefits of Colours• Eat Plants• Eating More Fruit• Fruit and Veg Bingo• Fruit and Vegetable Art• Getting to Know Your Fruit and Veg• Roll the Salad Ball• Smoothie Bicycle• True or False – Fruit and Veg



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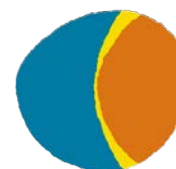
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EON HEALTHY EATING 

LESSON GUIDE

Adding More Vegetables

EON Healthy Eating



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EON KEY MESSAGE:	Eating lots of fruit and vegetables is important for good health and keeping your body strong to protect you from sickness and infections.		
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 (ACPPS073)	Nutritional requirements and dietary needs
RESOURCES/EQUIPMENT:	<ul style="list-style-type: none"> Aboriginal and Torres Strait Islander Guide to Healthy Eating Fruit and Vegetables Information Sheet 		
OUTLINE:	<ol style="list-style-type: none"> Revise Aboriginal and Torres Strait Islander Guide to Healthy Eating, focusing on the vegetable group. Revise benefits of vegetables using Fruit and Vegetable Information Sheet. Talk about veggies for breakfast, lunch, dinner and snacks <ul style="list-style-type: none"> Breakfast: omelet, frittata, baked beans and spinach Lunch: salad, fried rice, pasta salad, sandwich Dinner: meat and veg, soup, noodles, wrap Snacks: vegetables and dip, hummus Ask students to suggest ideas. 		
REFLECTION ACTIVITY:	Ask students to write their ideas in their EON Food Diary and share with their family.		
APPROPRIATENESS:	<input type="checkbox"/> KK-Year 2	<input checked="" type="checkbox"/> Years 3-6	<input checked="" type="checkbox"/> Year 7+



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EON HEALTHY EATING 

LESSON GUIDE

Benefit of Colours

EON Healthy Eating



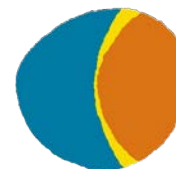
EON KEY MESSAGE:	Eating lots of fruit and vegetables is important for good health and keeping your body strong to protect you from sickness and infections.		
AUSTRALIAN CURRICULUM: HEALTH & PHYSICAL EDUCATION:	SUB-STRAND	CONTENT	FOCUS AREA
	Making healthy and safe choices	Plan and practice strategies to promote health, safety and well-being (ACPPS036)	Nutritional requirements and dietary needs
RESOURCES/EQUIPMENT:	<ul style="list-style-type: none"> • Rainbow Poster • Coloured badges (create using coloured paper) 		
OUTLINE:	<ol style="list-style-type: none"> 1. Tell students that different coloured fruit and vegetables have different health benefits. 2. Use the Rainbow Poster information sheet to guide this lesson. 3. Give each student a badge in one of the food rainbow colours. 4. Ask students to find all the different fruits and vegetables around the classroom that match the colour of their badge (or use food cards). 5. Now tell each group what health benefits this colour provides. 6. Tell each group to share this information with the rest of the class and make sure they include the examples of the type of foods that provide this health benefit. 		
REFLECTION ACTIVITY:	3-2-1: ask students to write 3 things they think they know, 2 things they don't know and 1 thing they are certain of about the food rainbow. Discuss students' answers.		
COOK / RECIPE:	Rainbow Salad		
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 name how they would source, cook/prepare foods in their badge colour group.		



LESSON GUIDE

Eat Plants!

EON Healthy Eating



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EON KEY MESSAGE:	Eating lots of fruit and vegetables is important for good health and keeping your body strong to protect you from sickness and infections.		
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">Plants Parts We Eat Information SheetPlants Parts We Eat Worksheet		
OUTLINE:	<ol style="list-style-type: none">Talk to students about the different parts of a plantUse the Plant Parts We Eat Information Sheet to guide your sessionList the different parts of the plant on the board and write or draw an example of each fruit/vegAsk students to think of more examples for each plant partAsk students what they find in the community garden and which part of the plant it belongs toAsk students to complete Plant Parts We Eat worksheet and file into their Food Diary		
REFLECTION ACTIVITY:	3-2-1: ask students to write 3 things they think they know, 2 things they don't know and one thing they are certain of about the topic. Discuss students' answers.		
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 name how they would source, cook/prepare the food they call out		



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LESSON GUIDE

Eating More Fruit

EON Healthy Eating



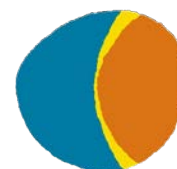
EON KEY MESSAGE:	Eating lots of fruit and vegetables is important for good health and keeping your body strong to protect you from sickness and infections.		
AUSTRALIAN CURRICULUM: HEALTH & PHYSICAL EDUCATION	SUB-STRAND	CONTENT	FOCUS AREA
	Making healthy and safe choices	Identify and practice strategies to promote health, safety and well-being (ACPPS073)	Nutritional requirements and dietary needs
RESOURCES/EQUIPMENT:	<ul style="list-style-type: none"> Aboriginal and Torres Strait Islander Guide to Healthy Eating Fruit and Vegetables Information Sheet Vitamins and Minerals Information Sheet 		
OUTLINE:	<ol style="list-style-type: none"> 1. Introduce/review Aboriginal and Torres Strait Islander Guide to Healthy Eating 2. Focus on fruit group 3. Ask class why it is important to have lots of fruits 4. Ask class how many serves of fruits we need to try to eat 5. Show class what a serve of fruit looks like 6. Go through the different types of fruits available <ul style="list-style-type: none"> • Fresh/frozen/tinned/dried 7. Talk about ways of having fruit in a day 8. Ask students for ideas on how to have more fruits in their day 		
REFLECTION ACTIVITY:	Ask students to write their ideas in their Food Diary and share with family		
COOK / RECIPE:	Fruit caterpillars		
APPROPRIATENESS:	<input type="checkbox"/> KK-Year 2 <input checked="" type="checkbox"/> Years 3-6 <input checked="" type="checkbox"/> Year 7 +		
EXTENSION IDEAS:	Discuss health benefits of fruits in terms of vitamins and minerals in contains for healthy bodies and minds using the Vitamins and Minerals Information Sheet		



LESSON GUIDE

Fruit and Veg Bingo

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 well-being (ACPPS073)	Nutritional requirements and dietary needs
RESOURCES/EQUIPMENT:	<ul style="list-style-type: none"> • Fruit and Vegetable Bingo worksheet • Fruit and Vegetable Pictures 		
OUTLINE:	<ol style="list-style-type: none"> 1. Explain the rules of Bingo with the class as follows. 2. Give each student the Fruit and Vegetable Bingo worksheet and ask them to cut out each food and re-stick them onto a new paper in a different order. Students may need help with this part of the game. 3. Once students have made their new Bingo sheet, call out random foods from the Bingo sheet and ask students to cross it off their own sheet. 4. If a student can cross off an entire row or column of foods, ask them to shout out BINGO! 5. They will be the winner of the game. 		
REFLECTION ACTIVITY:	Ask students to write down or draw their favourite fruit or vegetable from the Fruit and Vegetable Bingo worksheet.		
APPROPRIATENESS:	<input checked="" type="checkbox"/> KK-Year 2 <input checked="" type="checkbox"/> Years 3-6 <input checked="" type="checkbox"/> Year 7 +		
EXTENSION IDEAS:	Ask the students to explain the health benefits of the fruit or vegetables called out during the game, in terms of vitamins, minerals and fibre.		



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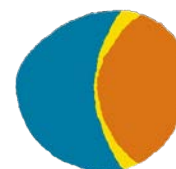
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LESSON GUIDE

Fruit and Vegetable Art

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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 (ACPPS073)	Nutritional requirements and dietary needs
RESOURCES/EQUIPMENT:	<ul style="list-style-type: none"> • Rainbow Poster • Rainbow Colouring sheet 		
OUTLINE:	<ol style="list-style-type: none"> 1. Revise the importance of eating a wide variety of colourful fruit and vegetables using the Rainbow Poster. 2. Ask younger students to colour in the Rainbow Colouring sheet. Ask older students to paint their own rainbow using shapes of fruit and vegetables. 3. Ask the class where they can find fruits and vegetables <ul style="list-style-type: none"> • Garden • Store • Fresh/frozen/tinned 		
REFLECTION ACTIVITY:	Ask students to name a fruit or vegetable from their rainbow that they love, and share it with the class.		
APPROPRIATENESS:	<input checked="" type="checkbox"/> KK-Year 2	<input checked="" type="checkbox"/> Years 3-6	<input checked="" type="checkbox"/> Year 7+
EXTENSION IDEAS:	Ask the class how they can incorporate more fruit and vegetables into their diet.		



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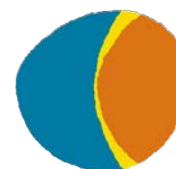
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EON HEALTHY EATING 

LESSON GUIDE

Getting to Know your Fruit and Veg

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 well-being (ACPPS036)	Nutritional requirements and dietary needs
RESOURCES/EQUIPMENT:	<ul style="list-style-type: none"> • Unnamed Fruit and Vegetable Pictures • Cards with the names of the fruit and vegetables 		
OUTLINE:	<ol style="list-style-type: none"> 1. Ask the class to sit in a circle. 2. Show the unnamed fruit and vegetable pictures and ask the students if they can name the fruit or vegetable. 3. Match the pictures to their names and spread them on the floor. 4. Prompt students with questions about each fruit or vegetable: <ul style="list-style-type: none"> • How will you eat this food? • Can you think of any other foods of the same colour? • Why is it important to eat this fruit or vegetable? 		
REFLECTION ACTIVITY:	Ask students to write down one new fruit or vegetable that they have learnt during the class.		
APPROPRIATENESS:	<input checked="" type="checkbox"/> KK-Year 2	<input checked="" type="checkbox"/> Years 3-6	<input type="checkbox"/> Year 7+
EXTENSION IDEAS:	Ask students to name how they would source, cook/prepare some of the fruit and vegetables shown during the class.		



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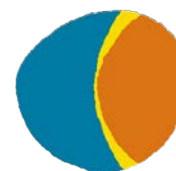
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EON HEALTHY EATING 

LESSON GUIDE

Roll the Salad Ball!

EON Healthy Eating



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	Making healthy and safe choices	Plan and practice strategies to promote health, safety and well-being (ACPPS073)	Nutritional requirements and dietary needs
RESOURCES/EQUIPMENT:	<ul style="list-style-type: none"> • Ball • Fruit and Vegetable pictures 		
OUTLINE:	<ol style="list-style-type: none"> 1. Ask the class to sit in a circle. 2. Instruct students that they are going to be building a salad. When the ball is rolled to a student, they must name a new ingredient to add to the salad. 3. They then roll the ball to another student. 		
REFLECTION ACTIVITY:	Ask the students to write down all the ingredients mentioned in the circle into their EON Food Diary.		
COOK / RECIPE:	Rainbow Salad		
APPROPRIATENESS:	<input checked="" type="checkbox"/> KK-Year 2 <input checked="" type="checkbox"/> Years 3-6 <input checked="" type="checkbox"/> Year 7+		
EXTENSION IDEAS:	<p>Encourage students to try and remember all the ingredients mentioned by other students before adding their own ingredient.</p> <p>Ask students what food group their ingredient belongs in.</p> <p>Ask students how much of the ingredient they would use (e.g. 1 cup of lettuce= 1 serve of vegetables).</p> <p>Ask student which vitamin or mineral the fruit or vegetable is high in.</p>		



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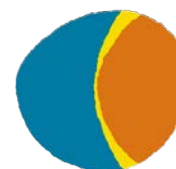
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EON HEALTHY EATING 

LESSON GUIDE

Smoothie Bicycle

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 well-being (ACPPS073)	Nutritional requirements and dietary needs
RESOURCES/EQUIPMENT:	<ul style="list-style-type: none"> • Smoothie Bicycle • Calories Information Sheet 		
OUTLINE:	<ol style="list-style-type: none"> 1. Discuss the ingredients used to make a smoothie 2. Discuss different type of smoothies <ul style="list-style-type: none"> • Veggie smoothies • Fruit smoothies • Mixed smoothies 3. Tell students that mixed smoothies are the best option for their health as they are not too sweet. 4. Tell students they can add nuts, seeds and yoghurt to smoothies to increase protein and fibre which will keep them feeling fuller for longer. 		
REFLECTION ACTIVITY:	Ask students to write their own mixed smoothie recipe.		
COOK / RECIPE:	Smoothies		
APPROPRIATENESS:	<input checked="" type="checkbox"/> KK-Year 2 <input checked="" type="checkbox"/> Years 3-6 <input checked="" type="checkbox"/> Year 7+		
EXTENSION IDEAS:	Discuss how the Smoothie Bicycle works referring to the concept of energy and work using the Calories Information Sheet. Tell the class they are burning calories when they are active, which helps them keep fit and slim.		



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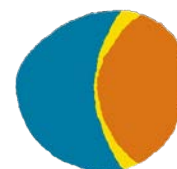
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LESSON GUIDE

True or False: Fruit and Veg

EON Healthy Eating



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	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"> • True or False: Fruit and Veg Questions • True/False Signs 		
OUTLINE:	<ol style="list-style-type: none"> 1. Provide students with True or False signs. 2. Ask students True or False: Fruit and Veg Questions. 3. Discuss the answers in class. 		
REFLECTION ACTIVITY:	Ask students to write down one thing they learnt that they were surprised by in this lesson.		
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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