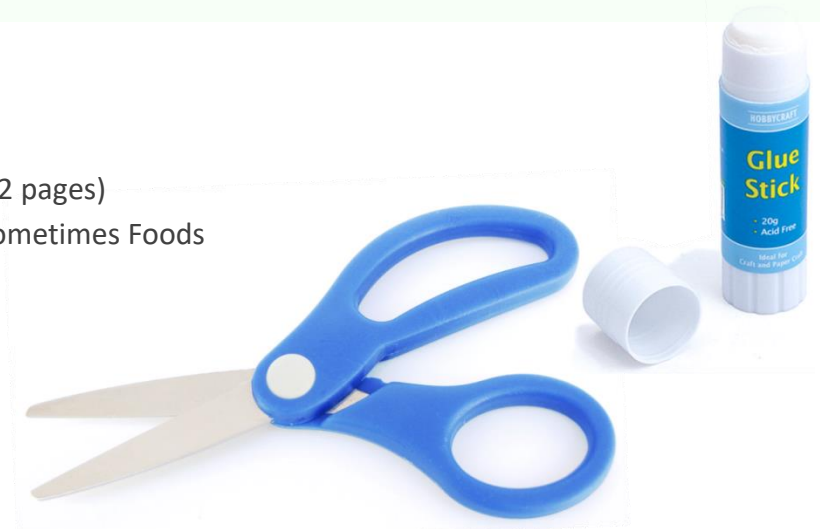




**Learning Intention:** *In this lesson children will sort foods into 'everyday' foods or 'sometimes' foods while broadening their awareness of making healthy choices.*

### Resources:

- Worksheets:
  - Everyday Food vs Sometimes Food (2 pages)
  - Fast Finishers - Everyday Foods vs Sometimes Foods
- Scissors
- Glue
- Pencil and coloured pencils



### Tips to introduce activity:

1. Following viewing Eat Smart B Active® Part 1, initiate a discussion.

Below are some sample questions:

- Do you think Tricky Tony was making healthy choices?  
Ask children to explain their answer.
- What is the difference between 'everyday' foods and 'sometimes' foods?
- What kind of food did Munchie the Monster like to eat? (*Junk food*). Is this a 'sometimes' food or 'everyday' food?  
Is it good for your body to eat lots of 'sometimes' foods everyday? Ask children to explain their answer.

### What to do:

1. Provide children with *Worksheets: 'Everyday Food vs Sometimes Food'* (2 pages).
2. As a group, review each food item and ask children if it is an 'everyday' or 'sometimes' food.
3. Children will cut out each food item and glue each food item in the appropriate column.

**For Fast Finishers:** *Distribute Worksheet: Fast Finishers - Everyday Foods vs Sometimes Foods. Children will list/draw additional 'everyday' foods and 'sometimes' foods.*

## 'Everyday' Foods vs 'Sometimes' Foods

Munchie, the munching crunching junk food monster, can't tell the difference between 'everyday' foods and 'sometimes' foods.

Can you help Munchie sort the food below correctly into 'Everyday Foods' & 'Sometimes Foods'?





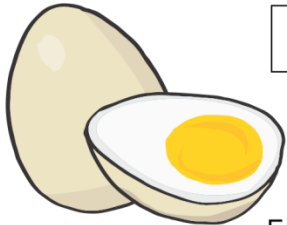

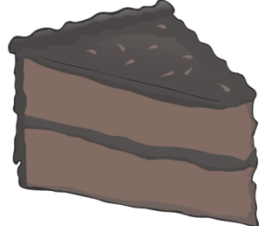


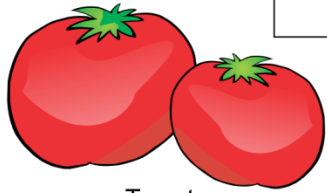
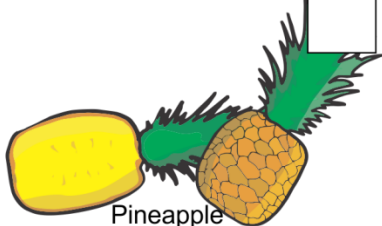
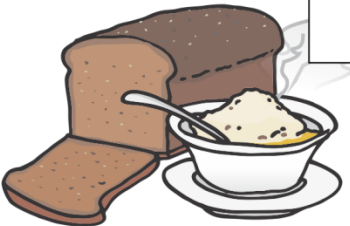


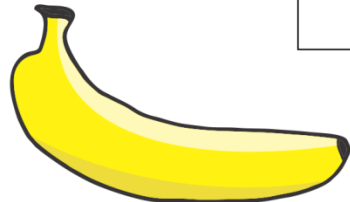
First, tick the box if the food item is a healthy 'everyday' food.



Put a cross in the box if the food is a 'sometimes' food.



Then, cut out the foods below and paste them into the correct columns on the next page.

 <input data-bbox="486 784 558 851" type="checkbox"/> Milk	 <input data-bbox="909 784 981 851" type="checkbox"/> Donut	 <input data-bbox="1332 784 1404 851" type="checkbox"/> Deep-fried chicken nuggets
 <input data-bbox="486 1052 558 1120" type="checkbox"/> Apple	 <input data-bbox="909 1052 981 1120" type="checkbox"/> Egg	 <input data-bbox="1332 1052 1404 1120" type="checkbox"/> Chips
 <input data-bbox="486 1321 558 1388" type="checkbox"/> Cake	 <input data-bbox="909 1321 981 1388" type="checkbox"/> Yoghurt	 <input data-bbox="1332 1321 1404 1388" type="checkbox"/> Biscuits
 <input data-bbox="486 1579 558 1646" type="checkbox"/> Tomatoes	 <input data-bbox="909 1579 981 1646" type="checkbox"/> Pineapple	 <input data-bbox="1332 1579 1404 1646" type="checkbox"/> Bread and oats
 <input data-bbox="486 1836 558 1904" type="checkbox"/> Tuna	 <input data-bbox="909 1836 981 1904" type="checkbox"/> Takeaway burger, fries and cola	 <input data-bbox="1332 1836 1404 1904" type="checkbox"/> Banana

## 'Everyday' Foods vs 'Sometimes' Foods

Paste the 'everyday' and 'sometimes' foods into the correct columns

Name.....



**'Everyday' Food**



**'Sometimes' Food**

## 'Everyday' Foods vs 'Sometimes' Foods

Munchie, the munching crunching junk food monster, can't tell the difference between 'everyday' foods and 'sometimes' foods.

Can you help Munchie sort the food below correctly into 'Everyday Foods' & 'Sometimes Foods'?

First, tick the box if the food item is a healthy 'everyday' food.


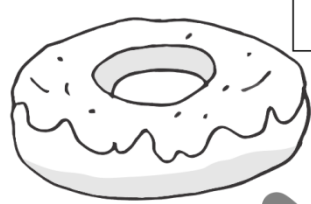
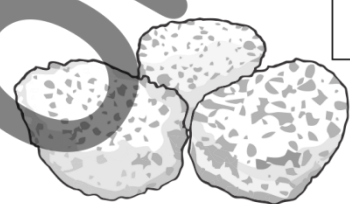
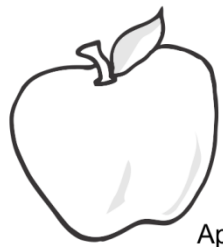




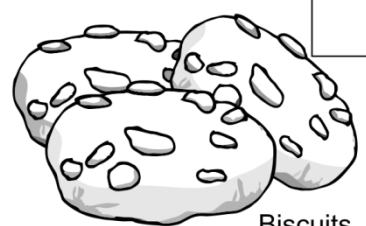

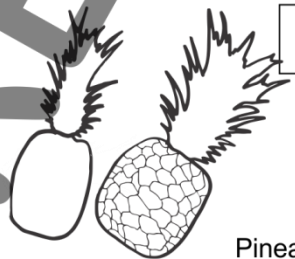






Put a cross in the box if the food is a 'sometimes' food.



Then, cut out the foods below and paste them into the correct columns on the next page.



 <input data-bbox="462 795 542 884" type="checkbox"/> Milk	 <input data-bbox="901 795 981 884" type="checkbox"/> Donut	 <input data-bbox="1340 795 1420 884" type="checkbox"/> Deep-fried chicken nuggets
 <input data-bbox="462 1075 542 1164" type="checkbox"/> Apple	 <input data-bbox="901 1075 981 1164" type="checkbox"/> Egg	 <input data-bbox="1340 1075 1420 1164" type="checkbox"/> Chips
 <input data-bbox="462 1355 542 1444" type="checkbox"/> Cake	 <input data-bbox="901 1355 981 1444" type="checkbox"/> Yoghurt	 <input data-bbox="1340 1355 1420 1444" type="checkbox"/> Biscuits
 <input data-bbox="462 1624 542 1713" type="checkbox"/> Tomatoes	 <input data-bbox="901 1624 981 1713" type="checkbox"/> Pineapple	 <input data-bbox="1340 1624 1420 1713" type="checkbox"/> Bread and oats
 <input data-bbox="462 1892 542 1982" type="checkbox"/> Tuna	 <input data-bbox="901 1892 981 1982" type="checkbox"/> Takeaway burger, fries and cola	 <input data-bbox="1340 1892 1420 1982" type="checkbox"/> Banana

## Everyday' Foods vs 'Sometimes' Foods

Paste the 'everyday' and 'sometimes' foods into the correct columns

Name.....



**'Everyday' Food**



**'Sometimes' Food**

PREVIEW ONLY



# Fast Finishers - 'Everyday' Foods vs 'Sometimes' Foods

Name.....



Can you make a list of 'everyday' foods in the column below?  
You can draw pictures if you like!

Can you make a list of 'sometimes' foods in the column below?  
You can draw pictures if you like!



**'Everyday' Food**



**'Sometimes' Food**

PREVIEW ONLY