

Lesson: Healthy Choices – Moon Bar Café Menu & Dramatisation Year One



Learning Intention: *In this lesson students will create their own ‘superhero’ menu by identifying healthy choices and linking their choices to health and wellbeing. They will use dramatization to extend their learning.*

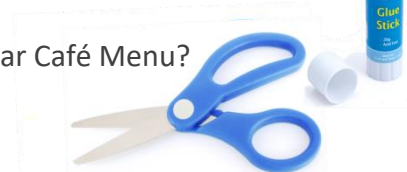
Resources:

- Worksheets:
 - Moon Bar Café Menu
 - Moon Bar Café Menu Choices
 - Healthy Choices: Dramatization
 - Healthy Choices: Re-Write
 - Glue
 - Scissors



Tips to introduce activity:

- Ask students:
 - Can you remember what Tricky Tony ordered from the Moon Bar Café Menu?
 - Do you think Tricky Tony made healthy choices?
 - Did Tricky Tony choose ‘everyday’ foods or ‘sometimes’ foods?
 - Do you think it was a smart choice for Tricky Tony to skip breakfast because he was watching TV?
 - Why is breakfast important? *(Example answer: fuels your body with energy)*



Lesson Plan:

1. Explain to students that they will create their own ‘superhero’ menu with healthy ‘superhero’ choices which include ‘everyday’ foods.
2. Distribute Worksheets: Moon Bar Café Menu and Moon Bar Café Menu Choices.
3. Review each of the food choices with students. Tick the ‘everyday’ superhero food choices and place a cross beside the ‘sometimes’ foods. Students will cut out the everyday ‘superhero’ foods and paste them on their Superhero Menu. This menu could be utilised to support socio-dramatic play as part of a classroom ‘café’.
4. Complete the online Moon Bar Café Activity together as a class.
5. **Optional:** *To extend students’ learning, students can read the script extract for the Moon Bar Café scene independently or in groups of four. In a class discussion, discuss how to re-write the script so that Tricky Tony makes **healthy** choices and complete the re-write as a group. If time allows, students can present the dramatization in front of the class.*



Name: _____

MY SUPERHERO MENU

MEALS

STICK ON SUPERHERO FOOD

STICK ON SUPERHERO FOOD

STICK ON SUPERHERO FOOD


STICK ON SUPERHERO FOOD

STICK ON SUPERHERO FOOD

DRINKS

STICK ON SUPERHERO DRINK

STICK ON SUPERHERO DRINK

 <p>Fruit Salad \$3 (\$ (\$ (\$</p>	 <p>Spaghetti and Salad \$5 (\$ (\$ (\$</p>		
 <p>Burger and Wedges \$5 (\$ (\$ (\$</p>	 <p>Chocolate Cake \$4 (\$ (\$ (\$ (\$</p>		
 <p>Yoghurt with Fruit & Nuts \$4 (\$ (\$ (\$ (\$</p>	 <p>Fried Chicken Nuggets \$2 (\$ (\$</p>		
 <p>Hotdog & Fries \$3 (\$ (\$ (\$</p>	 <p>Sushi \$4 (\$ (\$ (\$ (\$</p>		
 <p>Grilled Fish & Salad \$5 (\$ (\$ (\$</p>	 <p>Water \$FREE</p>	 <p>Soft Drink \$1 (\$</p>	 <p>Milk \$1 (\$</p>



Below is an extract from Eat Smart B Active® LIVE presented by The Boogie Woogies Superhero Band®.

Read through the script individually or in groups of four (each child will select a character).



Line	Character	Dialogue
1	Guitar Dave	Rock on! We made it to the Moon Bar Café! Take a seat everyone.
2	Tricky Tony	Jumping jellybeans! I'm so hungry I could eat a hippopotamus!
3	Lovable Sally	Tricky Tony, have you had your breakfast this morning?
4	Tricky Tony	<i>(Yawns)</i> . No, I was too busy watching cartoons on T.V!
5	Guitar Dave	Tricky Tony, sitting around all morning watching T.V is no way for superheroes to start the day!
6	Super Mandy	That's right! Superheroes need a healthy breakfast to fuel them with energy. Isn't that right everyone?
7	GD, LS, SM	Yeah!
8	Lovable Sally	Hey, Tricky Tony, why don't you have a look and see what's on the Moon Bar Café menu! <i>(Picks up Moon Bar Café menu)</i>
9	Tricky Tony	<i>(Scratches his head)</i> . Silly sausages, what am I going to order? <i>(Pulls out from menu a ridiculously long length of sausages)</i> . Silly sausages?
10	Super Mandy	Be careful what you ask for Tricky Tony!
11	Tricky Tony	Hey I know what I'll have – fried chicken! No, hang on – donuts! No, I know, I know – a hamburger and fries. Get in my belly...
12	Super Mandy	Tricky Tony, superheroes don't eat junk food for breakfast!
13	Tricky Tony	What do you mean? I could eat junk food for breakfast, lunch and tea!
14	Super Mandy	Tricky Tony, these kinds of takeaway foods are 'sometimes' foods, not everyday superhero foods! Boogie Woogies, everyone, I think we need to teach Tricky Tony how to eat smart and be active!
15	Lovable Sally	Super idea, Super Mandy!



Re-write the script to show Tricky Tony making 'healthy' everyday 'superhero' food choices and being active. If you need more space you can continue writing on the back of this page.

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4		
5		
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7		
8		
9		
10		

PREVIEW ONLY