

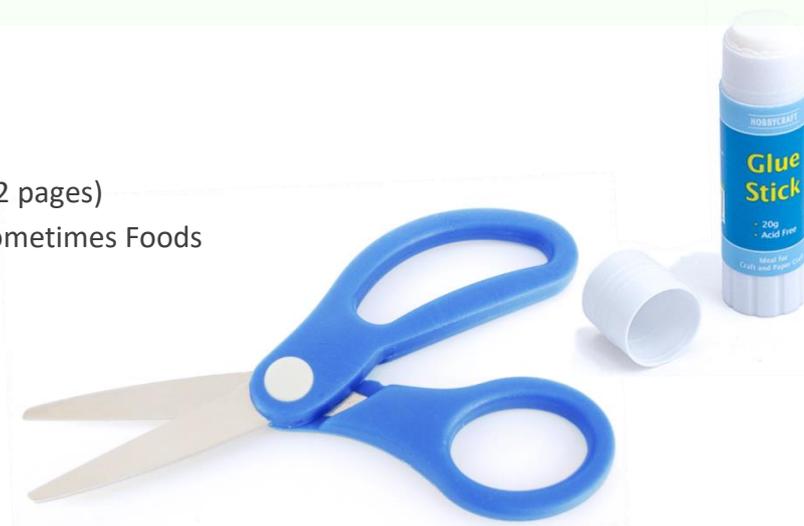
## Lesson Plan: Everyday Foods vs Sometimes Foods



**Learning Intention:** *In this lesson students 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 class 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 students with *Worksheets: 'Everyday Food vs Sometimes Food'* (2 pages).
2. As a class, review each food item and ask students if it is an 'everyday' or 'sometimes' food.
3. Students 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. Students 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.

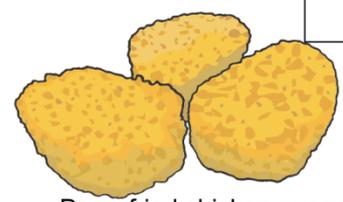
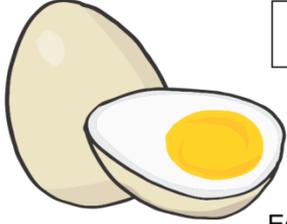
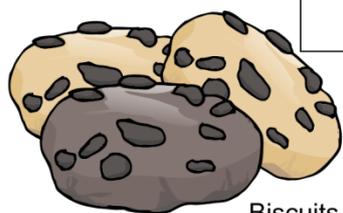
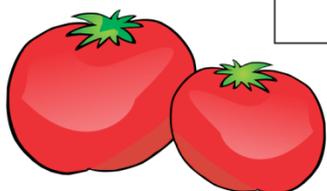
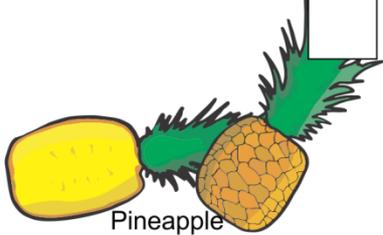
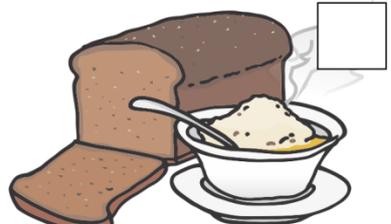
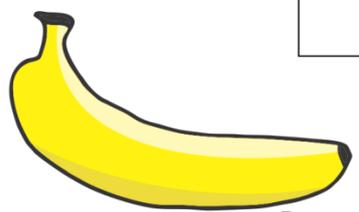
Can you help Munchie sort the food below correctly into 'Everyday Foods' & 'Sometimes Foods'?

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 type="checkbox"/> Milk	 <input type="checkbox"/> Donut	 <input type="checkbox"/> Deep-fried chicken nuggets
 <input type="checkbox"/> Apple	 <input type="checkbox"/> Egg	 <input type="checkbox"/> Chips
 <input type="checkbox"/> Cake	 <input type="checkbox"/> Yoghurt	 <input type="checkbox"/> Biscuits
 <input type="checkbox"/> Tomatoes	 <input type="checkbox"/> Pineapple	 <input type="checkbox"/> Bread and oats
 <input type="checkbox"/> Tuna	 <input type="checkbox"/> Takeaway burger, fries and cola	 <input type="checkbox"/> Banana

# 'Everyday' Foods vs 'Sometimes' Foods

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

Name.....



**'Everyday' Food**



**'Sometimes' Food**

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

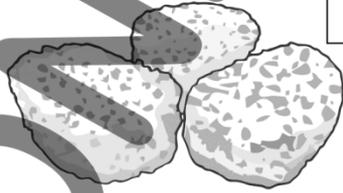
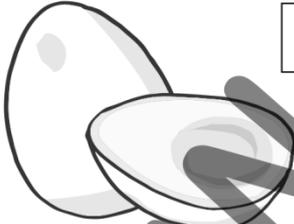
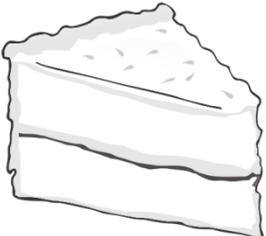
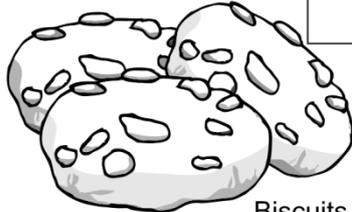
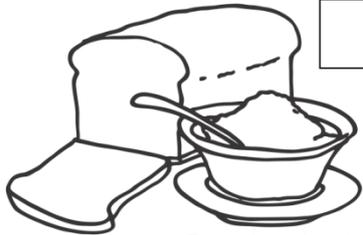
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 Apple <input type="checkbox"/>	 Egg <input type="checkbox"/>	 Chips <input type="checkbox"/>
 Cake <input type="checkbox"/>	 Yoghurt <input type="checkbox"/>	 Biscuits <input type="checkbox"/>
 Tomatoes <input type="checkbox"/>	 Pineapple <input type="checkbox"/>	 Bread and oats <input type="checkbox"/>
 Tuna <input type="checkbox"/>	 Takeaway burger, fries and cola <input type="checkbox"/>	 Banana <input type="checkbox"/>

# 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