

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



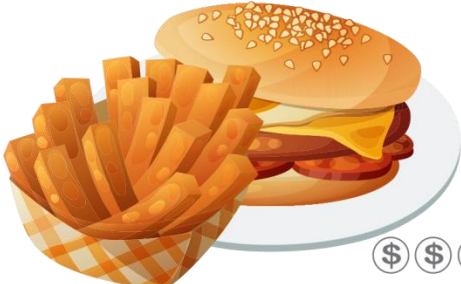

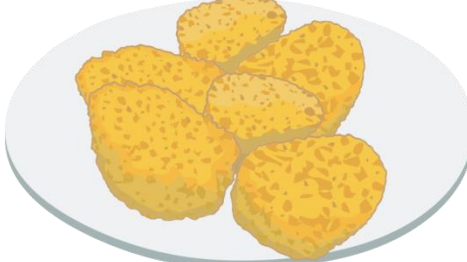





STICK ON SUPERHERO FOOD

STICK ON SUPERHERO FOOD

DRINKS

STICK ON SUPERHERO DRINK

STICK ON SUPERHERO DRINK

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





Learning Intention:

At the end of this lesson, students will be able to:

- *Identify* features of a Nutrition Information Labels that assist in making meaning of the information
- *Interpret* and *compare* information on Nutrition Information Labels to help them make healthier choices

Resources:

- Worksheets:
 - Nutrition Information Label Guide
 - Nutrition Information Quiz
 - Analysing Nutrition Labels
 - Word Search & Quiz: Food Packaging
- Packaged food wrappers or packaging (e.g. cereal boxes, yoghurt, muesli bar box, biscuits, chips etc.)

Optional:

Distribute *Word Search & Quiz - Food Packaging* to fast finishers.

What to do:

1. Discuss the following:

- What do you look for on food packaging that tells you what is inside the packaged food and whether or not the food is a healthy option? (*Answer: Nutrition Information Label or Health Star Rating. NOTE: The Heart Foundation 'Tick' has recently been retired, but sometimes 'ticks' are used to make consumers believe that a packaged food is a healthy option when it might not be.*)
- Ask students if they have ever referred to a Nutrition Label or Health Star Rating to make an informed choice about whether a product is healthy or not.
- What are three important things to look for on a Nutrition Information Label? (*Answer: Sugar, Fat and Sodium (Salt).*)
- What are some of the tricks marketers use to entice you to buy their products? (I.e. the people who are trying to sell you their packaged food)? (*Answers include: Don't be fooled by colourful packaging with cartoons or toys inside or games on the back packaging.*)

2. Distribute *Worksheet: Nutrition Information Label Guide* and *Worksheet: Nutrition Information Quiz* to students.
3. Once completed, distribute *Worksheets: Health Star Rating and Health Star Rating Scale*.
4. Distribute *Word Search & Quiz: Food Packaging* to fast finishers.
5. Once completed, distribute *Worksheet: Analysing Nutrition Labels*. Students will review the packaging of two different packaged food items and make judgements about whether they are healthy choices or not.
6. As a class, discuss students' observations.

Packaged foods have Nutrition labels that provide information about the nutrient levels of a product, per serve and per 100g. Use the following information as a general guide to help you make healthier food choices.



The chart is a guide only. For example, cheese is a very nutritious food but it would be impossible to find a cheese that would fit these numbers. It is best to choose products with less fat, sugar and sodium.

Check the ingredients for natural and added sugars. Foods with fruit such as yoghurt and breakfast cereal may have slightly higher sugar levels.

NUTRITION INFORMATION		
Serves per pack 5	per 200g serve	per 100g
Energy	776KJ 184 (Cal)	388KJ 92 Cal
Protein	10g	5g
Fat - total - saturated	2g 1g	1g 0.5g
Carbohydrate - total - sugars	32g 18g	16g 9g
Sodium	110mg	55mg
Calcium	338mg	169mg
Ingredients: Low fat milk, milk solids non fat, sugar, fruit (min 5%) strawberries, blackberries, raspberries, blueberries), gelatine, vegetable gums (440, 406), thickener (1442), flavour, food acids (331, 330), natural colour preservatives (200). May contain traces of soy, nuts, gluten		

You can compare different products by checking the per 100g column.

Look for products with:

Less than 10g total fat per 100g
For milk and yoghurt choose **low fat** (i.e less than 2g per 100g).

Less than 15g sugar per 100g.**

Less than 450mg salt per 100g.
Heart Foundation recommends low salt products with less than 120mg per 100g.

The ingredients list lists ingredients from most to least in quantity

Any additive or common allergent (products that people may have allergies to) must be listed in the ingredients list..

Typically, the more ingredients listed in the ingredients list, the less healthy the food is. If an ingredient list identifies sugar as one of the first three ingredients this means that the product is high in sugar and might not be the healthiest choice.

Name.....

Tricky Tony is totally bamboozled by all the numbers on the Nutrition Information Label.

Can you help Tricky Tony learn how to read and make sense of the Nutrition Information Label to help him make healthier choices?

Use the Nutrition Information Label Guide to help you answer the questions below.



1. How do you compare two different products?.....
.....
2. Look for products with less than total fat per 100g.
3. For milk and yoghurt you should look for products with less than fat per 100g.
4. Look for products with less than sugar per 100g.
5. Look for products with less than salt per 100g.
6. What is another name for salt?.....
7. Low salt products have less than per 100g.
8. Does the nutrition label have the recommended amount of:
Total Fat?..... Sugars? Sodium?.....
9. What are allergents?.....
.....
.....
10. Why is it important to list allergents on the nutrition information label?.....
.....
.....
11. Ingredients are listed from to quantity.