

Crunch&Sip[®]

Classroom activities

The aim of the Crunch&Sip classroom activities is to educate students on, and promote positive attitudes towards, healthy food and drink choices.

The activities have been divided into school stages and years. Each activity has its relevant learning outcomes, cross curriculum links, resources, duration, assessment and differentiation suggestions listed.

The activities are based around the healthy eating themes listed below.

Lesson 1

The Five Food Groups

Guideline 2 of the Australian Dietary Guidelines recommends we enjoy a wide variety of nutritious foods from the Five Food Groups every day. The *Australian Guide to Healthy Eating* provides a pictorial representation of the Five Food Groups and their recommended proportions.

Foods are grouped together according to their major nutrients. To make the groupings more relevant to students, a highly simplified role statement has been given to food groups in some activities. These are explained in more detail below.

Grain (cereal) foods = Go Fast. One of the main distinguishing nutrients in the grains food group is carbohydrate. Carbohydrate provides energy for brain and muscle tissue.

Vegetables and fruit = Feel Good. The main distinguishing nutrients for vegetables and fruit include vitamin C and dietary fibre. They also contain a wide range of micro nutrients and phytochemicals. Vitamin C has important roles in the immune system, iron absorption and healthy connective tissue, bones and teeth. Dietary fibre helps keep bowels regular.

Milk, yoghurt, cheese and alternatives = Strong Bones and Teeth. One of the main distinguishing nutrients for this food group is calcium. Calcium is very important in building strong bones and teeth.

Lean meat and poultry, fish, eggs, tofu, nuts and seeds, legumes/beans = Grow Strong. This food group provides protein. Protein is needed for growth and maintenance of body tissues.

Lesson 2

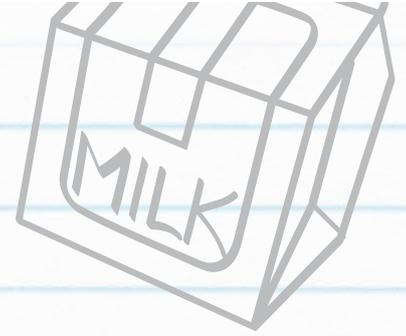
Water

Guideline 2 of the Australian Dietary Guidelines states; 'And drink plenty of water'.

Water is essential for normal body function. It is needed for digestion, the absorption and transportation of nutrients, to regulate body temperature, and for the elimination of waste products. As it is constantly lost from the body it needs to be replaced.

As climate, activity levels, body size and individual metabolism vary, it is not possible to give a standard fluid consumption recommendation. A general guide is 4-5 cups of fluid for children up to 8 years and 6-8 cups of fluid for adolescents.

Although all types of drinks provide fluid to the body, plain water is the best choice for a number of reasons. It does not provide unwanted kilojoules and is readily accessible in Australia. In Australia, tap water provides additional benefits over bottled water because it is cheap, uses less resources and, in many places, provides a beneficial source of fluoride.



Classroom activities

Lesson 3

Sometimes vs Everyday

Guideline 2 of the Australian Dietary Guidelines encourages Australians to enjoy a wide variety of nutritious foods from the Five Food Groups everyday. Hence foods from these food groups are often referred to as *everyday* foods.

Guideline 3 recommends Australians limit their intake of foods containing saturated fat, added salt, added sugars and alcohol. These types of foods are referred to as discretionary foods in the guidelines. *The Australian Guide to Healthy Eating* places these foods outside of the main circle with the title 'Only sometimes and in small amounts'. These types of foods are often referred to as *sometimes* foods.

Lesson 4

Taste Testing and Food Preparation Activities

There is evidence that repeatedly exposing children to vegetables and fruit in tasting activities can improve their acceptance and liking. Encouraging children to eat vegetables and fruit based on health factors is likely to be counter-productive, so organising tastings gives children the opportunity to identify experiential benefits such as taste and texture.

The tasting activities involve students undertaking food preparation and/or tastings with vegetables and fruit. They allow students the opportunity to experience vegetables and fruit in a positive environment.

In the activity for Stage 2, Year 4, umami is included as one of the five tastes. Umami can be defined as a pleasant, savoury or meaty taste. It is most commonly encountered in foods high in glutamate (e.g. mushrooms and soy sauce).





Classroom activities

Lesson 5

Vegetables and Fruit

Vegetables and fruit make up two of the Five Food Groups. They are low in energy (kilojoules) and are a good source of vitamins, minerals, fibre and a range of phytochemicals*. Their health benefits have been widely studied and are well known.

Australian children currently do not eat enough vegetables or fruit. According to the 2014-15 National Health Survey, 68.1% eat enough fruit but only 5.4% meet the Australian Dietary Guidelines recommendations for vegetable intake.

Children live in the present and do not think of the future health implications of consuming enough vegetables and fruit. As a result, these activities are aimed at encouraging students to identify why and how vegetables and fruit make them 'feel good' now.

When discussing this concept with students the following may be useful as prompts:

- Vegetables and fruit have a variety of interesting textures, tastes and colours. Including lots of vegetables and fruit in your snacks and meals can make them more exciting!
- Eating enough vegetables and fruit can help stop you from getting sick (good source of vitamins, minerals and phytochemicals)
- Eating enough vegetables and fruit can help you go to the toilet easily (contain dietary fibre)
- Eating enough vegetables and fruit in your meals and snacks helps to fill you up without too many kilojoules

Reference:

Australian Bureau of Statistics (ABS) (2015, December 12) 4364.0.55.001 - National Health Survey: First Results, 2014-15. Retrieved from www.abs.gov.au/ausstats/abs@.nsf/mf/4364.0.55.001

*Phytochemicals, also known as plant chemicals, are a range of biologically active compounds that help maintain good health and protect against disease. Examples include beta-carotene (found in orange vegetables and fruits) and lycopene (found in red vegetables and fruits).



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