

DISCOVER
DAIRY

YEAR
F

ACTIVITY IDEAS
**HEALTH &
NUTRITION**

LEARN
ABOUT HEALTHY
EATING



ACKNOWLEDGEMENTS

This online curriculum-linked resource was produced by Dairy Australia.

The curriculum-linked resource is designed to introduce young people to dairy foods and the dairy industry in Australia.

This work is licensed under a Creative Commons Attribution 3.0 license

creativecommons.org/licenses/by/3.0/au/



Under this license the material is available for free use and adaptation. Educators may use, adapt, communicate and republish material from the resource.

You must include the following statement on any copy or adaptation of the material.

© Dairy Australia 2015, except where indicated otherwise.

This work is licensed under a Creative Commons Attribution 3.0 license.

The materials in the original educational resource were developed by Angela Colliver from Angela Colliver Consulting Services Pty Ltd.

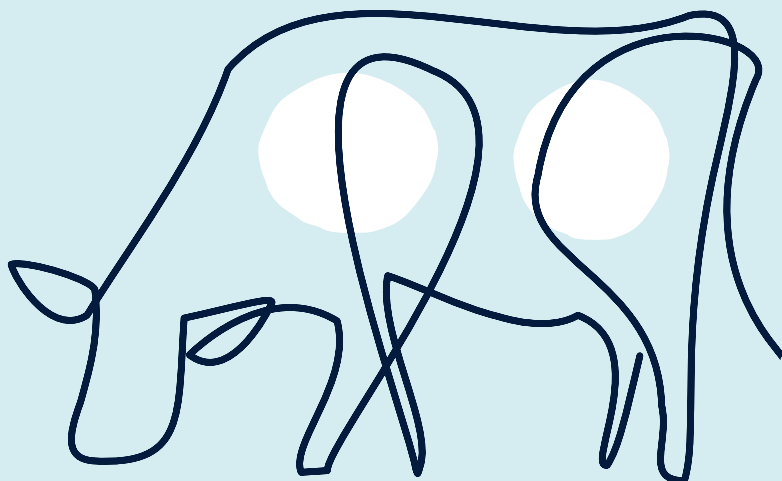
The materials have been revised by Kimberlin Education and Dairy Australia and a second edition released in 2018.

Dairy Australia would like to acknowledge and sincerely thank the teachers who shared their comments on the draft version of the educational resource.

While reasonable efforts have been made to ensure that the contents of this educational resource are factually correct, Dairy Australia does not accept responsibility for the accuracy or completeness of the contents, and shall not be liable for any loss or damage that may be occasioned directly or indirectly through the use of, or reliance on, the contents of this educational resource.

CONTENTS

Resource description.....	2
Health and Physical Education activity ideas.....	3
Mathematics activity ideas	4
The Arts activity ideas.....	5



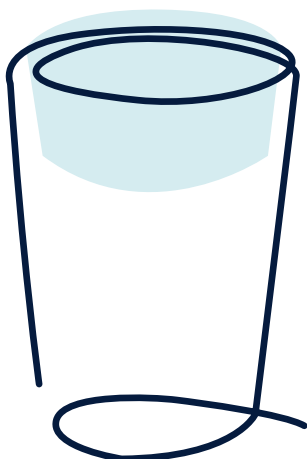
RESOURCE DESCRIPTION



These Foundation activity ideas have been developed to help students investigate and understand the benefits of including dairy foods in their diet every day. Teachers are provided with suggested activities for different learning areas within the Australian Curriculum that support the teaching of curriculum links through the theme 'Health and Nutrition'.

We encourage teachers to assess the needs of their class, adapting the content and activities accordingly. The activities provided aim to spark student curiosity and inspire them to generate their own questions to investigate. The activities can be used as stand alone teaching ideas, incorporated into an existing program or used to support other inquiry units and resources found on the [Discover Dairy](https://www.discoverdairy.com.au) website.

Top tip – Use the Discover Dairy website to support the following activity ideas and learn more about the nutritional elements and benefits of dairy foods.



HEALTH AND PHYSICAL EDUCATION ACTIVITY IDEAS

- Students use the [Build a skeleton](#) interactive on the Discover Dairy website to learn about their bones and the human body. Students talk about different foods that can help keep their bones strong and healthy.
- Provide students with paper plates, and either toy foods or pictures of food, from each food group. Challenge students to work in groups to make a breakfast plate, a lunch plate, a dinner plate and a snack plate using the foods provided. Discuss each groups' choices.
- Invite families to come in for a milkshake making day. The more adults in the classroom to support the activity the better! Encourage students to be creative with their milkshake flavour, going beyond the traditional vanilla, strawberry and chocolate. Give prizes or certificates for the most creative and adventurous flavour.
- Encourage students to think of active games they can lay outside that keep them active and healthy. Write these games into a grid and number them. Ask a student to roll a die, the number they roll is the game that you play as a class.

Curriculum links – Health and Physical Education

Being healthy, safe and active

Name parts of the body and describe how their body is growing and changing (ACPPS002)

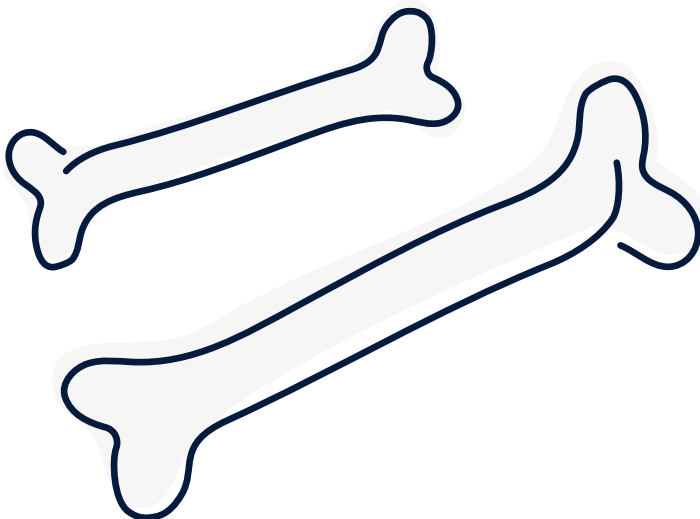
Identify people and demonstrate protective behaviours and other actions that help keep themselves safe and healthy (ACPPS003)

Contributing to healthy and active communities

Identify actions that promote health, safety and wellbeing (ACPPS006)

Understanding movement

Explore how regular physical activity keeps individuals healthy and well (ACPMP010)



MATHEMATICS ACTIVITY IDEAS

- Use images of dairy foods from catalogues and magazines to count and sort. Group and classify according to similarities. Conduct basic addition, subtraction, multiplication and division sums using the groups.
- Use everyday scenarios involving dairy foods to present number problems to students. For example, 'If Sally has 1 piece of cheese in her lunchbox each day, how many pieces will she eat in a week?'
- Use toy dairy foods (milk, cheese, yoghurt) to model strategies for addition, subtraction and division (sharing).
- Students work in groups to compare different dairy containers and how much they hold. Provide students with clean, empty dairy food containers and ask them to put them in order from 'holds the least' to 'holds the most'.
- Create a class data display to answer simple questions such as 'how many students have dairy in their lunchbox today?'

Curriculum links – Mathematics

Number and Algebra

Connect number names, numerals and quantities, including zero, initially up to 10 and then beyond (ACMNA002)

Represent practical situations to model addition and sharing (ACMNA004)

Sort and classify familiar objects and explain the basis for these classifications. Copy, continue and create patterns with objects and drawings (ACMNA005)

Measurement and Geometry

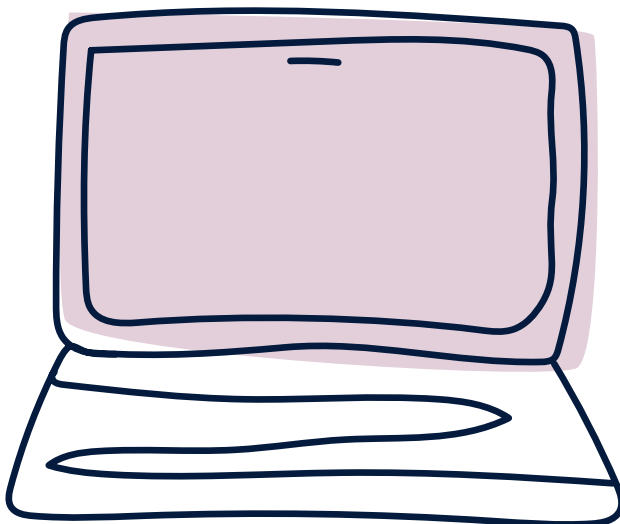
Use direct and indirect comparisons to decide which is longer, heavier or holds more, and explain reasoning in everyday language (ACMMG006)

Sort, describe and name familiar two-dimensional shapes and three-dimensional objects in the environment (ACMMG009)

Describe position and movement (ACMMG010)

Statistics and Probability

Answer yes/no questions to collect information and make simple inferences (ACMSP011)



THE ARTS ACTIVITY IDEAS

- Students use a variety of mediums such as pencils, paints or crayons to draw different dairy foods. Use the images from the Discover Dairy website as inspiration.
- Provide students with a range of clean, recycled dairy packages to be used to create a three-dimensional model (of their choice) relating to the dairy industry. Students work in groups to create and then present it to the class.
- Use paper plates and coloured paper to create masks for made up dairy food characters e.g. Milk Man, Charlie Cheese, Bertie Butter.
- Use the masks to create a drama performance about the importance of eating dairy foods.
- Students perform a dance sequence that reflects healthy eating and including dairy foods in their diet. Repeat actions such as drinking milk, shaking like a milkshake, spreading butter etc.

Curriculum links – The Arts

Visual Arts

Use and experiment with different materials, techniques, technologies and processes to make artworks ([ACAVAM107](#))

Create and display artworks to communicate ideas to an audience ([ACAVAM108](#))

Dance

Explore, improvise and organise ideas to make dance sequences using the elements of dance ([ACADAM001](#))

Drama

Explore role and dramatic action in dramatic play, improvisation and process drama ([ACADRM027](#))

Present drama that communicates ideas, including stories from their community, to an audience ([ACADRM029](#))



DISCOVER DAIRY

dairy.edu.au

