

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.

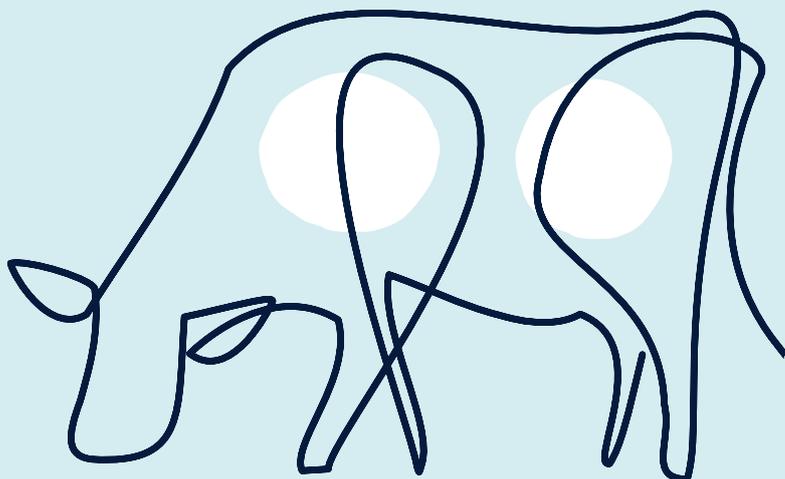
The materials have been revised by Kimberlin Education and Dairy Australia and a second edition released in 2018.

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



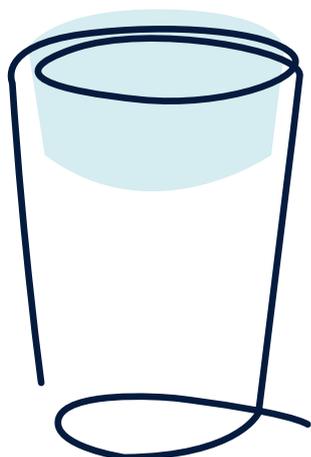
RESOURCE DESCRIPTION



These Year 1 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 look at the [Discover Dairy every day](#) interactive activity on the Discover Dairy website and discuss what they see. Discuss the five food groups and talk about why it is important to include dairy in their diet every day. Ask them to talk about what they have in their lunch boxes and if they can see the food on the interactive activity. Do this over a few days so that students can have fun finding their lunch box items on the interactive activity.
- Have students lie on a large piece of paper and get a fellow student to trace around their bodies. Students then cut out their silhouettes and draw in the major bones, labelling as many as they can. Use the [Build a skeleton](#) interactive activity as a reference. Display the silhouettes around the classroom and add pictures of foods that help to make our bones healthy.
- Invite students to bring in their favourite recipes containing dairy products (or dairy substitutes for those with sensitivities or who choose not to eat dairy). Look at the recipes together as a class and choose which ones could be made in the classroom. Allocate time in the next few days to make one of the recipes together as a class.

Curriculum links – Health and Physical Education

Being healthy, safe and active

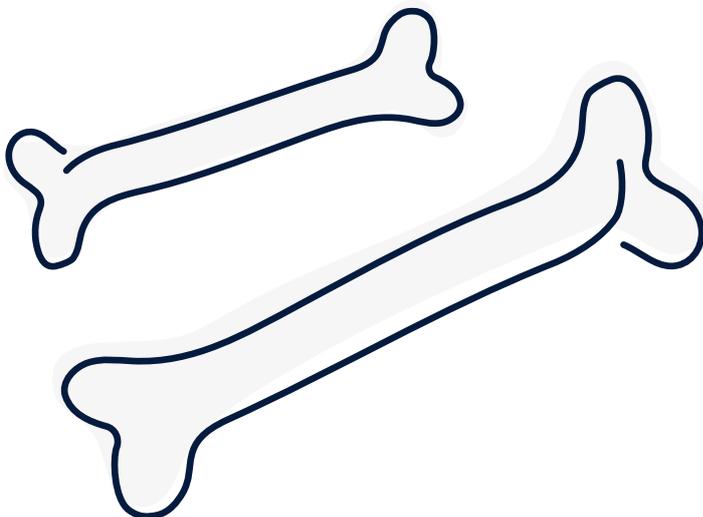
Recognise situations and opportunities to promote health, safety and wellbeing ([ACPPS018](#))

Communicating and interacting for health and wellbeing

Examine health messages and how they relate to health decisions and behaviours ([ACPPS021](#))

Contributing to healthy and active communities

Explore actions that help make the classroom a healthy, safe and active place ([ACPPS022](#))



MATHEMATICS ACTIVITY IDEAS

- Use pictures of dairy foods to create groups up to 100. Students use the groups to work out simple addition and subtraction, multiplication and division problems.
- Use play money and toy items to recreate a food market including dairy products. Students take turns using the money to buy and sell items at the market. If no toys are available, students could draw and cut out items they would like to sell.
- Provide students with clean empty dairy food containers. Students use different sized cups and containers to estimate and then check how much each container holds.
- Create a table for students to tally the amount of dairy foods they eat in a week. Display the table on the wall so that students can add to it each day. Find time each day to discuss the changes in the data.
- Ask students to state what their favourite dairy food is. As a class create a display to represent the data. Ask students simple questions about the data such as 'How many more people like yoghurt over milk? Encourage students to devise their own questions about the data.

Curriculum links – Mathematics

Number and Algebra

Recognise, model, read, write and order numbers to at least 100. Locate these numbers on a number line ([ACMNA013](#))

Represent and solve simple addition and subtraction problems using a range of strategies including counting on, partitioning and rearranging parts ([ACMNA015](#))

Recognise, describe and order Australian coins according to their value ([ACMNA017](#))

Measurement and Geometry

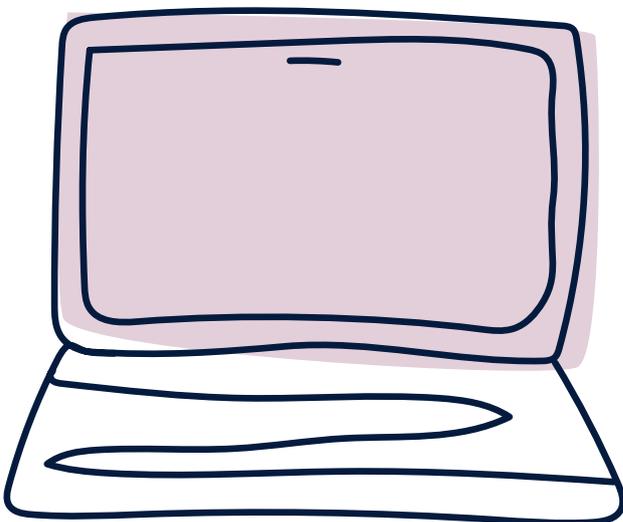
Measure and compare the lengths and capacities of pairs of objects using uniform informal units ([ACMMG019](#))

Describe duration using months, weeks, days and hours ([ACMMG021](#))

Statistics and Probability

Choose simple questions and gather responses and make simple inferences ([ACMSP262](#))

Represent data with objects and drawings where one object or drawing represents one data value. Describe the displays ([ACMSP263](#))



THE ARTS ACTIVITY IDEAS

- Students use a range of recycled dairy food containers to draw still life images. If containers are not available provide students with pictures of dairy foods to sketch.
- Students work in groups to draw pictures of or create a skeleton. Encourage groups to be creative with how they do this. They might trace around a student's body and draw the skeleton inside, draw a small skeleton or use recycled material to make a model.
- Students work in small groups to come up with a series of movements to create a dance about dairy. Students can take on the form of different dairy foods such as milk and butter to create their dance.
- Play a game of celebrity heads using dairy foods as the celebrity. Start with 3 or 4 students out the front with a dairy food written above their head. These students need to ask questions requiring 'yes' or 'no' answers to correctly guess their dairy food first. The winner stays in and new students are selected for a new round.

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

