

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.

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

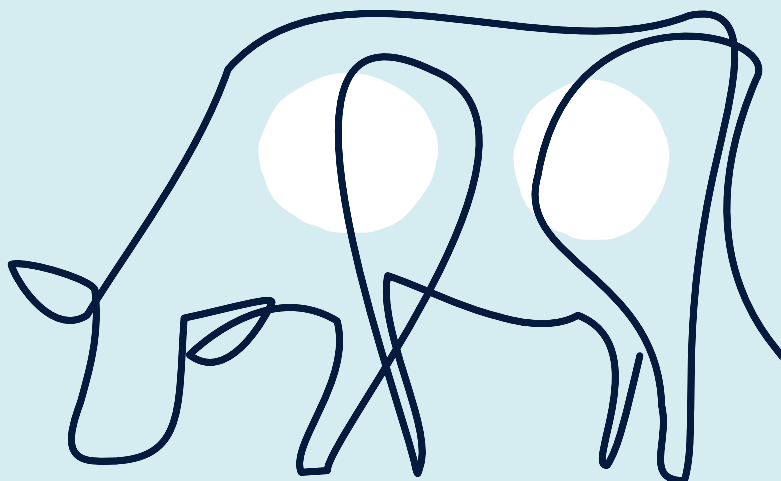
The materials have been revised by Kimberlin Education and Dairy Australia and a second edition released in 2018.

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

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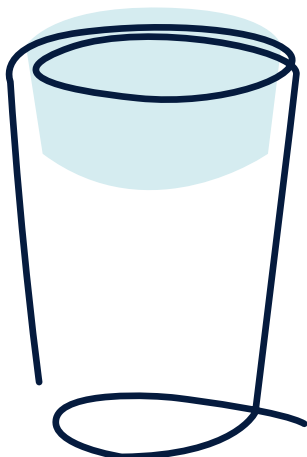
RESOURCE DESCRIPTION



These Year 2 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

- Use pictures from magazines and supermarket catalogues to find pictures of dairy foods. They use these pictures to create a poster that promotes eating dairy foods as part of a healthy diet. Display the posters around the classroom.
- Have a discussion with the class about the types of dairy foods they incorporate in their diet and how different people do this in many different ways. Identify favourite recipes that contain dairy foods and make a list for a class display.
- Students work in small groups to create their own recipe using dairy foods. Encourage the students to be as creative as they can, whilst still creating an appetising dish. Students then draw a picture diagram and/or write a descriptive text about what their creative dairy recipe might look like.
- Gather a range of healthy food items including dairy (e.g. a yoghurt, cheese stick, flavoured milk from the canteen) and place them in a bag. Ask students to feel inside the bag and guess which items are in there. Encourage students to describe what they feel.

Curriculum links – Health and Physical Education

Being healthy, safe and active

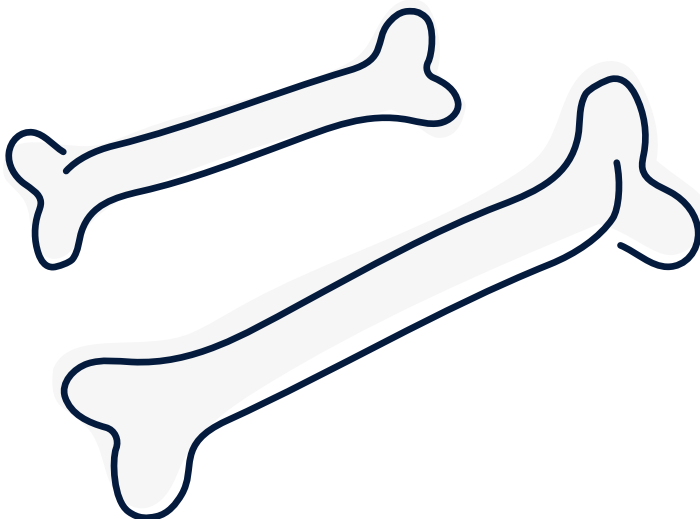
Recognise situations and opportunities to promote health, safety and wellbeing (ACPPS018)

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 arrays (e.g. 3 rows of 4). Students use the arrays to work out repeated addition questions and 'groups of' questions.
- Students use toy collections of healthy foods including dairy foods to create number stories involving halves, quarters and eighths of the collection.
- Present students with different dairy foods each with different weights. Students take it in turns to feel the weight of each item and use hefting to place the items in order of which they think is lightest to heaviest.
- Discuss the different seasons of the year and talk about whether students choose to eat or drink different things depending on the weather, e.g. hot milk drinks in winter, ice cold milkshakes in summer.
- 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 and represent multiplication as repeated addition, groups and arrays ([ACMNA031](#))

Recognise and interpret common uses of halves, quarters and eighths of shapes and collections ([ACMNA033](#))

Solve problems by using number sentences for addition or subtraction ([ACMNA036](#))

Measurement and Geometry

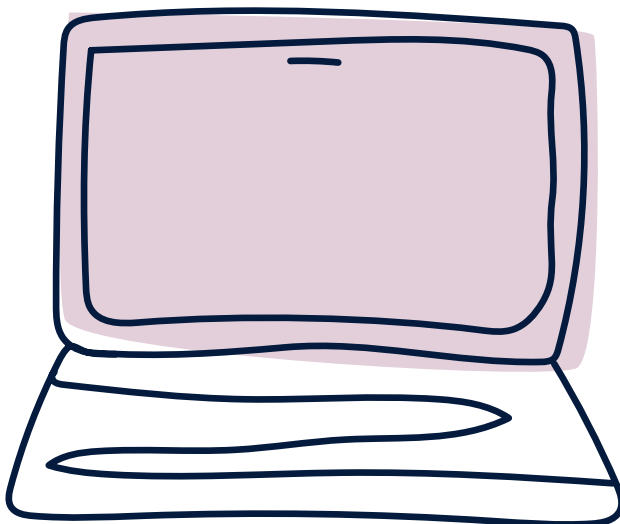
Compare and order several shapes and objects based on length, area, volume and capacity using appropriate uniform informal units ([ACMMG037](#))

Compare masses of objects using balance scales ([ACMMG038](#))

Name and order months and seasons ([ACMMG040](#))

Statistics and Probability

Create displays of data using lists, table and picture graphs and interpret them ([ACMSP050](#))



THE ARTS ACTIVITY IDEAS

- Create a marbled milk artwork by placing a small amount of milk in the bottom of a tray big enough to fit an A4 piece of paper. Add a few drops of food colouring to the milk and then a few drops of dish washing detergent. Use a cotton wool tip to swirl the colours together until happy with the design. Take a piece of paper and lay it on top of the colours then lift it off and place it flat to dry. Repeat until the milk needs to be replaced. It is suggested that this activity is completed outside, as it may get a little messy!
- Students work in small groups to create a healthy eating chant with an accompanying dance. Allow time to practise their dance before performing it for the rest of the class.
- Students create a collage using pictures of healthy foods, including dairy, found in magazines and catalogues. Students could create their own collages or work in a group to create a big collage to display around the school.
- Take students on a 'walk through a supermarket'. Students 'act out' walking through the supermarket as you describe items that they see. Ask a student to take on the role of the teacher describing what they see, hear and feel as they are on their walk. Change the scene from a supermarket to other scenes like a dairy farm or dairy production factory.

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](#))



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