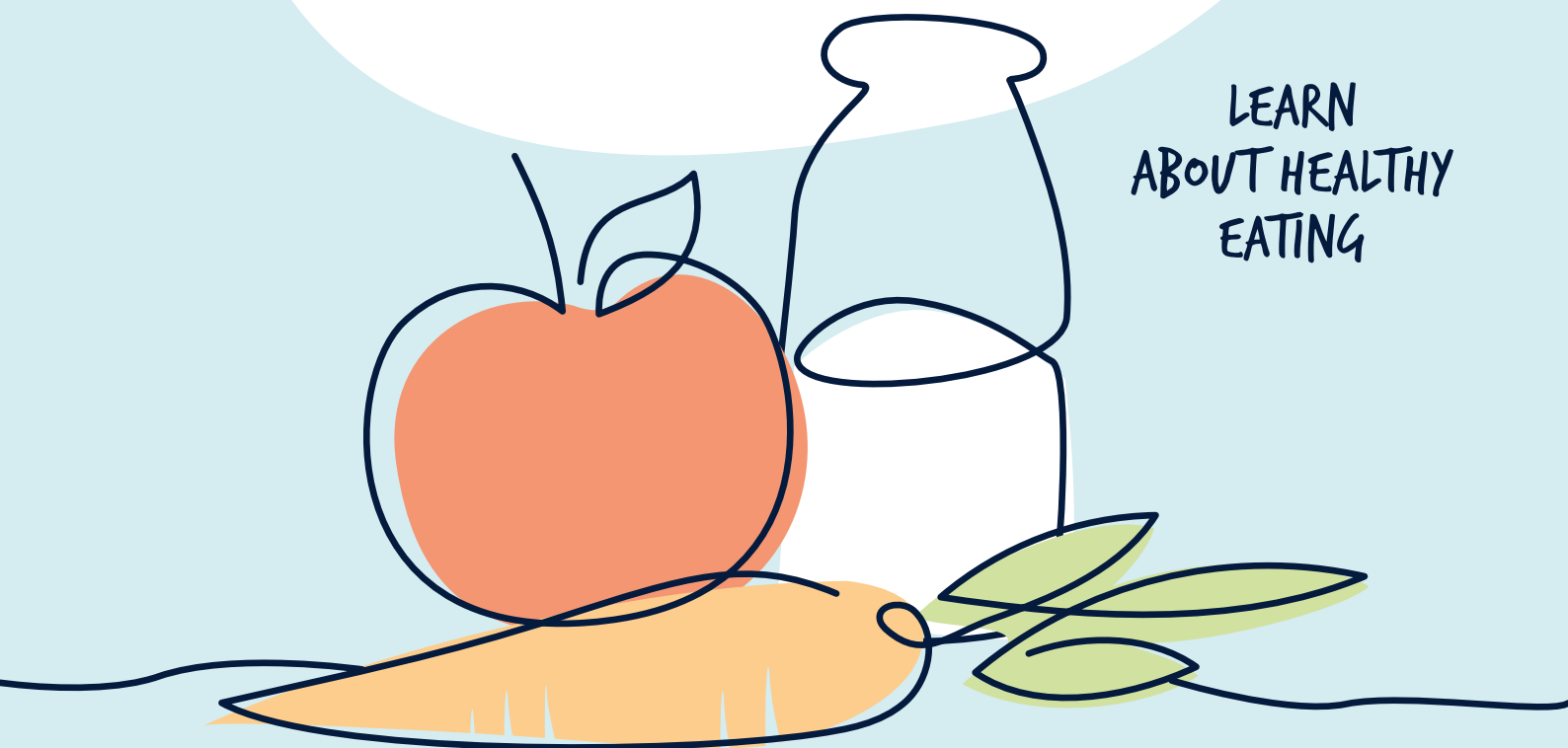


ACTIVITY IDEAS
**HEALTH &
NUTRITION**

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.

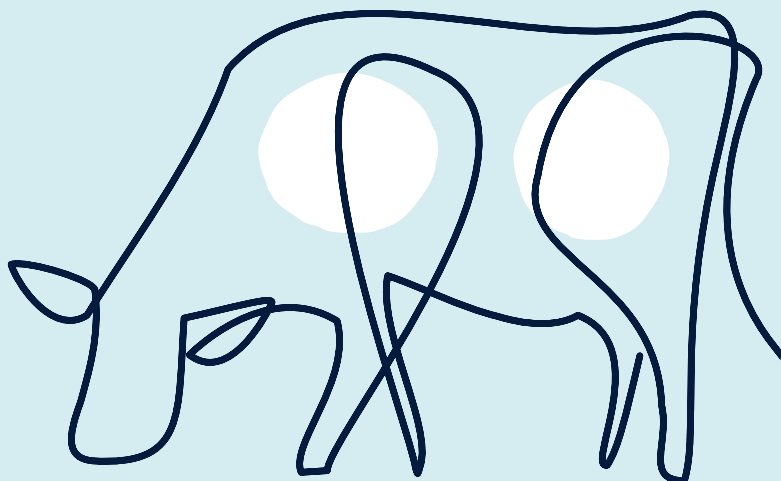
The materials have been revised by Kimberlin Education and Dairy Australia and a second edition released in 2018.

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

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.

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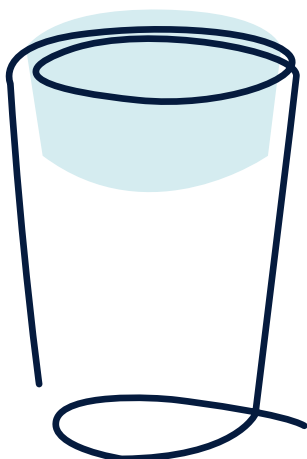
RESOURCE DESCRIPTION



These Year 5 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

- Discuss what is considered to be a healthy and balanced diet, and how sometimes, people have different opinions on what a healthy diet is. Discuss what could influence people's perceptions of what a healthy diet is. Students research how information around healthy eating is communicated to their community, and discover the resources that are available. Use this information (as well as the [Discover Dairy every day](#) interactive) for inspiration to create an informative resource on healthy eating that can be used by community members.
- Students are challenged to work together in a small group to design a menu for a new restaurant. They must include at least five entrées, five mains and one dairy dessert and each dish must contain at least one dairy food. Students then present their menu digitally with accompanying pictures.
- Create a video or digital presentation to promote health and wellbeing. Use a celebrity ambassador to communicate the benefits of maintaining a healthy lifestyle, e.g. sports person, chef etc. Students explain why they think their character is the best choice to promote their message effectively.

Curriculum links – Health and Physical Education

Being healthy, safe and active

Plan and practise strategies to promote health, safety and wellbeing ([ACPPS054](#))

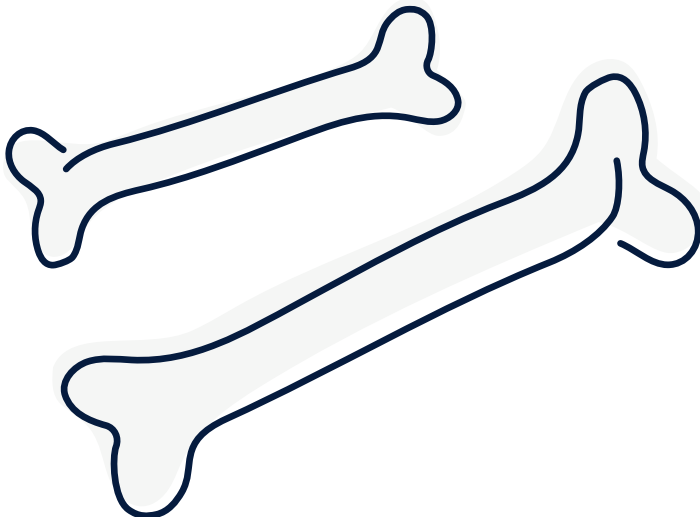
Investigate community resources and ways to seek help about health, safety and wellbeing ([ACPPS053](#))

Communicating and interacting for health and wellbeing

Investigate the role of preventive health in promoting and maintaining health, safety and wellbeing for individuals and their communities ([ACPPS058](#))

Contributing to healthy and active communities

Recognise how media and important people in the community influence personal attitudes, beliefs, decisions and behaviours ([ACPPS057](#))



MATHEMATICS ACTIVITY IDEAS

- Present different worded problems to solve involving dairy foods. For example Jack drank 46% of his 500ml milk, how much milk does Jack have left? Students then create their own problems and challenge a friend to complete.
- Students create a simple budget for their family to buy groceries for one week. They will make a list of the groceries to purchase and use the internet or catalogues to research the cost of these groceries. Students work out how much money is needed to purchase the groceries, remembering to take into account variables that may occur when shopping.
- Create a map of a supermarket and use a grid system to describe where dairy foods are found. Students use an appropriate scale to work out realistic distances between locations in the supermarket. They must work out the distance travelled around the supermarket in order to collect enough dairy to include in a healthy diet.
- Use examples of dairy food packaging to look at the nutritional value labels. Students collate the data found to create appropriate graphs. Students present their graphs to the class and explain their findings.

Curriculum links – Mathematics

Number and algebra

Use efficient mental and written strategies and apply appropriate digital technologies to solve problems (ACMNA291)

Create simple financial plans (ACMNA106)

Measurement and Geometry

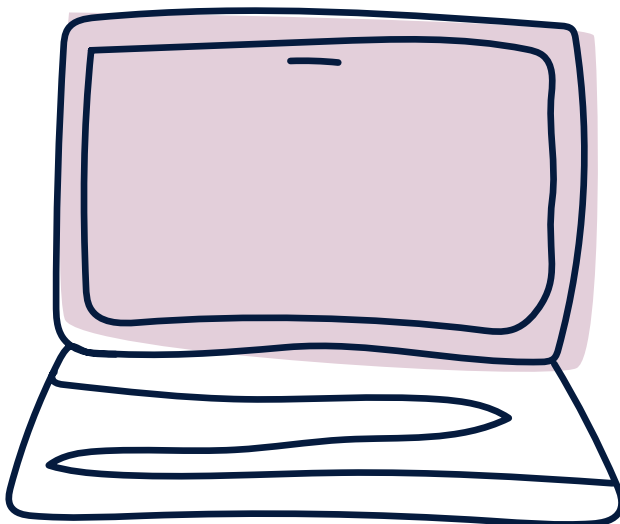
Choose appropriate units of measurement for length, area, volume, capacity and mass (ACMMG108)

Calculate perimeter and area of rectangles using familiar metric units (ACMMG109)

Statistics and Probability

Construct displays, including column graphs, dot plots and tables, appropriate for data type, with and without the use of digital technologies (ACMSP119)

Describe and interpret different data sets in context (ACMSP120)



THE ARTS ACTIVITY IDEAS

- Create a mascot to represent the dairy industry. Students can draw and label the features of their mascot then recreate the model using clay or plasticine. Display the models in the classroom alongside information explaining the reason for the design.
- Using artworks of dairy cows as inspiration, students create an artwork that includes a cow (or cows) in some way. Students could sketch a traditional cow or draw a cow with a twist. Encourage creativity.
- Students work in small groups to create a dance or play that expresses a story about dairy. They perform in front of their class members and then ask their audience to explain their interpretation of the story communicated.
- Play a game of celebrity heads where students are given different dairy products to guess. Students take it turns to ask questions that can only be answered with a yes or no, to discover their dairy product.

Curriculum links – The Arts

Visual Arts

Develop and apply techniques and processes when making their artworks ([ACAVAM115](#))

Plan the display of artworks to enhance their meaning for an audience ([ACAVAM116](#))

Dance

Explore movement and choreographic devices using the elements of dance to choreograph dances that communicate meaning ([ACADAM009](#))

Drama

Explore dramatic action, empathy and space in improvisations, playbuilding and scripted drama to develop characters and situations ([ACADRM035](#))



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