

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.

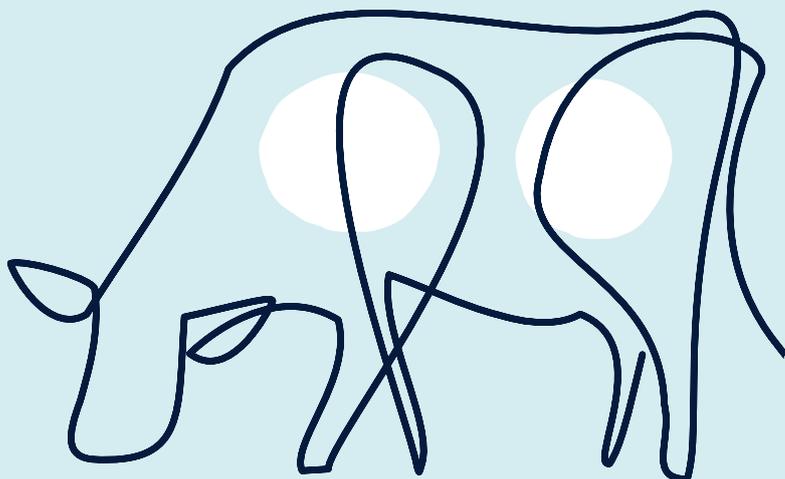
The materials have been revised by Kimberlin Education and Dairy Australia and a second edition released in 2018.

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RESOURCE DESCRIPTION



These Year 6 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 researched information as well as the [Discover Dairy every day](#) interactive activity to create a video or digital presentation promoting healthy ways of eating, using a classroom blog as the key channel to promote participation. Students devise a slogan and logo to promote healthy eating.
- Working in small groups, students design a 'Healthy market' day. Each group is to be assigned a different stall to run at the market. Groups design a product that can be created to sell at the market to promote a healthy lifestyle. Organise other classes to attend and be involved in the day, moving around to different stalls.
- Research resources that are available to the community in order to seek help about being healthy. Students analyse the resources that are available and targeted to their age group, and make a list of the strengths and weaknesses of the resource. Students then design their own resource that could be used to promote a healthy lifestyle.

Curriculum links – Health and Physical Education

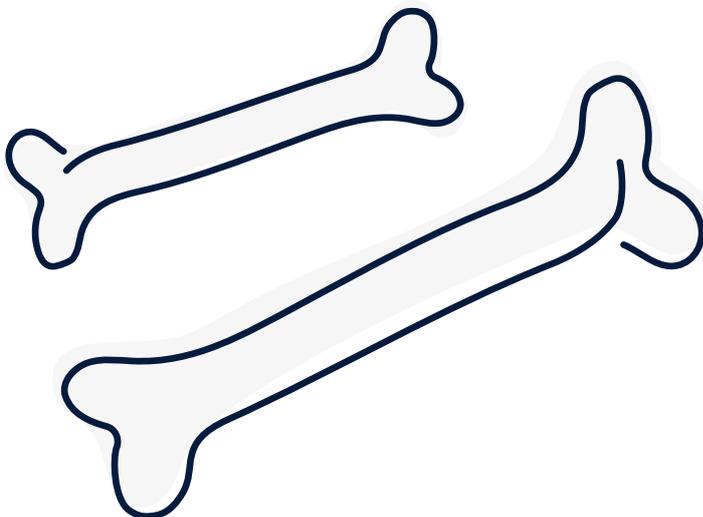
Being healthy, safe and active

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)

Contributing to healthy and active communities

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



MATHEMATICS ACTIVITY IDEAS

- Present different worded problems to solve involving dairy foods and their consumption. For example students could be challenged to work out the average milk consumption of all students in the class.
- Students create their own dairy foods using simple recipes. These are then sold to other members of the class or school using 'play' money or actual money to raise funds for the school. Students are required to create labels for their products. Throughout the 'selling' the teacher calls out 'red light special' and informs the class that they need to reduce their products by 10%, 25% and 50%. Students need to work out the reduced price to sell their product for.
- Students investigate how much space is used in a supermarket to display dairy foods. Students are challenged to investigate the average percentage of supermarket space dedicated to dairy products.
- 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

Select and apply efficient mental and written strategies and appropriate digital technologies to solve problems involving all four operations with whole numbers (ACMNA123)

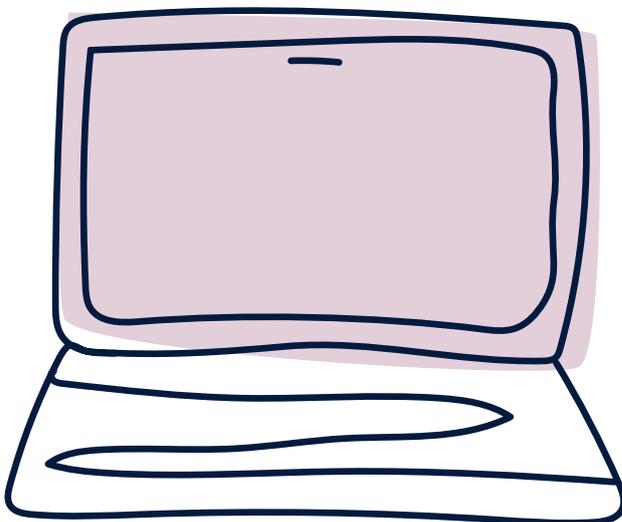
Investigate and calculate percentage discounts of 10%, 25% and 50% on sale items, with and without digital technologies (ACMNA132)

Measurement and Geometry

Solve problems involving the comparison of lengths and areas using appropriate units (ACMMG137)

Statistics and Probability

Interpret and compare a range of data displays, including side-by-side column graphs for two categorical variables (ACMSP147)



THE ARTS ACTIVITY IDEAS

- Use papier-mâché to create different dairy products. Students can work together in groups to create their products and present their creation to the class, explaining the reasons behind their design.
- Provide students with different examples of yoghurt packaging to look at. Students work on designing their own yoghurt packaging. Students then present their designs to the rest of the class explaining the reasons behind their design. Talk about what quantity of yoghurt is an appropriate amount to include in a healthy diet. What sort of information needs to be included on the packaging to inform consumers?
- Students write and perform a song or play about healthy eating and where they can go to find information that helps them. Encourage students to think of a problem that needs to be solved by a character or characters in their song/play.

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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