

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.

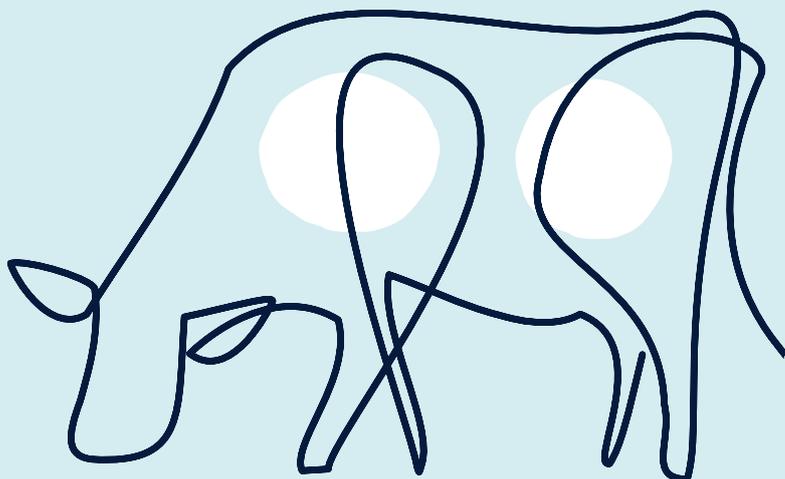
The materials have been revised by Kimberlin Education and Dairy Australia and a second edition released in 2018.

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 4 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. Use the information researched to create a television ad to promote healthy eating to children of their age.
- Working in small groups, students design a 'Healthy lifestyle' day. Each group is to be assigned different aspects of being healthy such as diet, being active, getting rest, drinking water etc. Groups design an activity to promote their aspect that can be carried out with other students in the school. Organise other classes to be involved in the day, moving around stations to different activities.
- Students take turns to lie down on butchers paper while another traces around to make an outline of their body. Students then work together to draw and cut out life-sized bones from cardboard. They then jumble up the pieces and race to see which group can construct a skeleton first.

Curriculum links – Health and Physical Education

Being healthy, safe and active

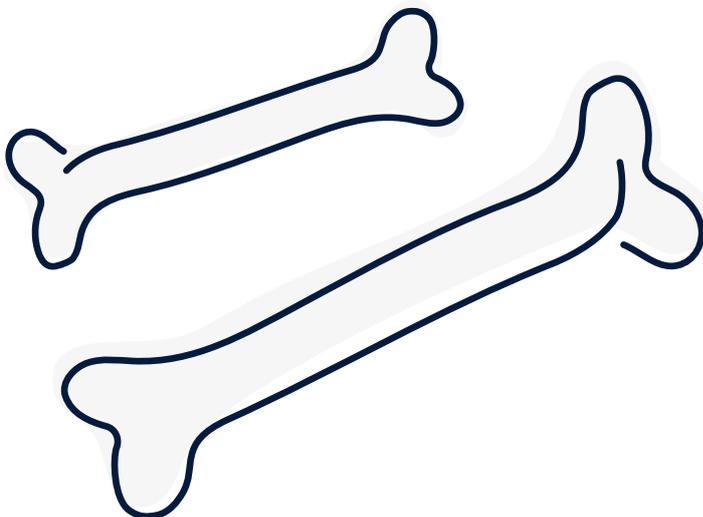
Identify and practise strategies to promote health, safety and wellbeing ([ACPPS036](#))

Communicating and interacting for health and wellbeing

Discuss and interpret health information and messages in the media and internet ([ACPPS039](#))

Contributing to healthy and active communities

Describe strategies to make the classroom and playground healthy, safe and active spaces ([ACPPS040](#))



MATHEMATICS ACTIVITY IDEAS

- 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 give change for transactions to the nearest 5 cents. Encourage the use of calculators to take the place of a cash register in order to work out transactions. If students are unable to create actual dairy foods, they could be given the challenge to design a dairy themed menu or design the layout of the dairy section of a supermarket.
- Make a cow's udder out of a rubber gloves. Fill the glove with water to act as the milk. Students are then given a certain time frame (start with 30 seconds) to 'milk the cow'. They must then measure the amount collected in their time frame. Students compare measurements and talk about the strategies they used to measure precisely.
- Create a table to record measurements from their milking activity. Using the data from the table, students then create a graph to represent the data values.
- Students are presented with different problems to solve involving dairy foods. For example, if Mary drank a glass of milk at 8am and another again at 3pm, how many hours are there between drinking her delicious milk?

Curriculum links – Mathematics

Number and Algebra

Solve problems involving purchases and the calculation of change to the nearest five cents with and without digital technologies ([ACMNA080](#))

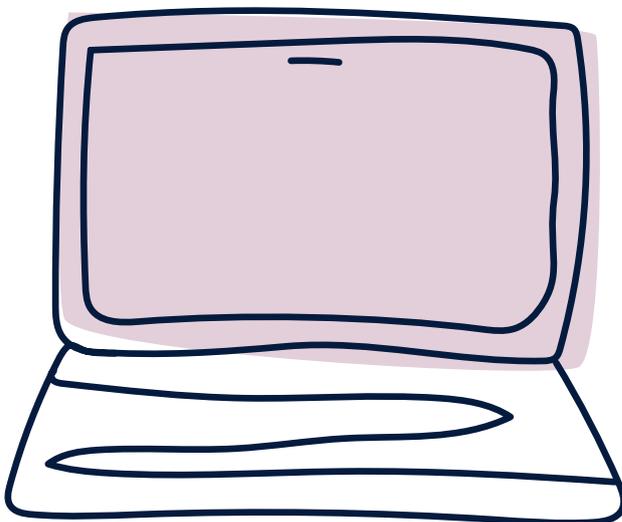
Measurement and Geometry

Use scaled instruments to measure and compare lengths, masses, capacities and temperatures ([ACMMG084](#))

Use 'am' and 'pm' notation and solve simple time problems ([ACMMG086](#))

Statistics and Probability

Construct suitable data displays, with and without the use of digital technologies, from given or collected data. Include tables, column graphs and picture graphs where one picture can represent many data values ([ACMSP096](#))



THE ARTS ACTIVITY IDEAS

- Provide students with different examples of dairy packaging to look at. Students then design, make and appraise their own dairy product packaging. Present their designs to the rest of the class explaining the reasons behind their design.
- As a class, examine artworks of dairy farming scenes such as 'Spring Frost' (1919) by Elliot Gruner and works by John McCartin. Students use these artworks as inspiration to create their own dairy farming scenes using watercolour paints.
- Work in small groups to create a healthy eating chant with an accompanying dance. Students are given time to practise their dance before performing it for the rest of the class
- Work in groups to devise a dairy themed tongue twister. For example 'Cows graze in groves on grass, which grows in grooves on the ground.' Students then challenge each other to say their tongue twisters as many times as they can in one minute.

Curriculum links – The Arts

Visual Arts

Use materials, techniques and processes to explore visual conventions when making artworks ([ACAVAM111](#))

Present artworks and describe how they have used visual conventions to represent their ideas ([ACAVAM112](#))

Dance

Improvise and structure movement ideas for dance sequences using the elements of dance and choreographic devices ([ACADAM005](#))

Drama

Use voice, body, movement and language to sustain role and relationships and create dramatic action with a sense of time and place ([ACADRM032](#))



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