

HEALTHY KICKS

STAGES 1-3 (FOUNDATION - YEAR 6)

Lesson One

Five for the Win

Learning Objectives

1. Participate in the discussion of the five food groups.
2. Recognise meals that incorporate the five major food groups.
3. Develop a creative representation of the five food groups.

Resources

- Food items to display the five food groups or use the Five for the Win visual prompts.
- A clean cloth to cover each of the groups for a reveal
- Paper, glue, pencils or other creative supplies for students to develop their own diagrams

Student Worksheets

[My Tracking Chart \(Stage 2-3\)](#)

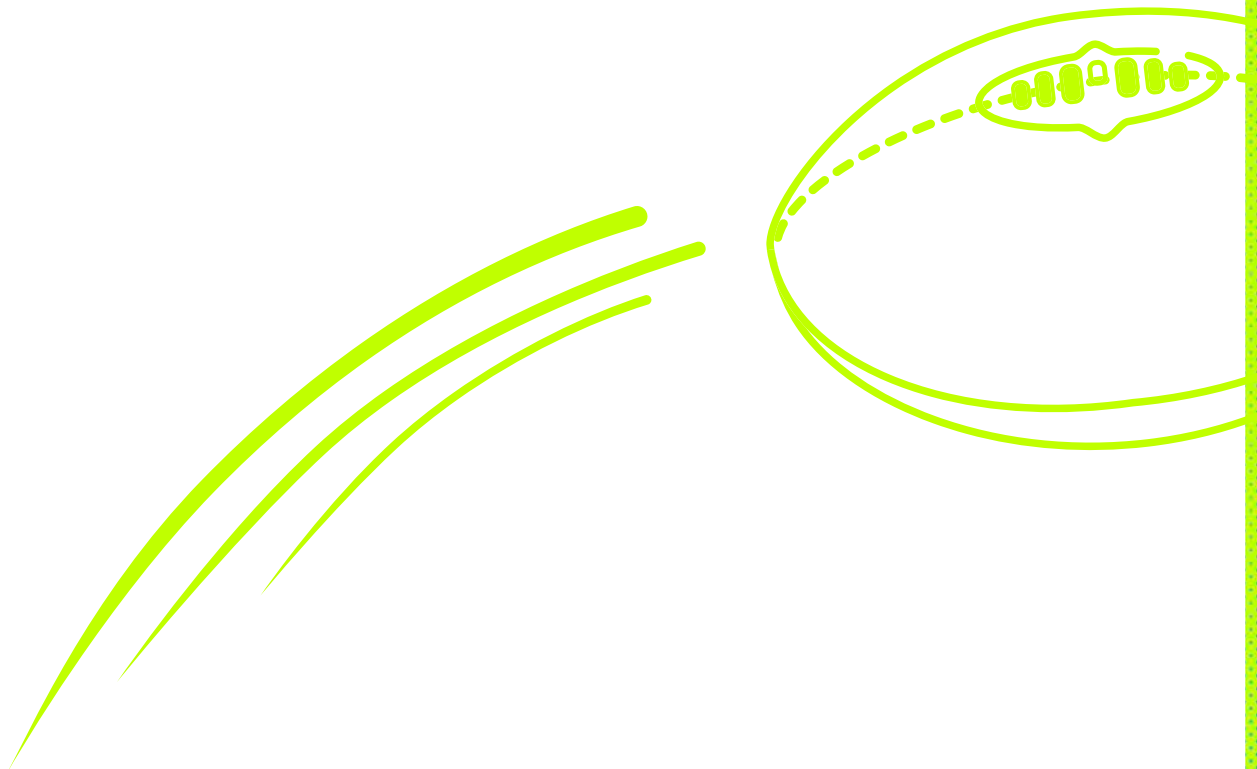
[Five for the Win \(Stage 1\)](#)

Video and links

- [Five for the Win](#)
- [Eat for Health](#)

Focus Question

What foods help make a balanced and healthy diet?



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Know

Introduce students to the food pyramid and the five food groups; fruits, vegetables, grains, protein and dairy. Create a display for the five major food groups. To do this, hide each of the foods under a cloth and ask students to guess what is included in the food group pyramid. Reveal the food when an answer is correct. Alternatively, use the Five for the Win visual prompts. Cut out each of the images and place them upside down on a table and ask students to guess what they are. With each correct answer, discuss the importance of the food group to overall health and wellbeing. Help students to identify some of their favourite meals that incorporate each of the five food groups.

- For more information on the importance of the five food groups, please visit [Eat for Health](#). Alternatively, you may like to play the Coles Healthy Kicks supplementary video featuring former AFL player Jordan Lewis where he discusses the five food groups. The video also includes a short quiz for students.

Discuss and Identify

Discuss the recommended serves for each food group verbally, or have students draw these in their workbooks, on the board, or work in groups to create posters which can be hung in the classroom.

Prompts

- Proteins - one serve per day. Proteins include lean meats, poultry, fish, eggs, nuts, seeds, legumes and beans.
- Fruit - two serves a day. Fruits include berries, apples, stone fruit and bananas.
- Dairy - three serves a day. Dairy foods include cheese, yoghurt and milk.
- Grains - four serves a day. Grains include pasta, bread and rice.
- Vegetables - five serves a day. Vegetables include zucchini, corn, celery, cauliflower and asparagus.

Interpret and Create

Each student is given the task of developing their own diagram of the five major food groups. Students should be encouraged to be creative and use their imagination to develop their own interpretation. This may involve using cut-out images from magazines, drawings or even lego constructions. Supervision for the use of scissors during this activity is required.

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Apply and Reflect

Challenge students to incorporate the five food groups into their diet daily by using either the Five for the Win worksheet (Stage 1) or the Tracking Chart (Stage 2&3) The tracking chart can be used for a full week and provides an opportunity for students to demonstrate their knowledge and understanding of food nutrition. Alternatively, students could use the tracking chart to plan a week's worth of meals for their favourite AFL player!

Students are also challenged to score goals/ points in order to encourage eating from the five food groups.

Point system below:

Kicking Goals

Did you eat from each food group?

1 goal for each food group

1 goal for physical activity

Ways to Adapt

- Introduce step-by-step cards or verbal instructions based on student ability and individual needs.
- Provide students with basic vocabulary to assist them in creating their food group diagrams.

At Home

Engage children further in food nutrition and preparation through cooking healthy and nutritious recipes.

Download the Coles Healthy Kicks At Home Learning Guide to share with parents and guardians - it's packed full of fun, educational, and creative activities to try at home.

