



HEALTHY KICKS

STAGES 1-3 (FOUNDATION - YEAR 6)

Lesson Three

My Lunchbox

Learning Objectives

1. Participate in the discussion of meal planning.
2. Know how to incorporate the five major food groups when devising a weekly lunchbox plan.
3. Identify healthy snacks and recognise their nutritional benefits.

Resources

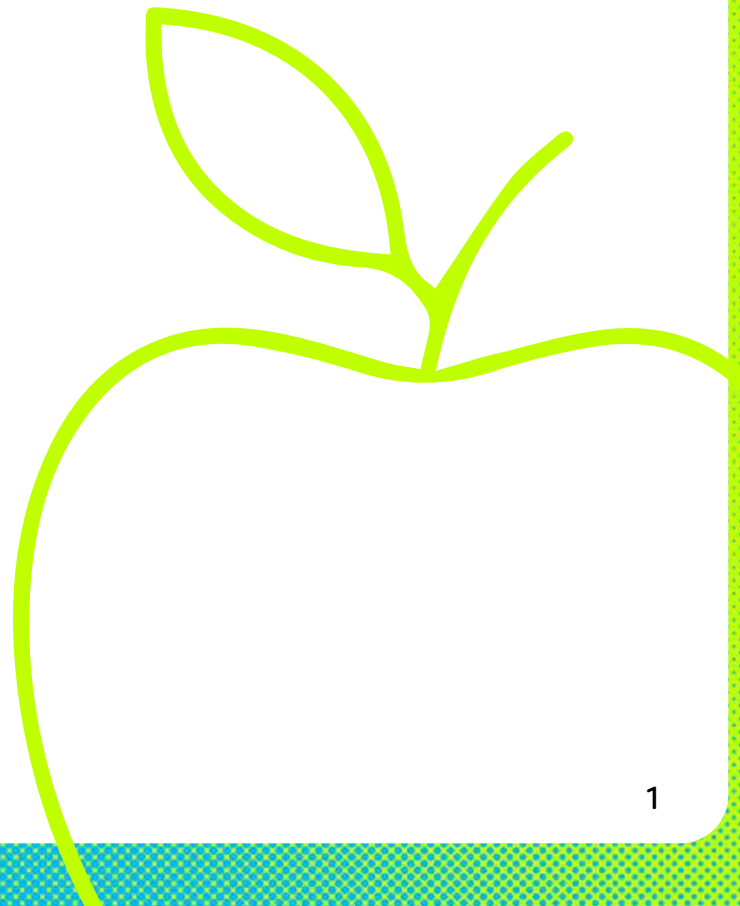
- Paper and pencils to create a meal plan
- Examples of child-friendly meal plans
- Inspirational images of fun school lunchboxes
- Paper plates and printed images of food items, or a pile of food/cooking magazines (Foundation - Year 2)
- [Coles Healthy Kicks Recipe Cards](#)

Video and links

- [My Lunchbox](#)
- [Healthy Eating - school lunches](#)
- [10-day Lunch Box Menu](#)
- [830 Creative Lunch Box Ideas](#)
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Focus Question

How can I plan a balanced and nutritional lunchbox?



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Predict and Communicate

What does a footballer eat?

In small groups, students are allocated a player who plays a specific position within a football team (see below) and are asked to brainstorm what their daily meals might look like. This is a good chance to gauge how much students already know about nutrition and meal planning before beginning the lesson. Ask students to present their findings to the class.

Football positions

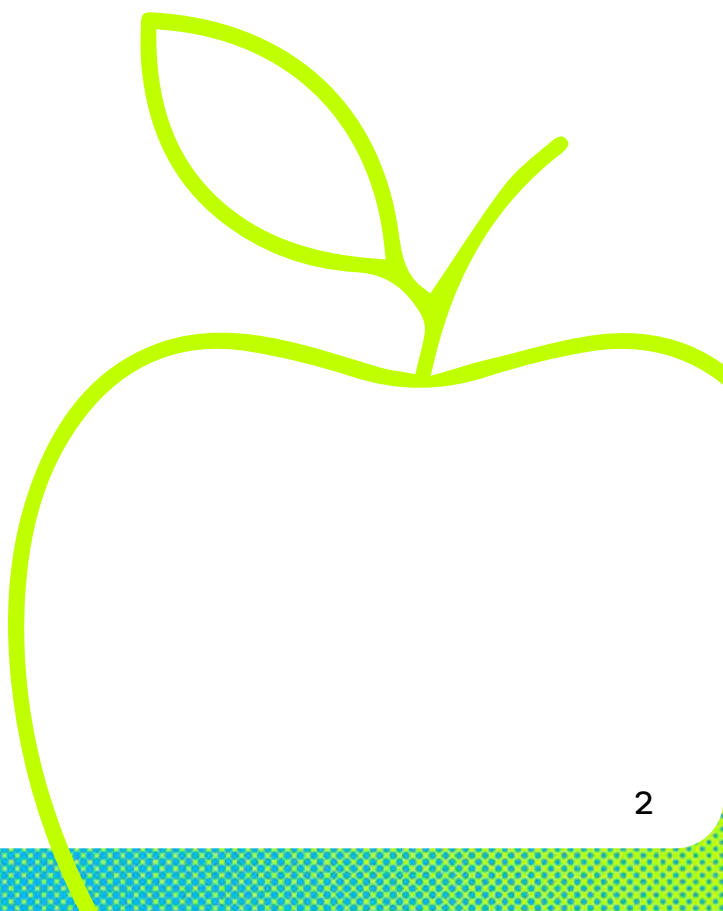
- **Ruck** - Generally the tallest in the team and plays in the midfield
- **Midfield** - Always in the play and runs the most of all players
- **Full forward** - Generally tall and strong who kicks lots of goals
- **Centre** - Another player who is part of the midfield brigade, this position is required to win the ball in tight spots so needs to be strong through the core
- **Wing** - Generally an athletic player who doesn't need to be as physically strong as other players, but is required to do a lot of running
- **Rover** - Generally one of the smaller players on the team, this position plays on the ball and is required to do a lot of running

For younger students, provide printed images of food items (or a stack of food related magazines to cut from) and ask them to glue these onto a paper plate to show what their athlete's meal would look like.

Hold a class discussion on the importance of meal planning and the role it plays in leading a healthy lifestyle (e.g. where possible, relate to a student's favourite football player).

Discussion Prompts

- Meal planning is important as it means that you can really think about how to incorporate the recommended servings of the five food groups; vegetables, fruits, grains, dairy and protein.
- Another key benefit of meal planning is that it allows you to increase the variety in lunchbox meals and get creative when you're planning out your meals. Variety is important so that you try new and different foods, and to reduce boredom. Make sure you switch it up from day to day.



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Create

Demonstrate how to develop a meal plan.

Steps for meal planning are:

- Start with the days of the week and fill in all activities planned for the week (e.g. footy training on Wednesday night, gymnastics on Thursdays, and a footy match on Saturday).
- Next, populate each day with favourite meals and snacks, ensuring the recommended intake of the five groups is considered throughout the week.

Example of meal plan and suggestions of do's and don'ts:

Healthy Eating - school lunches

Examples to get students inspired:

10-day Lunch Box Menu

830 Creative Lunch Box Ideas

Each student is then given the task of developing a weekly meal plan for their lunchbox. To assist students, watch Sharni Layton, AFLW player, plan her weekly meals.

Students should be encouraged to incorporate the five food groups, develop their own delicious healthy snacks and plan around any of their scheduled activities. To extend, they can also create a shopping list of foods they require for their weekly lunches, so they feel part of the shopping experience.

Reflect

Pair-share. Students swap their lunchbox plans with a partner and provide feedback using the following.

- One piece of positive feedback
- One suggestion to improve

Ways to Adapt

- Put students in pairs or small groups to develop their lunchbox meal planning.
- Write food groups and suggestions for each category on the board for those who need extra help.
- Provide a simple meal planning template.

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, educative, and creative activities to try at home.

