Australian Government
National Health and Medical Research Council
Department of Health and Ageing

www.eatforhealth.gov.au

Australian Guide to Healthy Eating

Enjoy a wide variety of nutritious foods from these five food groups every day.

Drink plenty of water.

Use small amounts

Only sometimes and in small amounts

USE YOUR COLOUR **AUSTRALIAN GUIDE TO HEALTHY EATING and answer the questions below.**

1. What percentage of men and women in Australia are overweight or obese?

_____

2. How many Australians have a cardiovascular condition?

_____

3. Identify three factors that affect our choice of foods.

   a.

   b.

   c.

4. Describe the purpose of the Australian guide to healthy eating.

_____

_____

_____

5. Explain how the chart works to help us select foods.

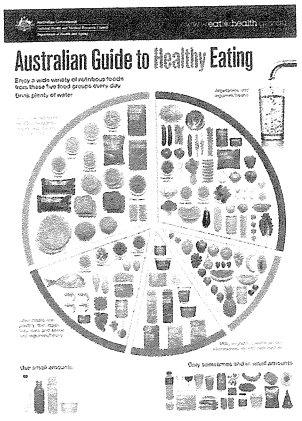
_____

_____

_____

_____

_____



create a poster of your favourite foods from each section of the Australian Guide to Healthy Eating. The posters will be displayed in your classroom!

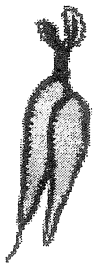
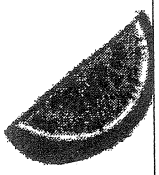
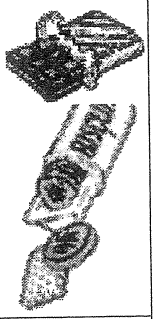
EXAMINE MY EATING PATTERN

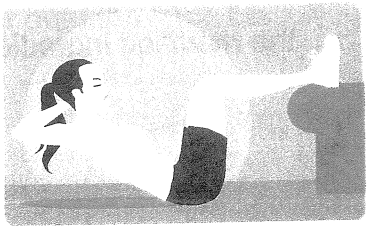
The best guide to how much you need to eat is hunger. Eat when you are hungry and stop when you are satisfied.

Remember: consider your level of activity and body size when you decide on the number of serves you need. If you are smaller and less active, choose the lower number from the range given in the guide. If you are average size and more active, choose the higher number.

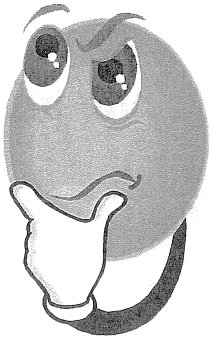
My eating pattern

1. Fill in the recommended eating pattern in the first row of the table below.
2. Then enter the number of serves you eat now in the second row.

	Bread, cereals, rice. Pasta, noodles	Vegetables, legumes 	Fruit 	Milk, yoghurt, cheese	Meat, fish, poultry, eggs, nuts, legumes	Extra foods 
Number of serves recommended by the AGHE						
Number of serves I eat now						



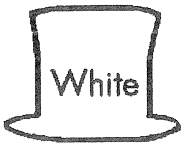
SETTING GOALS



What eating plan would you like for yourself? What changes do you need to make to the way you eat now? What changes can you realistically manage?
Plan for three realistic changes and write them down in the space below.

1
2
3

White hat thinking



INFORMATION: What are the facts?

What must I include each day in my diet to make it in line with the AGHE?

Food matters- food diary

Write down the foods you had yesterday. Make sure you include the serve sizes (use your copy of the AGHE to help you). For example

- 2 slices of bread = 1 serve
- 1 cup of milk = 1 serve

Meals	Foods and drinks (include serve size
Breakfast	
Lunch	
Dinner	
Snacks	

Fast Food

IDENTIFY THE FACTORS WHICH INFLUENCE YOU OR OTHERS TOWARDS UNHEALTHY FOOD HABITS.

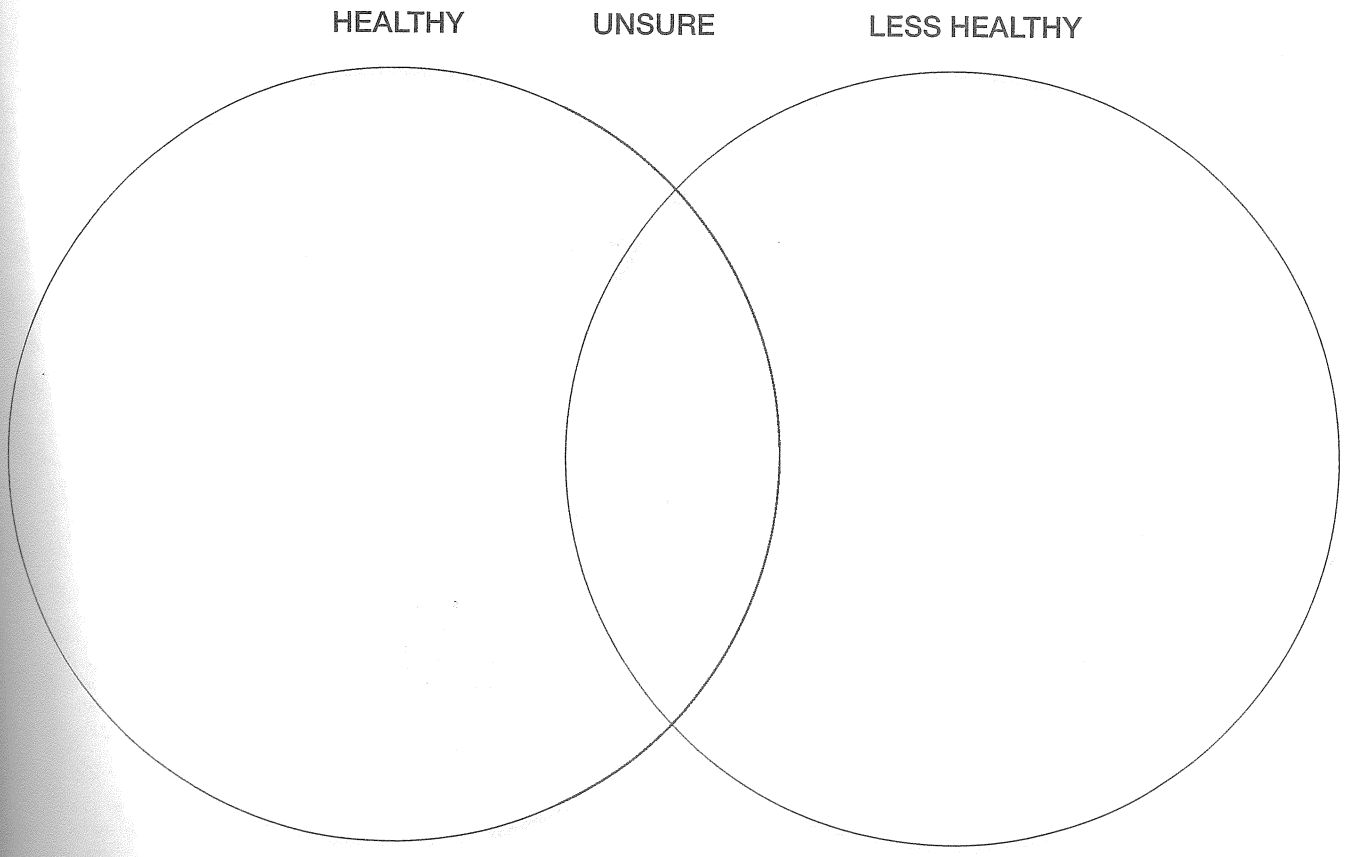
1.

2.

3.

Some other fast food outlets are making headway with a healthier alternative.

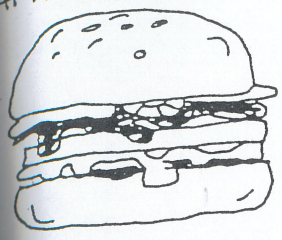
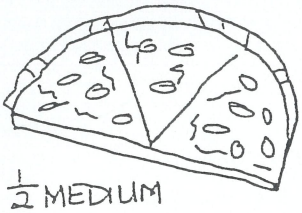
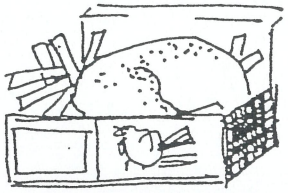
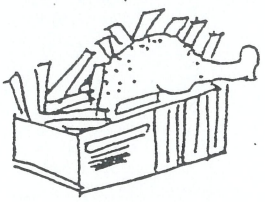
Look for examples of this in advertising, visiting the location or their websites. Select one and divide their menu in healthy and non healthy options, and those somewhere in- between.

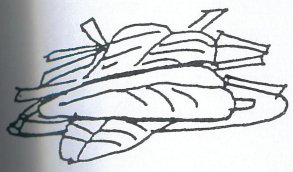
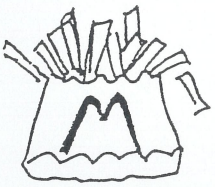
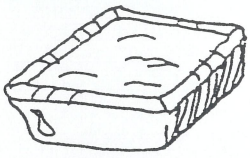
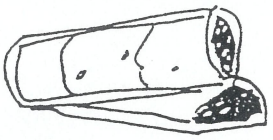


Labelling is an important way to have a clear idea about the nutrition content.

NAME _____

FAST FOODS...

HAMBURGER (MEDIUM)	PIZZA	B.B.Q. CHICKEN AND CHIPS	FRIED CHICKEN AND CHIPS
	 ½ MEDIUM		
800 / 32 / 1470	1200 / 24 / 2100	1500 / 28 / 2100	1500 / 33 / 3360

FISH AND CHIPS	SMALL FRENCH FRIES	MEAT PIE	1 LARGE SAUSAGE ROLL
			
1500 / 33 / 1680	150 / 13 / 1080	750 / 30 / 2100	780 / 30 / 1470

LEGEND ◇ SALT CONTENT (MILLIGRAMS) □ FAT CONTENT (GRAMS) ○ KILOJOULES

1 WHICH FAST FOOD DO YOU EAT MOST OFTEN? _____

2 WHICH OF THE ABOVE WOULD YOU RECOMMEND AS BEST NUTRITIONAL VALUE ? WHY? _____

3 ADVANTAGES OF FAST FOODS

_____

_____

_____

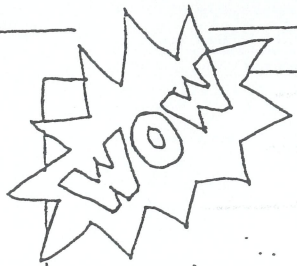
DISADVANTAGES OF FAST FOODS

_____

_____

_____

4 DRAW A PICTUEE OF A NEW NUTRITIONAL FAST FOOD! (BE IMAGINATIVE)

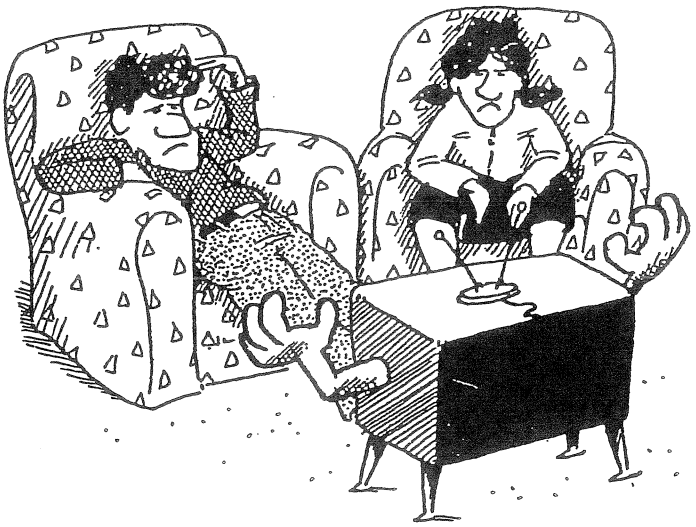


INTRODUCING !

5

How are snack foods advertised?

TASK: *Watch 1 hour of afternoon television.*
Note the time and station _____

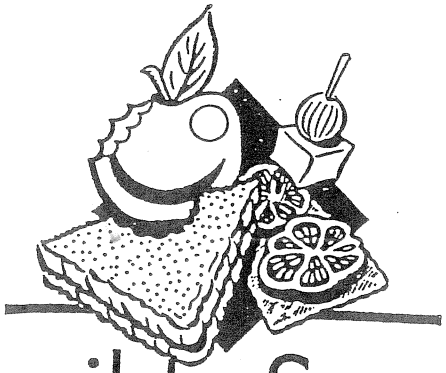


																		Total
Place a ✓ for each commercial that you see																		
2 *Place a X for each that is a food commercial*																		Total

Name the food advertised	*type of food**

**Snacks, desserts, breakfast foods, fruit, vegetable etc.*

2 *HOW DO ADS PERSUADE? List the ways.*



Sensible Snacks

What should I eat as snacks?

Think about your daily eating pattern. Do you have three **meals a day**? Do you have morning or afternoon tea? Do you **have supper** at night? Do you eat snacks? Eating patterns **vary** from person to person for a variety of reasons. Habit, **cultural** background, occupation, use of leisure time, **likes** and dislikes and family 'rules' all contribute to **particular** pattern of eating.

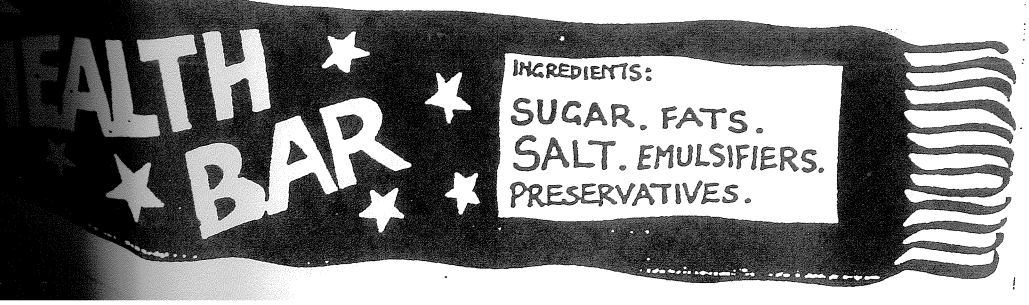
Some people include snacks in their diet. They may be **in place** of a meal ('I'm not very hungry so I'll just have **a snack**' or 'I haven't got time for a meal—I'll just grab a **snack** somewhere') or they may be eaten in addition to meals. **They may be** cooked or uncooked foods, they may be **made at home** or purchased from a shop. To some people, **a snack is** an apple or a biscuit and cheese. To others a snack **is a** hamburger with chips, a chocolate bar or a couple **of doughnuts**. What people choose for snacks varies .

If you want to help yourself to better health, you need to **become aware** of the nutritional *quality* and the overall **value** of the snack foods which you choose to eat. **Remember** you are the one who decides to put these foods **into the body**—so you are the one who is in a key position **to** have control over your snack food intake. Choose **your snacks** as carefully as you should choose all of your **meals**. Remember the recommendations of the Dietary **Guidelines** for Australians, the Healthy Diet Pyramid and the **five food groups**, and favour snacks which contribute to a **well-balanced diet**. Regard your snack food intake as **being** as important to your health as the other foods you

Give some reasons for differences in eating patterns from one person to another

Who decides about what snack foods you eat?

Are snack foods as important to your health as your meals?



Choosing Healthier Snacks

The following tips may help you to choose healthier snacks.

1 Enjoy fresh fruits. In summer, put some small bunches of grapes in the freezer. When they are frozen, remove them from the freezer and eat.

2 Prepare a bowl full of fresh vegetable nibbles—carrot sticks, celery, pieces of capsicum, mushroom, cherry tomatoes—and keep it handy in the refrigerator.

3 Try some low-fat yoghurt.

4 Have a cheese stick.

5 Drink plain milk or water instead of flavoured milk. Make a milk smoothy by blending low-fat milk with fresh fruit.

6 Make popcorn—but reduce the amount of salt to little or none at all.

7 Have some baked beans on wholemeal toast or half a bran muffin.

8 Grill some cheese and tomato on a crispbread.

9 Choose cakes and biscuits made with bran, oats, wholemeal flour, fruits and vegetables. Have small portions.

10 Fill pita pocket bread with lots of salad ingredients.

11 Make a cup of low-salt soup with milk.

12 Restrict your intake of chocolates, lollies, crisps, chips, muesli bars, soft drinks and ice-creams.

13 Make celery boats by filling celery sticks with cottage cheese.

14 Limit your intake of fried snack foods.

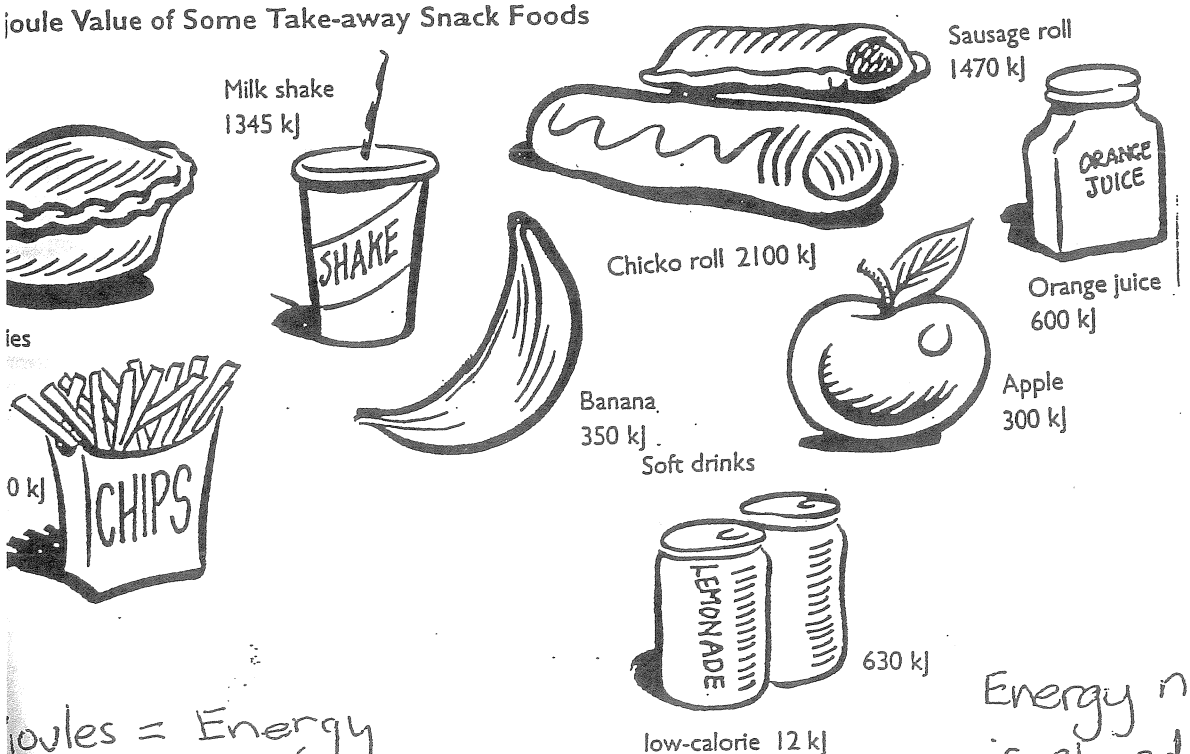
15 Have some dried fruit and nuts.

16 Have some high-fibre breakfast cereal and unsweetened stewed apple.

17 Read food labels and think carefully about the nutritional value of the foods you choose to eat.

Finally, don't eat snacks just because they are put in front of you. Try not to munch mindlessly while you watch television, a concert, or a sporting match. Treat snacks as part of your overall food intake and aim to choose wisely.

joule Value of Some Take-away Snack Foods



joules = Energy

Energy not used is stored as fat.

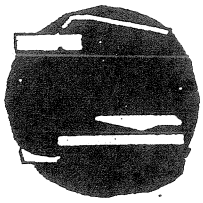
SNACKING IS FINE IF YOUR CHOICES ARE HEALTHY

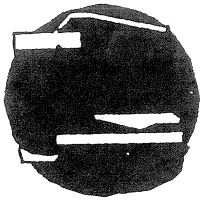
There is nothing wrong with frequent eating or snacking as long as the food you eat is healthy. Often we "snack" away from home where it may be difficult to make healthy choices. The main thing to remember - whatever eating pattern suits your lifestyle - is that all food and drink affects your body, whether it is in the form of meals or snacks. Don't fall for the tricks of the advertisers when they suggest snacks don't matter - "eat for fun", "give yourself a lift", "refresh yourself" and so on. Snacks do matter. Teenagers will often get as much as 25% of their food from snacks.

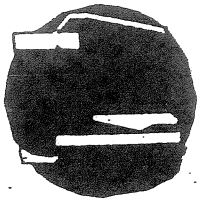
ACTIVITY

List healthy snack choices which might be suitable for:-

* SCHOOL RECESS_____
* AFTER SCHOOL AT HOME_____
* A FOOTABALL MATCH ON SATURDAY_____
* WATCHING TELEVISION_____
* A SMALL CHILD (3 YR OLD) WHOM YOU ARE MINDING_____
* YOUR FAVOURITE ROCK OR TV STAR IF HE/SHE CALLED IN TO SEE YOU
* AT THE MOVIES_____
* AT THE DISCO_____
* AT THE BEACH_____







ICT activity- Working with people and food

Log in to Foodwatch

- foodwatch.com.au
- Go to home → family and feeding kids →
- why kids need breakfast.
- **Read** Blog!

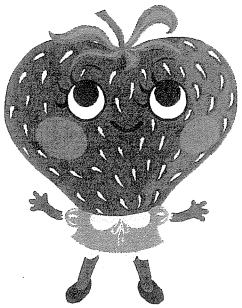
Plan a day's meals and snacks

Put your goals into practice by creating your own personal healthy eating plan. Plan a day's meals and snacks for yourself using your healthy eating pattern and the Australian Guide to Healthy Eating.

Meals	Foods and drinks
Breakfast	
Lunch	
Dinner	
Snacks	

Choosing food

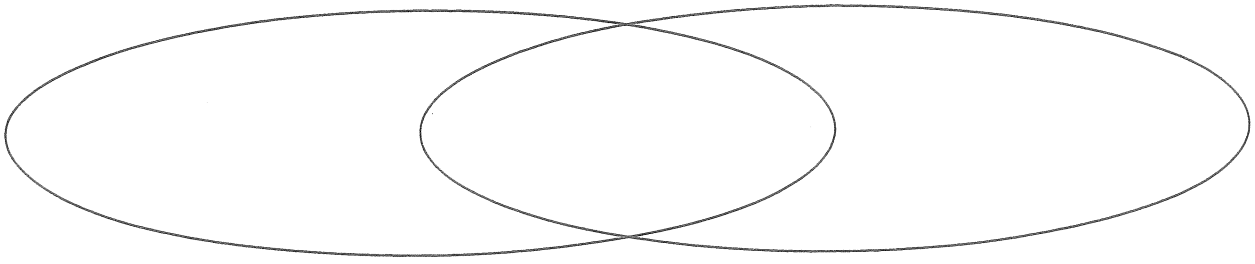
If you could have any five foods right now what would they be? Write these down in the table below.
Write down the five foods you eat most often.



Email 2 of your friends using the DET education email and ask what they like to eat and why.
Record their responses in the Choosing Foods table.

Five foods you would like to eat right now	Five foods you eat most often	Friends favourite foods

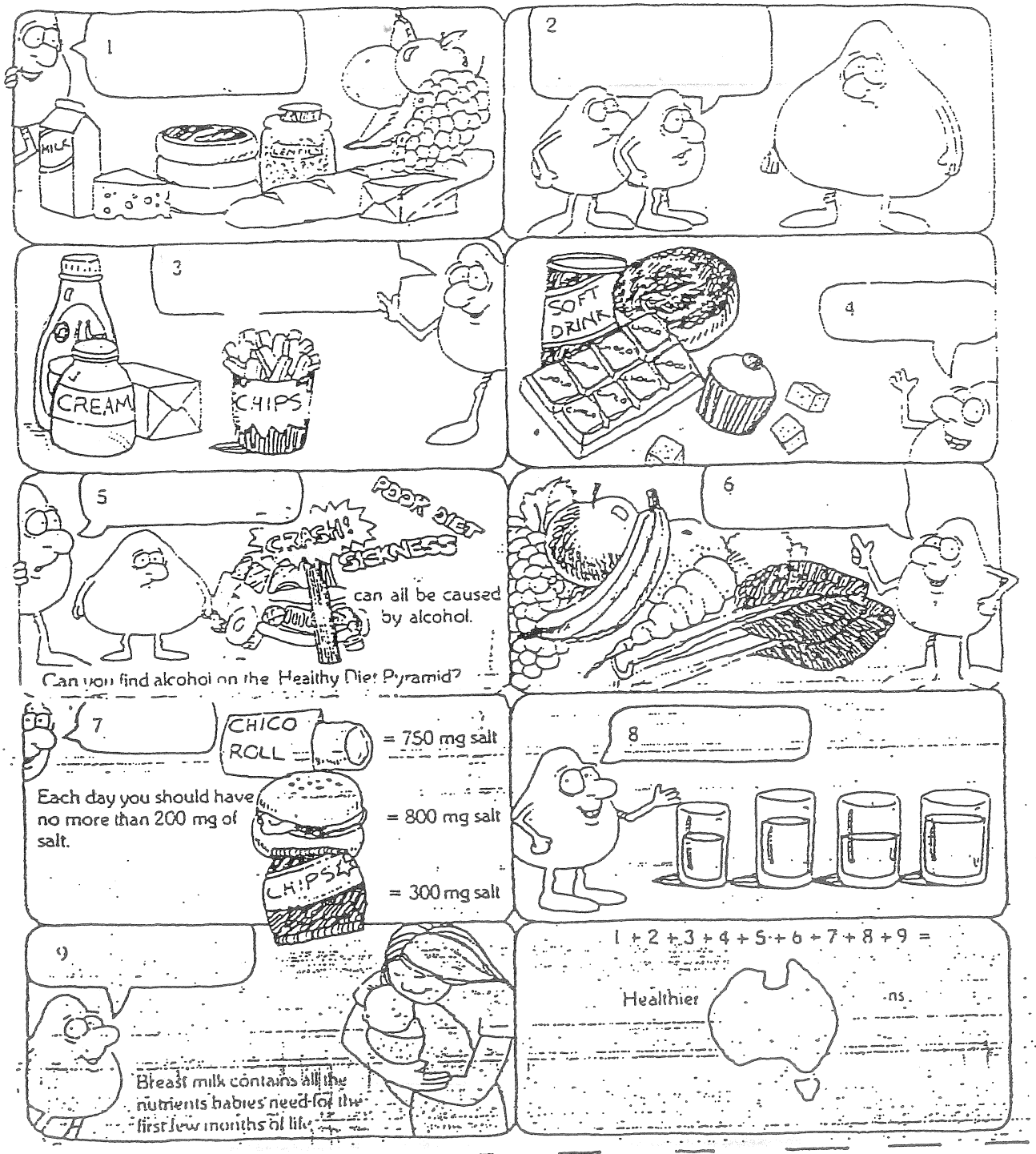
Are there any foods that are common on the lists? Highlight the common foods.
Record in the VENN diagram below the similarities and differences of food choices.



Explain reasons for the similarities and differences.

AUSTRALIAN DIETARY GUIDELINES

guidelines
to become healthier people.



9 Breast feed babies

7. Eat less salt

8 Drink more water

5 Limit alcohol intake

3. Eat less fat & have a healthy

2. Reduce obesity

6 Eat more fruit & vegetables

4 Eat less sugar

1. Eat a variety of foods each day

RESPECT

Name: _____ Date: _____

Find and circle each of the words from the list below. Words may appear forwards or backwards, horizontally, vertically or diagonally in the grid.

Y A M N A J A E C M W N E B R Y I R E S T E E M P O Y E O C X H W E F
D R D M Y D M L Y M O O O Y A U L P U E N T H U S I A S M M Q E A Y I
J E D P U P M I Y M T O A I V F W A D O P C L E N D Z L A N E R G T S
E L P F W M M I Q V R R N Q T I Y E P E N I U P M I O A B G E U M E S
U A T O A A M A R M M T P O S A S T C I V O E K A Y U H P A L T W P J
R T F S A F T I T E R H L G I C C H I Y C O H H A R I M R Z B L U O P
O I P T L D L M C V A S N U W T E U M N M N T L P T T Y Y P I U I S W
L O F E A Y O E E A J I C C D R I E D L U I I I D O J L T N S C B I Y
E N P R R T T Y P Z L S A U I A A N E E G M B R O D H S M A N X E T T
M S M F A I S R S E C Y I S S N I P G E D C M W P N G N I V O L S I I
O H T M A R E N E C D O H L Q N Q U E O O B J O C L P E U T P F T V R
D I Y I Y A N F R M J E M D A O I N K P C R Y O C B N A X M S M A E G
E P R U Z L S L I A E M X M I P O C I R B E L Y T E A X N F E X E Y E
L I E E N U I L S G A R O J U B P N O T O L R M A N N E R S R G A T T
A E O V X P B X O Y P P A H Z N I R E N A W U U C E P I T N D K Y I N
I Y Y I L O L P C E U A W K T O I U E B S R M H H R N S I E G X H N I
O C C T J P E N I C X P X N N E O C O C E I O A A E G V L W P M T G U
E C A N U A S U E O Z A E S E M I R A Z I I D I E H R W M R E S A I C
G Q R E Y R M Z T T B M X L T Y A E T T C A S E X T O O A O Q U P D M
D T C T P U E A Y U Y A U K C T P M F E I E T E R N E S T U D C M F F
I I O T N M P E R O C F X I I L S O S E A O I I K A E W E A R A E E S
R E M A E K A T J T K A S O B C E T I R E S N G O I T U A S P X N G T
G D E E F I J N I N J N N N W I M I I U T L I G X N G E H A R E E N R
N P D U F N E V A D I L V N C U O O Z T J A V M O E T I S T T U J I E
I O D P U D E H J R R E F A B A O N B A U G S I V K N S E S L B E R N
N L P Q T B T A T C I A M P N U T E L M D C T X U E I A I A W M L A G
T I I J U T B N A I O R G I E O O I I U P A I O R O E L V E T Z D H T
H T D E R U I U K I R N C E R E N E U N R T I A N E E R G U K T E S H
G E U F E A I S P E C I A L R Q X E J I G E M A R J U S T I C E R W S
I T H O U G H T F U L N O O A I B G M N O H T F A W X O F C A C S P D
L S S E N D N O F A A G N O N J U D G E M E N T A L F A M I L Y M I N
B A R D R E T H C A R I N G O L A S W L X F R I E N D L Y G M S U S E
T O Y O S U O E T R U O C T E A C H E R M J U R O H T R U T H F U L U
A P N A U Z G W V Z F S T E M I E U X Y E G Q I R H E F N N Y A L R N

caring elders cherish regard admire special mature culture society friendly happy honour justice dignity truthful
enjoyment enthusiasm admiration relationship recognition democracy community knowledge passionate role model
praise foster hero free mate polite adult shine listen value awe future loyal active best family loving kind
education manners thoughtful empathy devotion fondness strengths feelings courteous teamwork popularity attentive
Yuwaalaraay choices communication considerate non-judgemental responsible Lightning Ridge collaboration appreciation
opinions principal respect esteem emotion teacher sensible sharing thankful integrity learning intrinsic positive

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