

EATING HEALTHY FOODS



At a glance

- What types of food do Rugby players eat?
- What does the Australian Guide to Healthy Eating suggest?
- What are the main jobs of the five food groups?
- What is recommended in the Australian Dietary Guidelines?
- What are the benefits of healthy eating and consequences of unhealthy eating?
- What is a balanced diet and do I have one?
- What are some national healthy eating campaigns and what impact might they have?

OVERVIEW

Healthy food choices are crucial for rugby players so that they can get the most of their bodies before, during and after matches and for a healthy lifestyle in general. In this learning experience students explore the healthy food choices of two rugby sevens players, learn about the Australian guide to healthy eating, focus on the jobs of the five food groups, discuss the importance of good food choices on our health, reflect on the types of food they eat in the course of one day, discuss the energy balance and review some of the healthy eating campaigns used across Australia.

LEARNING AREA

- Health and Physical Education

FOCUS AREA

- Food and nutrition

Strand: Personal, social and community health

Sub-strand: Being healthy, safe and active

(ACPPS018; ACPPS036; ACPPS054; ACPPS073)

Sub-strand: Communicating and interacting for health and wellbeing (ACPPS021; ACPPS039; ACPPS057)

Sub-strand: Contributing to healthy and active communities (ACPP006; ACPPS058)

GENERAL CAPABILITIES

- Literacy: Comprehend texts through listening, reading and viewing; Composing texts through speaking, writing and creating.
- Personal and social capability: Self awareness.
- ICT capability: Investigating with ICT.
- Numeracy: Estimating and calculating with whole numbers; Interpreting statistical information.

STIMULUS

- PowerPoint Presentation – ready to use!
- Australian Guide to Healthy Eating
- Australian Dietary Guidelines
- Food diary

POSSIBLE LEARNING OPPORTUNITIES / TASKS

- Look at photos and read about the food eaten by a male and female Rugby Sevens player and discuss reasons for the foods they eat.
- Take a look at the Australian Guide to Healthy Eating 2013; identify the five food groups; and discuss the suggested percentage of each food group to be eaten each day. Any surprises?
- Play a 'matching the food to a food group' game.
- Discuss the main job each food group does.
- Review the Australian Dietary Guidelines.
- Suggest positive and negative health impacts of eating healthy and unhealthy foods.
- Reflect on the types of food you eat during a day using the Food Diary. Then continue the activity by completing the Food Diary for one week.
- Analyse whether or not you have a balanced diet based on the suggested guidelines. Compare to your class mates. Discuss who and what influences what you eat.
- Discuss why some people are a healthy weight and some people are overweight or underweight.
- Look at the Energy Equation and discuss its simplicity and why people still don't understand it.
- Brainstorm any local, regional, state/territory or national campaigns aimed at promoting healthy eating and discuss their effectiveness at changing people's behaviours for the better.

REFLECTION

Reflect on the importance of eating a balanced diet to maintain a healthy weight and lifestyle and enjoy involvement in sports such as Rugby. Reflect on the healthy eating messages conveyed in campaigns and the impact these might have.

EXTENSION IDEAS

- Research A Healthy Active Australia.
- Research Daily Intake Guide – information about daily nutrient requirements.
- Begin an individual or class weekly food diary recording all the food eaten over that time. Explore any patterns or trends.
- Research nutrition-related issues e.g. anorexia, heart disorders, obesity, stress.
- Research the role of carbohydrate loading.

WORKSHEETS

- LP - Help Wally fill his plate
- MP - Wally's recipe maths challenge
- UP - Food maths quiz

ASSESSMENT IDEAS

- LP - Create a poster
- MP - Survey another class
- UP - Develop a menu for the Rugby carnival