



Active Kids – At Home

Week 2: Healthy eating habits

Healthy Eating for children – Eat For Health (Australian Government)

Developing positive healthy eating habits as a child sets them up to make ongoing healthy choices as they grow older.

The **Australian Dietary Guidelines** recommend children consume a wide variety of nutritious foods across the five different food groups every day – vegetables and legumes/beans; fruit; grain (cereal) foods mostly wholegrain and/or high cereal fibre varieties; lean meats and poultry, fish, eggs, nuts and seeds, and/or legumes/beans; and milk, yoghurt, cheese and/or alternatives.

Check out the five food groups on this visual poster –

https://www.eatforhealth.gov.au/sites/default/files/content/The%20Guidelines/n55i_australian_guide_to_healthy_eating.pdf

The **Australian Dietary Guidelines** also recommend that children limit the intake of foods containing:

- High saturated fat such as many biscuits, cakes, pastries, pies, processed meats, pizza, fried foods and potato chips.
- Food and drinks containing added salt
- Food and drinks containing added sugar such as confectionary, sugar-sweetened soft drink and cordials, fruit drinks and energy drinks.

The 'health eating for children' brochure is a great resource that provides information about healthy eating, what a standard serve size is and how much children should be aiming for each day. See the brochure here –

https://www.eatforhealth.gov.au/sites/default/files/content/The%20Guidelines/n55f_children_brochure.pdf

Describe the definition of Processed Foods and Unprocessed Foods (5 minutes)

Processed Foods: Most foods need to go through some sort of processing/changing for it to even be edible and digestible. Processing includes canning, cooking, freezing, dehydration or milling. Not all processed foods are necessarily bad, foods can be minimally processed for convenience such as canned tuna. However, when the food is altered greatly from its natural state and additional ingredients are added, it can become unhealthy. Consumption of processed foods with refined grains, added sugar and trans fats should be limited.

Un-processed Foods: are foods which are largely un-altered from their natural state. As much as possible choose foods that have gone through a minimal amount of industrial processing.

Home Activity: Orange Juice demonstration: Unprocessed and Highly Processed (10 minutes)

1. Place oranges, blender, fine strainer, clear glass and table sugar on a table at the front of the room.
2. Hold up an orange. *Is this orange an unprocessed or a processed food?*
(Answer: unprocessed food) *It occurs naturally in this form, so it is a whole, unprocessed food. We are now going to process it into orange juice.*
3. Ask a student volunteer to come to the front of the room to help peel the oranges.
4. Place the peeled oranges into the blender and process for a few minutes. Pour the juice from the blender through the strainer into the glass. Add two teaspoons of sugar to the juice in the glass and stir.
5. **Discussion;**
Is this orange juice processed or unprocessed?
(Answer: processed) *following on, what have we done to make this “processed”?*
By blending and straining the oranges, we have removed the orange’s pulp and natural fibre. Secondly, the orange contains naturally occurring sugar in the form of Fructose. We have added extra sugar to make the drink sweeter by adding table sugar, which is in the form of sucrose.
6. Lastly, ask the class what’s a healthier option, a whole orange or the orange juice.