



# Active Kids – At School

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

# Class Activity: Processed and Unprocessed Foods

## 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.

## “Processed or Unprocessed?” Chart and Cards (15 minutes)

1. Create a table chart with three columns “unprocessed, minimally processed and highly processed”. For the chart you can use poster paper and “blu tack” the cut-out cards of the foods listed below. Alternatively, you can draw up the chart on a whiteboard and use magnets/blu tack to position a specific food into a category.
2. Hold up each food card one by one and ask the class which category it belongs in and why.  
**Unprocessed foods** are in their naturally occurring state.  
**Minimally processed** foods have been cooked or cut or dried but have nothing much added to them.  
**Highly processed** have something added to them like sugar, oil, salt or other ingredients that preserve them.

<b>Unprocessed</b>	<b>Minimally Processed</b>	<b>Highly Processed</b>
Brown Rice	White Rice	Rice cakes
Water	Fruit Smoothie	Soda
Potato	Baked Potato	Potato Chips
Raw Chicken	Barbeque chicken	Chicken nuggets
Carrot sticks	Sushi Rolls	Cookie