

# Active Kids – At School

## Week 8: Healthy meals

Good nutrition is important for everybody, in particular children as they grow and develop a healthy positive lifestyle. Without good nutrition through healthy food our bodies and minds can suffer, especially when trying to maintain energy levels and concentrate at school, work or participating in physical activity throughout the day. Children can learn quickly about good and poor food choices, and are often influenced by friends and popular trends as highlighted by [Better Health Victoria](#).

*Better Health Victoria* recommends involving children in planning and preparing their own lunchboxes and meals throughout the day. This gives children the opportunity to learn about healthy eating and gives them a chance to make autonomous decisions about what they will be eating during the day in future.

Below is a list of more resources with some wonderful tips and suggestions to help families manage healthy meals across the whole day.

### Breakfast

- Getting children to love breakfast every day, *Raising Children* – <https://raisingchildren.net.au/toddlers/nutrition-fitness/breakfast-lunches/breakfast>
- Breakfast ideas for everyone, *Australian Healthy Eating Advisory Service* – <https://heas.health.vic.gov.au/sites/default/files/ECS-breakfast-ideas-for-OSHC.pdf>

### Lunchboxes

- Lunchbox tips, *Better Health Victoria* – <https://www.betterhealth.vic.gov.au/health/healthyliving/lunch-box-tips>
- Lunchboxes – Menu Planner, *Better Health Victoria* – <https://www.betterhealth.vic.gov.au/health/healthyliving/lunch-boxes-menu-planner>

### Snacks

- Healthy snacks, *Healthy Kids Association* – <http://healthy-kids.com.au/healthy-lunchbox-snacks/>
- Saving time and money, *LiveLighter* – <https://livelighter.com.au/The-Facts/LiveLighter-for-Families/At-Home/Saving-Time-and-Money>

**Recipe Finder** – LiveLighter is a great website with plenty of information about healthy eating and physical activity. Use their 'Recipe Finder' tool to discover some new healthy and easy to prepare meals – <https://livelighter.com.au/recipe>

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**Class Activity (10-15mins): Reading Food Labels – Have some fun!**

Have any students looked at a food label before? Do they know what some of the words mean? Or perhaps they haven't got the faintest idea! This quick class activity will introduce them to food labels in a fun and easy setting.

This activity can work individually, pairs or groups of three.

\*Remember that often food labels are not on some of the healthiest foods we can eat, including fruit and vegetables, fresh meats and fish, nuts and wholegrain breads.

- Grab a packaged food – this could be anything, muesli bar, chips, yogurt or crackers, etc.
- Look for the list of ingredients, and read what has been put into the food – maybe there are some long words that are difficult to say? Or maybe you know some of the ingredients?
  - o The ingredients that are listed in order from biggest to smallest amount.
- Write down the top 3 ingredients, as these will have the biggest amount in the food.
- If fat or sugar is listed in the top 3 ingredients it could well be considered a 'sometimes food or drink'
  - o Sometimes fat and sugars are listed under different names:
    - Fats = oil, vegetable/animal oil, palm oil, lard, shortening
    - Sugar = sucrose, dextrose, maltose, lactose, fructose, corn syrup, maltodextrin
- Next have a look if the product has the black and white nutritional information table (see image below)
  - o Here you can see serving size, total energy in the food and how much sodium (salt), saturated fat, carbohydrates, fibre and protein there is.
- Between pairs or the groups compare how much total energy, carbohydrates, sodium, saturated fat and protein is in each food.
  - o Healthier foods will generally be lower in sodium and saturated fats, and higher in protein and fibre.

**NUTRITION INFORMATION**

Servings per package: 8  
 Serving size: 33g

	Per serving	Per 100g
<b>Energy</b>	550kj	1680kj
<b>Protein</b>	2.4g	7.2g
<b>Fat</b>		
Total	3.6g	11.0g
Saturated	1.3g	4.1g
<b>Carbohydrate</b>		
Total	21.5g	55.1g
Sugars	10.1g	30.7g
<b>Dietary Fibre</b>	1.7g	5.1g
<b>Sodium</b>	20mg	70mg

This tells you how many serves there are in the whole packet.

This tells you the size of one serving of this food.

This tells you the nutrients in 100g of this food. This is the best way to compare similar products.

This tells you the nutrients in a single serve of this food. In this case, it's per 33g.

Source: Raising Children, 2020