



TOPIC: MAKING HEALTHY CHOICES

National Curriculum Area/s: Health and Physical Education

Title: *Making Healthy Choices – Healthy Recipes*

Year level(s): 2/3

Strands

- Knowledge and Understandings – The Meaning and Dimensions of Health
- Knowledge and Understandings – Ways to Keep Healthier and Safer
- Growth and Development – Changing Bodies

Understanding Goals

- Attitudes, behaviours and actions of healthy people (KaU)
- ways to improve health and safety of themselves and others (KaU)
- body appearance, physical activity, nutritious food for growth (GaD)

Possible links to other curriculum areas

- Mathematics – Measurement and Number: operations of problems based on the growth/measurements recorded of the plants; graphing of measurements etc.
- Art – still line drawings.
- Writing – weekly journal entries of observations and changes.
- T&E – planning and making an appropriate vegetable pot for growing the vegetable plant.
- For more suggestions see the 'Vegetables' Cross Curriculum Plan on the Smarty Plants website.

ACTIVITY LESSON PLAN:

1. Discuss the Healthy Pyramid with the students and the 'Five Fruit, Two Veg' program. Brainstorm some ideas of what the children consider healthy recipes/dishes they know.
2. With the children, talk about how to add in vegetables to make a recipe healthier.
3. Look at a Recipe (Procedure) Writing Framework. Have the children research or find (by asking parents, relatives or looking at the Smarty Plants website) some healthy dishes to use in their own Class Recipe Book.
4. Recipes can be hand written or produced on the computer to collate as the final product.

MODIFICATIONS FOR OTHER YEAR LEVELS:

For older year groups, the students may be asked to research the additives and preservatives in different ingredients used in commercially cooked "healthy recipes".

Research the legal requirements around using terms like 'light' and 'lite' on packaged products.

They may also need to produce their own ten page recipe book which incorporates vegetables across different meals (breakfast, snacks, lunches, dinners, desserts).

Students can calculate the calories in a recipe as is now required by fast food stores.