

Classroom activities

Stage three / Lesson one



Learning Outcomes

A student:

- **PHS3.12** Explains the consequences of personal lifestyle choices.
- **DMS3.2** Makes informed decisions and accepts responsibility for consequences.
- **V4** Increasingly accepts responsibility for personal and community health.



Cross Curriculum Links

A student:

- **EN3-3A** Uses an integrated range of skills, strategies and knowledge to read, view and comprehend a wide range of texts in different media and technologies.



Preparation/Resources

- BLM 1 on A3 (for group work).
- BLM 1 on A5 or A4 (for individual work).
- BLM 2, cut out.
- BLM 3, cut out.
- BLM 4, cut out.
- BLM 5.
- Student- or teacher-collected labels from fruit and vegetable products.
- Colouring pencils.

Duration | 40 minutes

Traffic Light

Students will learn that food can be classified to help guide consumption into everyday foods and sometimes foods.

Introduction

- Discuss what attributes make a person healthy. After brainstorm is complete, focus on the food responses. Ask students how they make decisions regarding what they eat. What influences them, e.g. advertising, friends, parent opinions.
- Explain this activity is about GO GREEN and using a food classification system to make better food choices. Refer to BLM 5.

Introduction

1. Discuss a traffic light and what the colours might mean in relation to guiding food choices. Discuss when foods from each class might be eaten.
2. Discuss classification system in more detail. Provide BLM 5.
3. As a class, classify BLMs of fruit and vegetables, and their products, and place on traffic light poster.
4. Classify products provided by students or teacher (collected packages). Add to traffic light poster.
5. Students complete individual light.



Conclusion

Display traffic light in class display area. As students open lunch boxes refer them to the traffic light and ask them to 'have a go' classifying the fruit and vegetables and their products in their lunches and snacks.

Continued >



Classroom activities

Stage three / Lesson one continued



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Assessment

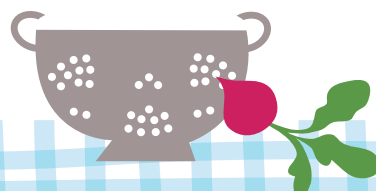
- For:** Class discussion on healthy attributes and decision-making process.
- As:** Building decision-making process. How to make and use a decision-making chart including identifying consequences.
- Of:** Students' ability to classify foods in lunch boxes. Students' decision-making when selecting food.

Differentiation

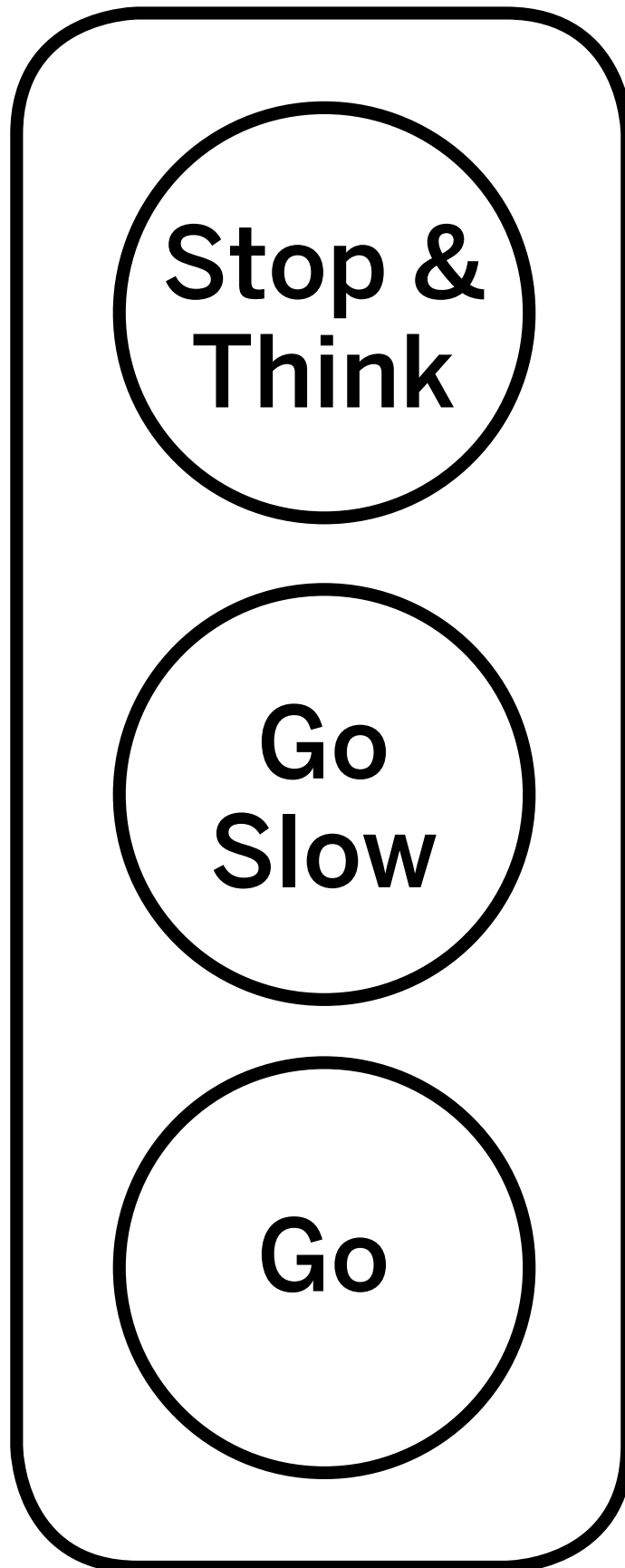
- Extend:** Students design a green classified (everyday choice) fruit and vegetable snack that they would like to eat. Encourage them to make it creative and appealing (e.g. container filled with green beans, cherry tomatoes and carrot matchsticks).
- Simplify:** Support student classification process. Complete tasks in pairs or in small groups. Students working at lower stage levels can complete earlier stage colouring and sorting tasks.

School/Home Link

Homework task: Record and classify fruits and vegetables, and their products, that they find in their home.

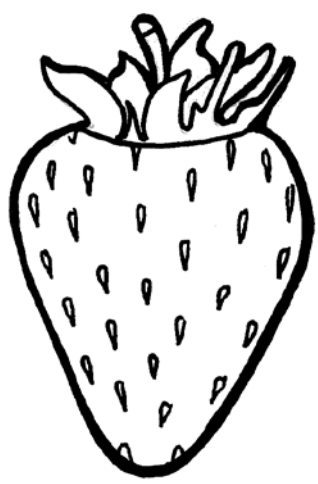
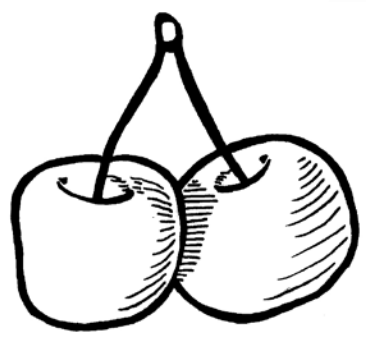
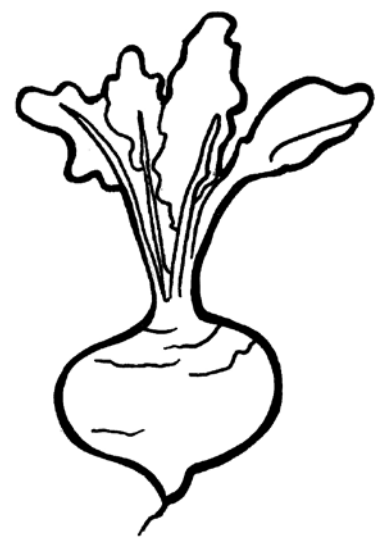
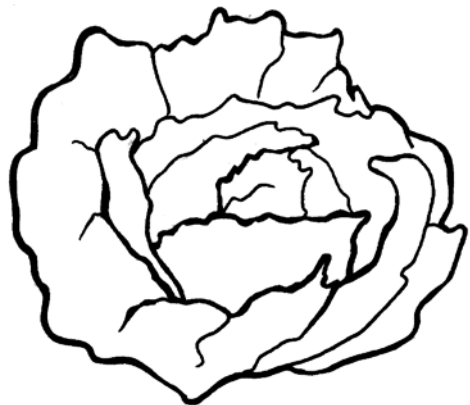
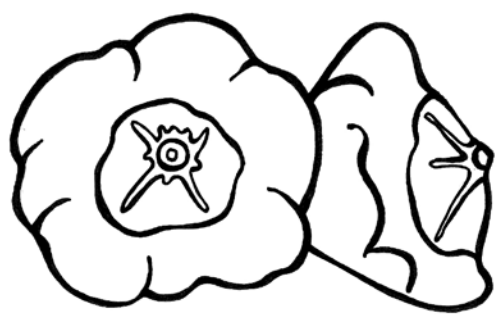
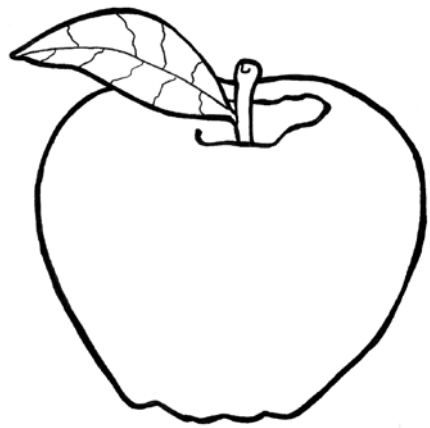


BLM 1
Traffic Light



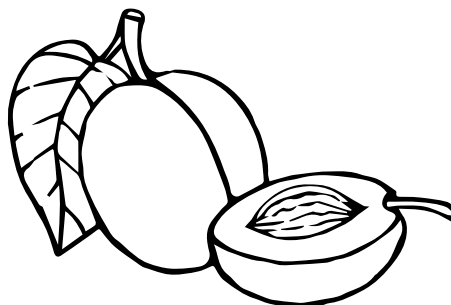
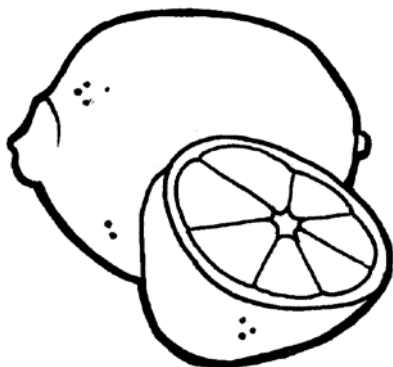
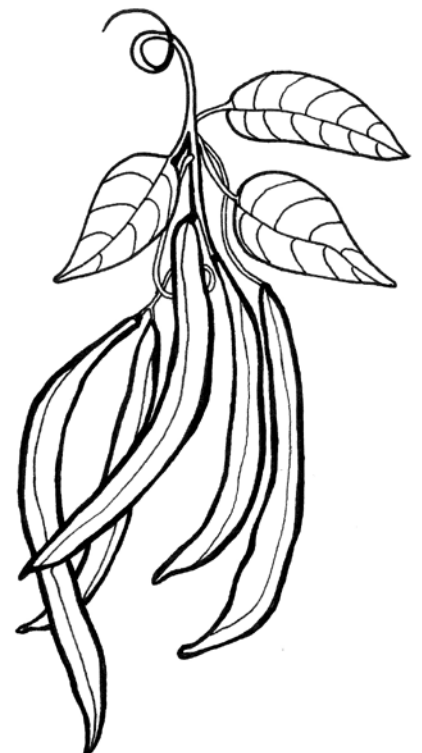
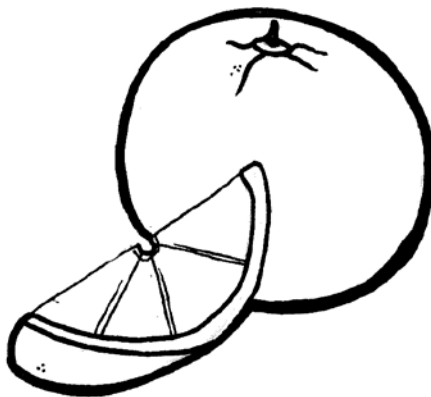
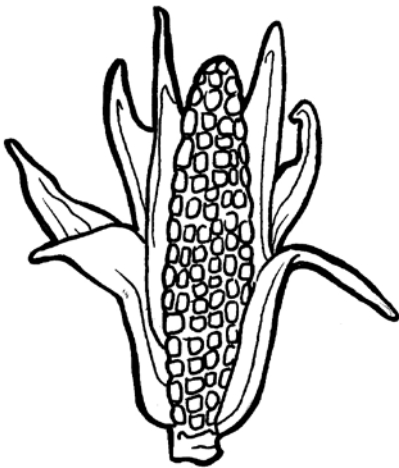
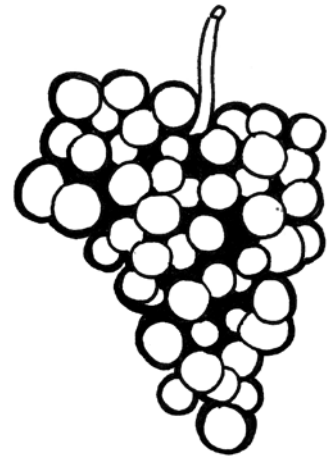
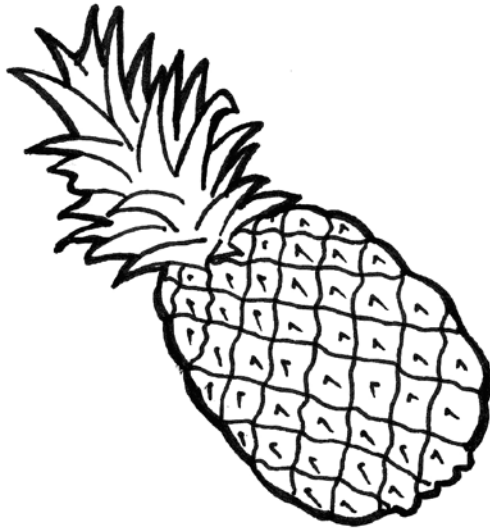
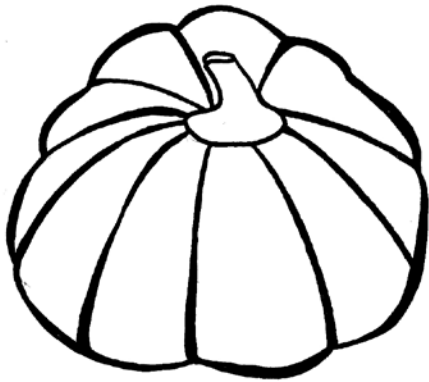
BLM 2.1

Green classified foods



BLM 2.2

Green classified foods



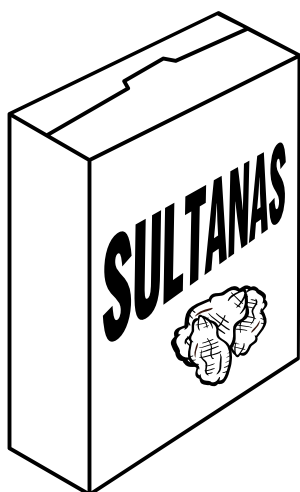
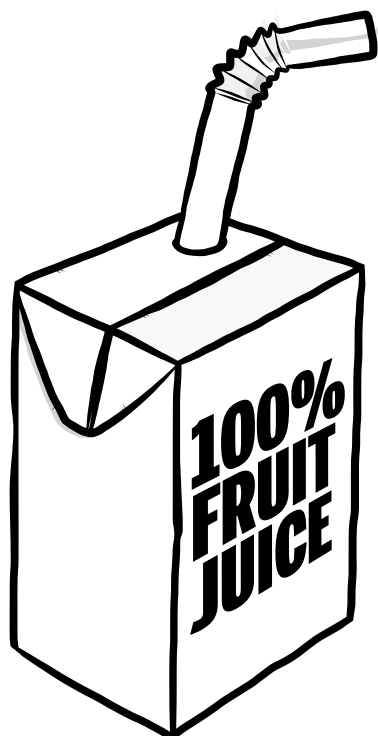
BLM 2.3

Green classified foods



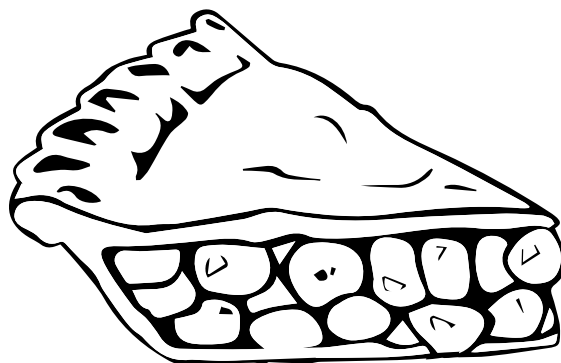
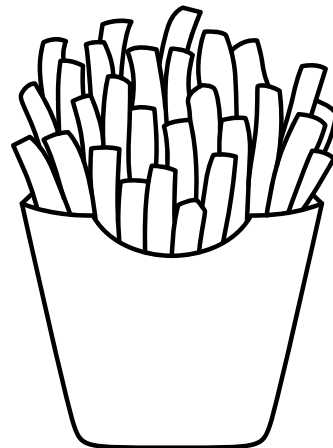
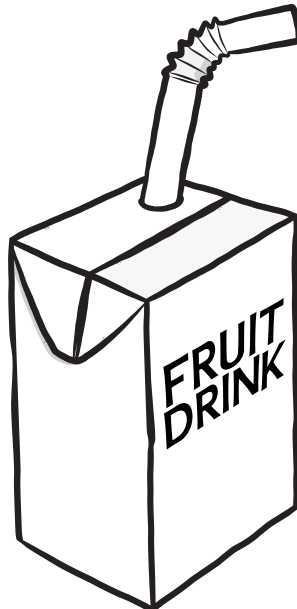
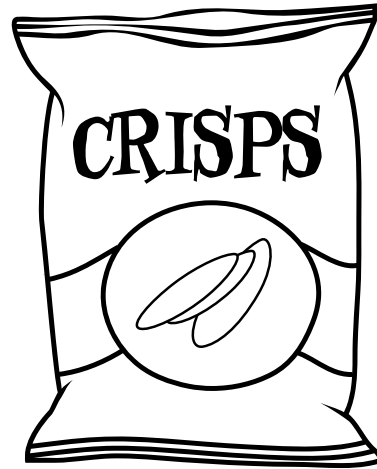
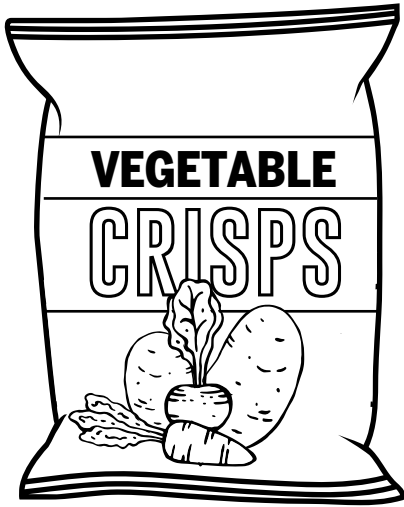
BLM 3

Amber classified foods



BLM 4

Red classified foods





These are fruit and vegetable products that are highly processed or have little fruit and vegetable content. They are poor sources of vitamins, minerals and fibre. They may also contain high levels of added fat, salt or sugar.

- hot potato chips
- potato crisps
- vegetable crisps
- fruit straps/ leathers with added sugar or concentrated fruit juice
- fruit and vegetable pies/pastries/biscuits
- fruit drinks



These are fruit and vegetable products that are slightly more processed.

- dried fruit
- 99% fruit juice
- canned fruit with added sugar or concentrated fruit juice
- fruit straps/leathers with more than 95% fruit



These are fruit and vegetables that are unprocessed or minimally processed.

- all fresh fruit and vegetables
- frozen fruit and vegetables with no other ingredients
- canned fruit in natural juice or water
- canned vegetables (with no added salt is best)