



HEALTHY EATING

Healthy Eating means eating a wide variety of nutritious foods from all of the food groups. This is essential for children's health, growth and development. Promote a healthy eating message by encouraging healthy food and drinking choices across the school environment.



ACTIVITY SUGGESTIONS

- Provide fruit platters for classes
- Have a Fresh Fruit Friday sharing day.
- Promote healthy menu 'special days' at school canteen.
- Run lessons on healthy foods for students to plan, cook, prepare and consume a healthy meal.
- Liaise with your canteen to display Traffic Light symbols on the food that is sold.
- Collect food containers and look at labels to determine if the product is healthy.
- Hold a Nude Food day.

ONLINE RESOURCES

What's on your plate, kids?

Food Balance game

Design your lunchbox food

Games to learn about being healthy

www.healthyactivekids.com.au/teachers/portion-plate-teacher/

www.eatforhealth.gov.au/nutrition-calculators/food-balance

www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/lunchbox_tips

www.healthyactivekids.com.au/teachers/online-games