





Activity 1 – Food Handling Skills

Identify the major rules for hygiene when handling food and apply them to cooking tasks.

The following activity can be modified or extended to suit any primary school level.


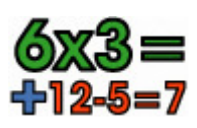
Student Outcomes	Activity
<p>Health & Physical Activity</p>  <ul style="list-style-type: none"> • Interpersonal Skills • Knowledge and Understandings <p>English</p>  <ul style="list-style-type: none"> • Listening & Speaking • Writing 	<p>Task: Think-Pair-Share</p> <p>In pairs, students brainstorm as many hygiene rules they can think of to do with food handling.</p> <p>Pairs then group together into fours to share and discuss list.</p> <p>Whole class come together to share and put together a list.</p> <p>Some may include:</p> <ul style="list-style-type: none"> • Wash your hands before touching food (warm water and soap) • Make sure the working area is clean. • Wash fruit and vegies under cold water before using them. • Clean food spills immediately. • Don't cough or sneeze near uncovered foods. • Wash your hands after handling raw foods, especially meat. <p>Publish and share information with other classes e.g. poster, booklet, pamphlet, powerpoint, song.</p> <p>Provide opportunities to practice hygiene skills through cooking and food handling tasks.</p>



Activity 2 – Canteen Food Items

Investigate Healthy Food Choices currently available at the school canteen.

The following activity can be modified or extended to suit any primary school level.



Learning Outcomes	Activities
<p>Health & Physical Activity</p>  <ul style="list-style-type: none"> • Interpersonal Skills • Knowledge and Understandings <p>Mathematics</p>  <ul style="list-style-type: none"> • Measurement • Chance & Data 	<p>Materials:</p> <ul style="list-style-type: none"> • Create several packs of cards with words or pictures of all or some items from their canteen menu. e.g. hot dog, low-fat yoghurt, corn on the cob, meat pie. Idea: Take digital photos of menu items from your canteen and create sets of cards. Make enough for one set between two students. • Australian Guide to Healthy Eating Poster. Commonwealth Department of Health & Ageing www.health.gov.au/internet/wcms/publishing.nsf/Content/health-publth-publicat-document-fdpost-cnt.htm • Enlarged labels of Descriptors: 'Everyday', 'Select Carefully' and 'Occasionally' <p>You can modify descriptors for younger students to green, amber and red cards. Alternatively, use the descriptors from the Traffic Light System introduced into WA public school canteens in 2007. They are: 'Fill the menu' (green), 'Select carefully' (amber) and 'Off the menu' (red).</p> <p>For more information on the Traffic Light System visit www.schoolcanteens.org.au</p> <p>Task:</p> <ul style="list-style-type: none"> • Place descriptor words across the floor of your classroom as a <u>continuum from Everyday to Occasionally</u> (see below). <p>Everyday _____ Select Carefully _____ Occasionally (Green) (Amber) (Red)</p> <ul style="list-style-type: none"> • Students form pairs and using their knowledge of the five food groups from the Australian Guide to Healthy Eating, students place their set of menu cards along the continuum. • Once all groups have placed their cards down, discuss how each of the menu items fit into the categories. Students should be able to explain and justify the placement of foods along the continuum. The class decide on the most appropriate position to place each menu item. • Publish information about the number of items that fit into the groups. • <i>Idea 1:</i> Paste cards onto chart divided into the three categories. Place statements around the outside. What does this tell us about the types of foods being served at the school canteen? Is our canteen serving enough of the healthy choices? • <i>Idea 2:</i> Using Excel, make a pie graph or a bar graph of the number of items that are in the groups. <p>Follow up: A similar activity could be set up with students providing their day's menu (or week's menu for older students) to determine personal food selection.</p>



Activity 3 – Recess foods

Investigate the types of foods being eaten at recess.

The following activity can be modified or extended to suit any primary school level. It has the capacity to be developed into a whole of term project.

Student Outcomes	Activity
<p>Health & Physical Activity</p>  <ul style="list-style-type: none"> • Interpersonal Skills • Knowledge and Understandings <p>Mathematics</p> <p>6x3= +12-5=7</p> <ul style="list-style-type: none"> • Chance and Data <p>English</p>  <ul style="list-style-type: none"> • Listening & Speaking 	<p>Task:</p> <p>Part 1: Investigate the types of foods that are being eaten by students from the different classrooms at your school.</p> <ul style="list-style-type: none"> • Brainstorm the typical foods eaten at recess e.g. fruits and vegetables, cakes and sweet biscuits, sandwich, chips. <i>Tip: Try to keep below 8 categories.</i> • Decide where each food type fits into the following categories: 'Fill the menu' (green), 'Select carefully' (amber) and 'Off the menu' (red). <p>Colour code the food types that your class has decided to survey e.g. fruit and veg = green, cakes and sweets = red.</p> <p><i>Option 2 would be to use: 'Everyday' (green), 'Select carefully' (Amber) or 'Occasionally' (Red) as the categories.</i></p> <ul style="list-style-type: none"> • In small groups or pairs, students are assigned a particular classroom of the school to survey. • Once all classrooms are surveyed, record information gathered. This may be done in a variety of ways e.g. a bar graph on square paper or using Excel, a table, whole class graph. • Small groups report back to the whole class on their findings. • Whole class discussion e.g. What can be done to increase the 'Fill the menu' foods being eaten? Brainstorm- Think Pair Share. <p>Part 2: Use the data gathered from each classroom to determine the foods eaten by the whole school. Create a whole school bar graph to show the results of the data. Discuss findings and report information and findings to the school community. Some ideas may include publishing in the school newsletter, presenting the information at a school assembly, power-point presentation, Small groups presentations to class groups, posters, pamphlets.</p>