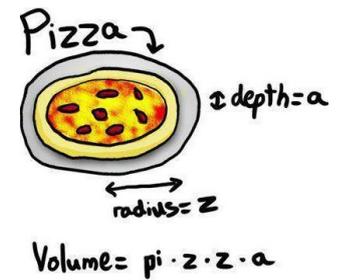


Teaching Ideas

Refresh.ED Links to the Mathematics Learning Area

Refresh.ED provides learning material for mathematics to be taught using food and nutrition topics. We have incorporated a range of maths themes in our units, some examples are provided for you below.



Year 2

Introducing Serves

A nutritious diet is critical for optimal growth, development and general wellbeing in children. This unit encourages students to make informed and healthy food choices. Students will explore recommended serves of the Five Food Groups for themselves and others. They will measure serve sizes and choose daily eating plans to meet their nutrition needs. Students will use vocabulary such as serve, grams, millilitres, cup, tablespoon, level, piece, pour, weigh, influence and advertising.

<https://www.refreshedschools.health.wa.gov.au/curriculum-materials/introducing-serves/>

Year 3

Eating to Needs

The focus of this unit is on teaching students about the difference between serves and portions, why some people require more serves of than others and the need to eat from all Five Food Groups to stay healthy. Students learn about fractions, practise weighing and measuring foods and graphing results. Key vocabulary students learn to use includes: fractions, portions, serves, and hunger, thirst and body signals.

<https://www.refreshedschools.health.wa.gov.au/curriculum-materials/eating-needs/>

Year 4

Balanced Diet

In this unit students review the different types and variety of foods and drinks they should consume for a healthy diet. Students are introduced to packaged foods and how to use ingredient lists to check how such foods comply with the *Australian Guide to Healthy Eating*. Students use a class blog to summarise what they have learned about food and good nutrition. Alternatively, students can create a written journal. Some key new vocabulary students will be introduced to include: convenience foods, ingredient list, maize starch, sodium and thickeners

<https://www.refreshedschools.health.wa.gov.au/curriculum-materials/774/>

Year 6

Balanced Eating Plan

A balanced eating plan is critical for optimal nutrition of children. This unit encourages students to make informed and healthy food choices aligned with the *Australian Dietary Guidelines*. It helps students learn about the health benefits of minimally processed foods and drinks. These include lean meats, poultry, fish, legumes, beans, grains, milk, yoghurt, cheese, vegetables and fruit. Students will be encouraged to limit their intake of foods identified by the *Australian Guide to Healthy Eating* as foods or drinks that should be only eaten sometimes and in small amounts. Key vocabulary students will use include: energy, fat, sugar, sodium, vitamins, minerals and fibre.

<https://www.refreshedschools.health.wa.gov.au/curriculum-materials/balanced-eating-plan/>

Additional Links

Costing and converting recipes

<http://www.refreshedschools.health.wa.gov.au/wp-content/uploads/2019/03/How-to-cost-a-recipe-1.pdf>

<http://www.refreshedschools.health.wa.gov.au/wp-content/uploads/2019/03/Converting-a-Recipe.pdf>

<https://shop.coles.com.au/a/a-national/everything/browse>

<https://www.woolworths.com.au/shop/>

Maths and food ideas

<https://www.buzzfeed.com/atmccann/11-awesome-math-foods>

Learning fractions with food

<https://teachmama.com/fractions-food-favorite-thing-food/>

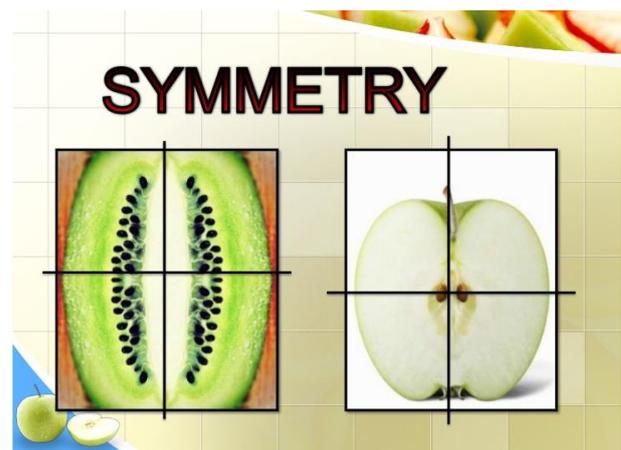
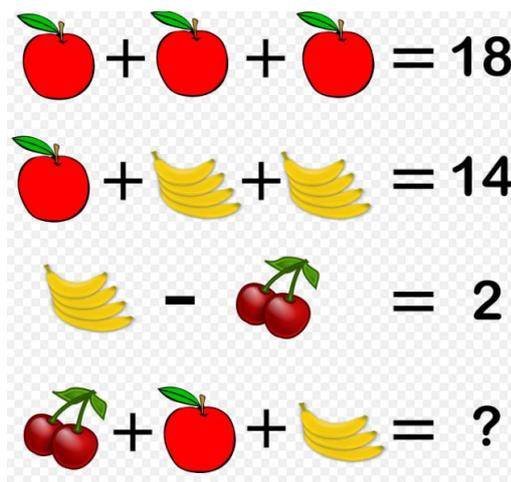
Shapes with food

[http://1stgradewithmisssnowden.blogspot.com/2014/04/learning-fun-with-food.html?utm_source=feedburner&utm_medium=email&utm_campaign=Feed:+1stGradeWithMissSnowden+\(1st+Grade+with+Miss+Snowden\)](http://1stgradewithmisssnowden.blogspot.com/2014/04/learning-fun-with-food.html?utm_source=feedburner&utm_medium=email&utm_campaign=Feed:+1stGradeWithMissSnowden+(1st+Grade+with+Miss+Snowden))

Measuring food

<http://www.refreshedschools.health.wa.gov.au/wp-content/uploads/2019/03/Weighing-and-Measuring-Resource-Sheet-1.pdf>

<http://www.refreshedschools.health.wa.gov.au/wp-content/uploads/2019/03/Common-Measurements.pdf>



Activity Sheet
Weighing and Measuring

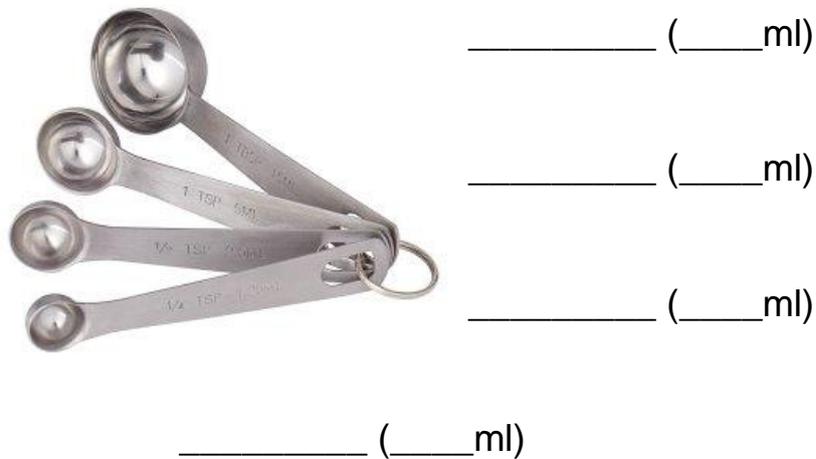
Measuring Cups

Label the following diagram according to the size of the cups.



Measuring Spoons

Label the following diagram according to the size of the spoon.



Liquid Measuring Jug

- 1 metric cup = 250 ml
- 3/4 metric cup = 187 ml
- 2/3 metric cup = 166 ml
- 1/2 metric cup = 125 ml
- 1/3 metric cup = 83 ml
- 1/4 metric cup = 63 ml



Answer the following questions:

1. List examples of liquids that are used in cooking?

2. What equipment would you use to measure liquids?

3. Why is it important to level dry ingredients when measuring?

4. You need to measure $\frac{3}{4}$ cup of flour, what equipment would you use?

5. How many teaspoons make up 1 tablespoon?
