

This activity requires children to consider the recommended serving guide as per [The Australian Guide to Healthy Eating](#). Children review “Sam’s” breakfast choice and fits the meal into the 5 Food Groups. This activity will help to develop student’s **literacy skills** and provide opportunities for critical thinking in relation to **making healthy choices**.

Extension:

- Children may like to do this task a reflection of their food choices.
- Secondary students can also do this activity, however, increase Sam’s age to their age.
- Parents can use the information from Eat for Health to assist them to plan healthy meals for their children.

More information on recommended children’s serving sizes are available here:

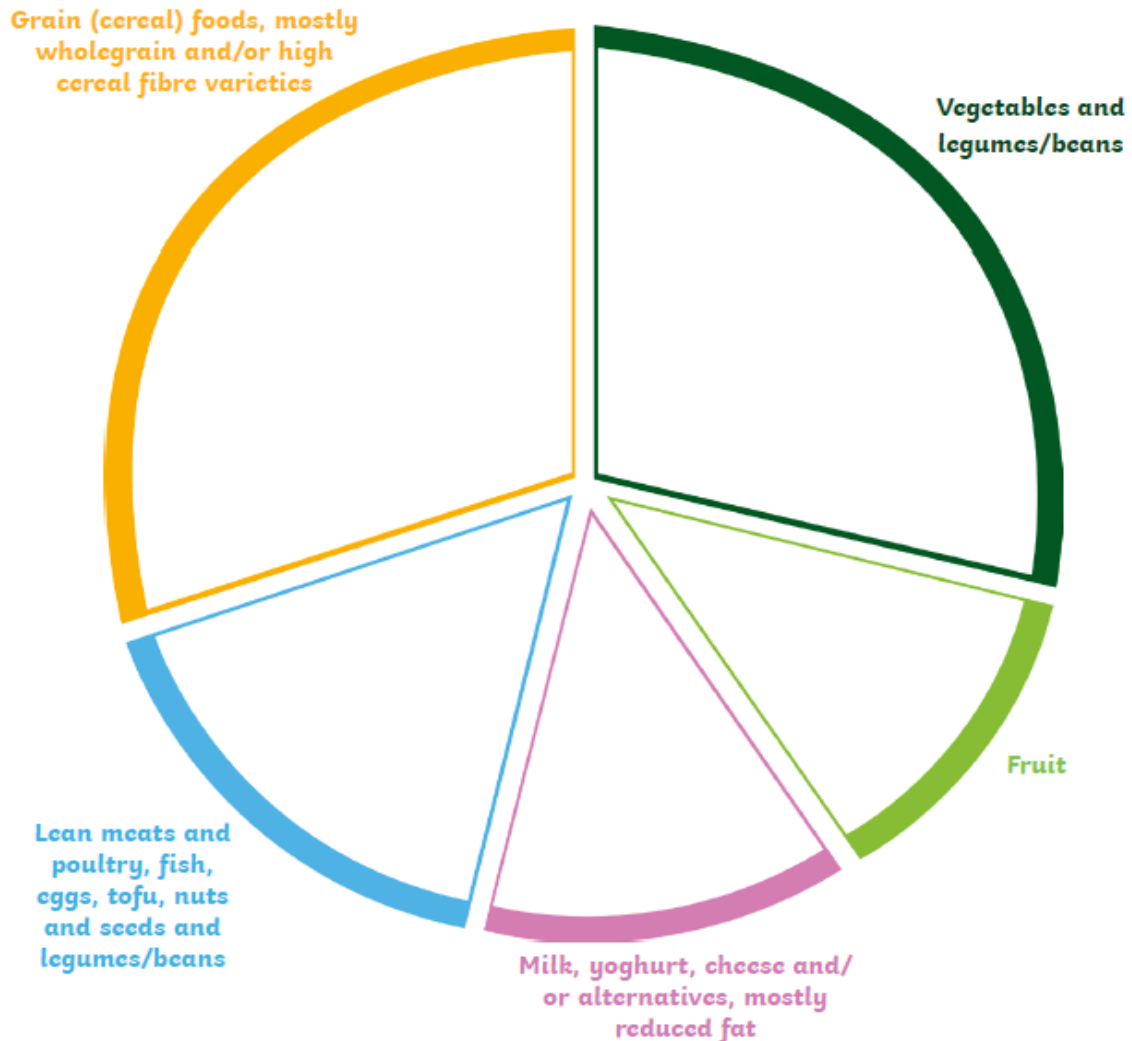
https://eatforhealth.govcms.gov.au/sites/default/files/content/The%20Guidelines/n55f_children_brochure.pdf

Healthy Plate

Home Learning Activity

Before school Sam (aged 9) ate a slice of toast with butter and oats with milk for breakfast.

1. Place each food item into the correct section of the Australian Guide to Healthy Eating.



Use small amounts

Only sometimes and in small amounts

2. Did this breakfast cover each food group? **Yes No**
To have a balanced diet we should eat from all food groups.

Healthy Plate

Home Learning Activity

3. Tick the groups Sam would need to eat from for lunch or dinner today. Write one or two things you could eat from these groups.

Grains

Fruit

Meat

Milk

Vegetables

4. Create a menu plan for what Sam will eat or drink for lunch and dinner today? Place each ingredient into the food groups.

	Lunch	Dinner
Grains		
Fruit		
Meat		
Milk		
Vegetables		

SERVE IT UP RIGHT

How many serves of each group should you eat each day?

Food group	Serves needed by children aged:
Vegetables and legumes/beans	2-3 years: 2 ½ serves per day
	4-8 years: 4 ½ serves per day
	9-11 years: 5 serves per day
	12+ years: 5 - 5 ½ serves per day

Food group	Serves needed by children aged:
Fruit	2-3 years: 1 serve per day
	4-8 years: 1 ½ serves per day
	9+ years: 2 serves per day

Food group	Serves needed by children aged:
Grain (cereal) foods	2-8 years: 4 serves per day
	9-11 years: 4 - 5 serves per day
	12+ years: 5 - 7 serves per day

Food group	Serves needed by children aged:
Lean meats and poultry or alternatives	2-3 years: 1 serve per day
	4-8 years: 1 ½ serves per day
	9+ years: 2 ½ serves per day

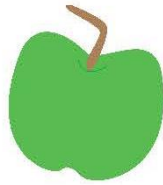
Food group	Serves needed by children aged:
Milk, yoghurt, cheese and/or alternatives	2-3 years: 1 ½ serves per day
	4-8 years: 1 ½ - 2 serves per day
	9-11 years: 2 ½ - 3 serves per day
	12+ years: 3 ½ serves per day

What is a Serve?

One serve of:

Fruit

1 medium apple **OR**



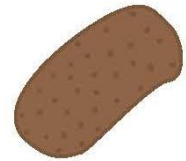
2 small plums **OR**

1 cup chopped fruit



Vegetables

1 medium potato **OR**



1/2 cup cooked vegetables **OR**

1 cup salad vegetables



Bread, Cereals and Grains

1 slice of bread **OR**



1/2 cup wholegrain rice, pasta, noodles

1/2 cup porridge **OR**



2/3 cup breakfast cereal **OR**

1/4 cup museli

Dairy

1 cup milk **OR**



2 slices cheese **OR**

1 small yoghurt



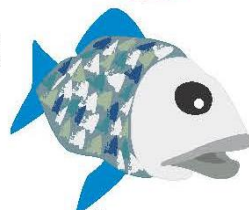
Meat

1/2 cup mince **OR**



2 small chops **OR**

1 hand sized fish fillet **OR**



2 eggs **OR**

1 cup cooked lentils, chickpeas, beans

Sometimes Foods

These foods are best avoided. If eaten, only sometimes and in small amounts.

4 sweet biscuits **OR**

1 tablespoon butter **OR**

1/2 small chocolate bar



5. Using the Serve it up right chart, did your meal plan allow Sam to eat a balanced diet, covering all food groups and the recommended servings of each? How?
