

Dinner Designs

Teacher's Guide

This teacher's guide accompanies the Dinner Designs Student Activity Sheet.

This activity aims to raise student awareness of what makes a healthy dinner meal. A healthy and well balanced dinner meal helps provide many essential nutrients such as vitamins and minerals, carbohydrates and proteins.

Many school aged children don't eat the required serves from each of the five food groups each day. To ensure that children are meeting their recommended intakes, it is important that dinner meals contain vegetables, wholegrain foods where appropriate and protein rich foods such as lean meats, chicken, fish, tofu, legumes or beans. Dinnertime meals should also limit added fat, salt and sugar.

This activity has been designed for a wide group of ages and enables students to investigate how everyday decisions like choosing what to eat for dinner can influence health and wellbeing.



Activity Outline

1. Using the Project Dinnertime principles – 'Cook. Eat. Enjoy', students are asked to design a healthy dinner meal, focusing on the key concepts of the new Australian Dietary Guidelines which **promote** the:
 - use of lean meats and their alternatives, vegetables and wholegrain foods and
 - **limiting** of high fat, salt, sugar foods.

A blank dinner plate template has been provided for students to design their healthy dinner meal. They could draw their own meals or find images from magazines, supermarket brochures or the internet.

2. After students have designed their dinner plate, try facilitating some extra discussion. For example you could explore:
 - what makes a dinner meal healthy
 - the five food groups and their health benefits

For teachers of younger grades the 'Create a healthy dinnertime meal student activity sheet' can be used to introduce students to the subject of healthy choices for dinner.

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Practical Extension Activity – Explore and Learn

1. Have students pick a country that they are interested in and get them to research what types of dinnertime meals and traditions that this culture displays.
2. Have students explore the cost of home-made healthy meals versus take away meals. Have students price their favourite home-made meals versus common take away foods.



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