## Create a Healthy Dinnertime Meal Teacher's Guide

*This teacher's guide accompanies the Create a Healthy Dinnertime Meal 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, 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 younger grades and enables students to explore and practise daily habits that promote health and wellbeing.

## Activity Outline

- 1. Students are asked to circle all the healthy food and drink that they can see on the activity sheet.
- 2. They are then asked to draw a line from the healthy foods to the dinner plate to identify which foods they would like to eat for dinner.
- 3. After students have completed the activity, try facilitating some extra discussion. For example you could explore:
  - what are some other healthy dinner food items not on the worksheet
  - what makes a dinner meal healthy
  - what are the five food groups and why are they important

## Practical Extension Activity – Explore and Learn

- 1. This activity can be used to can be used to introduce students to the subject of healthy choices for dinner. After completing this activity students could be given the Dinner Designs Student Activity Sheet to complete.
- 2. Students could match pictures of dinnertime foods to the benefits they give to the body e.g. chicken protein, helps us to grow.









A joint Australian, State and Territory Government initiative under the National Partnership Agreement on Preventive Health. Developed by NAQ Nutrition Food Smart Schools Program with funding received from the Smart Choices Initiative.

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