



LESSON PLAN: **KLP001**

REVISION: **C**

DATE OF PUBLICATION:

LESSON PLAN NAME: **FOOD FOR THOUGHT**

KOOKABERRY APPS: **COUNTME, LISTENLOG**

KEY LESSON OUTCOMES

Stage 2 – Year 4

Health and Physical Education

Identify and practice strategies to promote health, safety and wellbeing (ACPPS036)

Mathematics

Construct suitable data displays, with and without the use of digital technologies, from given or collected data. Include tables, column graphs and picture graphs where one picture can represent many data values (ACMSP096)

English

Plan, draft and publish imaginative, informative and persuasive texts containing key information and supporting details for a widening range of audiences, demonstrating increasing control over text structure and language features (ACELY1694)

AT A GLANCE

Students will investigate the Australian Guide to Healthy Eating and collect and analyse data about the diets of themselves and their classroom peers.



TEACHER BACKGROUND AND INFORMATION

Nutrition

The Australian Guide to Healthy Eating is a visual representation of the portions of the five food groups that are recommended to be eaten each day. Emphasis should be placed on the need to eat a variety of foods from the five food groups and only small amounts, occasionally, of the discretionary foods.

Kookaberry

The Kookaberry is a palm-sized self-contained microcomputer designed specifically for students and their teachers and is used in this lesson plan to enrich the teaching and learning experience. The Information Sheet in the additional resources describes the Kookaberry and how to use it. Further Instruction Sheets describe the Kookaberry apps designed to support this lesson plan. Please refer to these guides to gain familiarity before giving the lesson.

EQUIPMENT

For the Class

The 'Australian Guide to Healthy Eating' poster or digital display
www.eatforhealth.gov.au/guidelines/australian-guide-healthy-eating

For Each Student

- Kookaberry and battery box.
- Coloured key pad and connecting cable.
- CountMe app
- Their personal lunch box.

For the Teacher

- Kookaberry and battery box
- ListenLog app
- Computer
- Spreadsheet software and template
- Computer projector or Smartboard





Australian Government
National Health and Medical Research Council
Department of Health and Ageing

www.eatforhealth.gov.au

Australian Guide to Healthy Eating

Enjoy a wide variety of nutritious foods from these five food groups every day.
Drink plenty of water.

Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties



Vegetables and legumes/beans



Lean meats and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans



Use small amounts



Only sometimes and in small amounts



LESSON STEPS

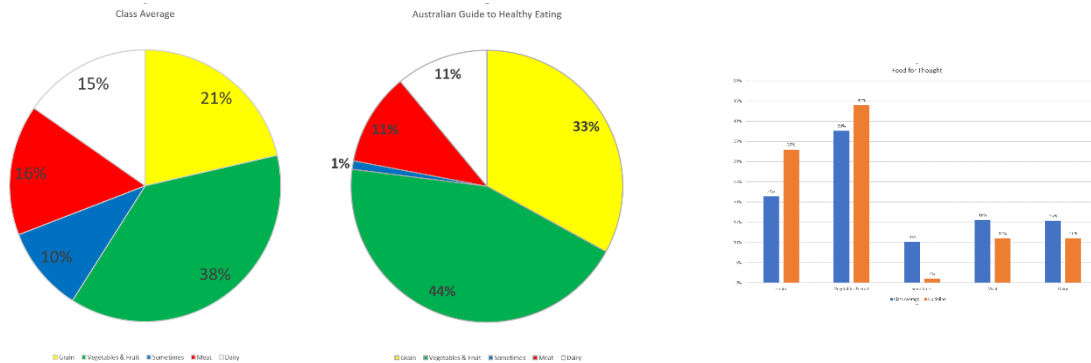
Steps	Description	Resources
1	Ask students to share their thoughts on healthy eating. What is it? What sort of foods and drinks are healthy?	
2	Display the Australian Guide to Healthy Eating and discuss the five food groups represented and the types of food that belong in each group.	The 'Australian Guide to Healthy Eating' poster or digital display
3	Ask students to consider why some segments of the circle are larger than others. Why are there some foods that are not represented in the chart such as the ones placed at the bottom of the image?	
4	Have students examine their own eating habits by comparing them to those pictured in the guide. Explain to students that they are going to pair up to conduct an investigation of their lunchboxes.	
5	<p>Show the class the Kookaberry and coloured key pad. Talk about the five different coloured buttons and how these will be used to collect data of the types of food typically packed in a lunch box. Tell the students that each coloured button will represent one of the five food groups. Come to an agreement about what each colour will represent. An example might be: green- vegetables legumes and fruit, yellow - grains and cereals, red - meat, white- dairy, blue - sometimes foods. (As there are only five options of the keypad, two of the groups should be combined eg. Vegetables and Fruit, in order to get a good understanding of how many 'sometimes foods' students are also consuming). Demonstrate how to use the Kookaberry to count the food items within a lunch box. Explain the cancel, reset, pause and save buttons on the device.</p>	<p>Kookaberry and battery box.</p>  <p>Coloured keypad and connecting cable.</p> 
6	Divide students into pairs and have them collect their own or their partner's lunch box data. Encourage students to discuss each item with their partner to ensure it gets categorised in the correct group.	Students' lunch boxes.
7	On completion of the investigation, have students share their results by reading the column numbers on the screen of their Kookaberry.	

Steps REFLECTING (FOLLOW-UP LESSON)

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Ask students to share their data and access the combined class results on the computer. Take time to analyse the data and compare these to the recommendations by the Australian Guide to Healthy Eating. Which food group is the main group being brought to school? Does the data reflect the Australian Guide to Healthy Eating? What conclusions can the students make from this data?

Computer, projector or Smartboard, spreadsheet software, and template spreadsheet



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Challenge students to design a healthy lunch box brochure and/or a sticker that can be put on the lids of their lunchboxes. Review the elements of a brochure and discuss the appropriate text structure and text specific language needed for a persuasive text. Consider the graphics and design for overall impact. Encourage students to use some of the collected class data and statistics within their brochure. Students can work in pairs/groups on their own versions and they can do a brief survey/comparison to compare how persuasive and informative their different texts are. They could even compare their texts to existing professional campaigns to see how it is done in the real world. The best would be used as the official text sent around the school.

GOING FURTHER

Run the investigation again on a weekly basis during the unit of work. Compare and contrast the results of the data collected. Has the class improved in the healthy eating habits at school? What more could the class do to encourage a healthy, diverse range of snacks to be packed in lunch boxes?

DIVERSITY FOR LEARNERS**Extension Suggestions**

- Have students survey other classes to gain an understanding of food choices within the school.
- Challenge students to create a digital brochure that includes links to informative websites such as www.healthy-kids.com.au.



Support Suggestions

- Provide students with an opportunity to practise using their Kookaberry before beginning their data collection.
- Display the list of food groups and their accompanying coloured button on the board for students to reference.
- Provide students with a copy of the Australian Guide to Healthy Eating so that they can cross-reference any food items they are unsure of.

ADDITIONAL RESOURCES

- Information Sheet KIS001: Introduction to the Kookaberry
- Information Sheet KIS002: Making a cardboard paddle holder for the Kookaberry
- Information Sheet KIS003: Troubleshooting the Kookaberry
- App Instruction KAP002: CountMe Kookaberry app description and usage
- App Instruction KAP001: ListenLog Kookaberry app description and usage
- Spreadsheet KEX001: Food for Thought Excel Spreadsheet

- End -

