

FOOD FOR LIFE

LEARNING OUTCOMES

Having completed this badge members will:

- have knowledge of a healthy balanced diet;
- be able to create a menu using the healthy eating pyramid;
- understand family meal planning

BADGE REQUIREMENTS

1. Learn about the five food groups within the healthy eating pyramid.
2. Understand portion sizes
3. Discuss ways to become a healthier you
4. Parents & Members to share a recipe for a meal under \$10 for a family of 5



Teaching ideas



1. Learn about the five food groups within the healthy eating pyramid.

The Healthy Eating Pyramid is a visual guide to the types and proportion of foods that we should try to eat every day for good health.

Food allergies occur in around 1 in 20 children. Some food allergies are from egg, cow's milk, peanuts, tree nuts, seafood, sesame, soy, fish and wheat, plus many more. When considering the Healthy Eating Pyramid, please take into consideration if there are members in your group with food allergies. Try to incorporate them into the conversation to assist with the understanding of how they deal with the five food groups.

The key to eating well is to enjoy a variety of nutritious foods from each of the Five Food Groups. These Five Food Groups make up the Australian Guide to Healthy Eating (see **Leaders Resource 1**).

Foods are grouped together because they provide similar amounts of the key nutrients of that food group. For example, the key nutrients of the milk, yogurt, cheese and alternatives food group include calcium and protein, while the fruit group is a good source of vitamins, especially vitamin C.

To meet the requirements essential for good health, you need to eat a variety from each of the five food groups daily, in the recommended amounts.

Dairy provides an excellent source of calcium, which is important for healthy strong bones. Try to choose wholegrain and/or high fibre breads, cereals, rice and pasta as these are the best choices for grains. Refined grains such as cakes or biscuits can be high in added sugar, fat and sodium. Lean meats, poultry, fish and eggs are our main source of protein. We need protein because it builds, maintains and repairs our body. Fruit, vegetables, legumes and beans should make up a large part of your daily food intake. They provide vitamins, minerals and dietary fibre that help your body stay healthy.

Ask member the following questions:

What foods they do and don't eat and why?

What could you change about what we eat?

Suggestion -

Bring in some foods for them to try that they normally wouldn't eg: greek yogurt/celery/couscous and then ask them what part of the five food groups do they belong to?

Activity: (see Handout 1)

Members are required to keep a record for one week of what they eat & drink. Talk through what is recommend in regards to the types and proportion of foods that we should eat. Upon returning their food diary, go through each day to see how they went with what the Healthy Eating Pyramid recommends. Discuss as a group suggestions to help make improvements into our daily lives.



Teaching ideas



2. Understand portion sizes.

Portion size is one of the keys to maintaining good health and giving our body the variety of nutrients it needs to be active, energised and healthy (see **Leaders Resource 2**).

Portion sizes can be tricky, so here's some tips -



FRUIT & VEG

Fruit and vegetables give us energy, vitamins, minerals, anti-oxidants, fibre and water. To get the biggest range of vitamins and minerals into your diet, pick as many different colours of fruit and veg as possible.

Vegetables = 5 serves a day Fruit = 2 serves a day



DAIRY

Dairy is high in protein and calcium, which helps build strong bones.

Try to have different kinds of dairy each day eg: milk, cheese, yogurt etc. Dairy = 3-4 serves a day



PROTEIN (Meat/Eggs/Fish/Nuts/Legumes)

Meat is a great source of protein which is important for your growth and muscle development. These foods also have vitamins and minerals like iron, zinc, vitamin B12 and omega-3 fatty acids. Most nuts are a fantastic source of veggie-friendly protein and heart-healthy fats, plus a great range of different vitamins and minerals.

Protein = 2-3 serves a day



GRAINS

Starchy, wholegrain carbohydrates are the best option for us to eat and should make up around a third of our diets as they provide us with the slow-release energy we need to keep us going through the day.

Grains = 4 - 6 serves a day

Activity: (see **Handout 3**)

Complete the Healthy & Unhealthy Food Choices table and get them to write the portion size or daily serves required for each group.



Teaching ideas

☺ 3. Discuss ways to become a healthier you

A healthier you is about learning how we can change our habits in our eating and doing regular exercise to benefit our body and mind.

Ask member the following questions whilst you are discussing the below:

What can happen when water consumption is not adequate on a daily basis; and when do you need more water to stay hydrated?

Why should our diets contain a balance of the 5 food groups?

What can we do to include more variety in our meal plans?

What are the benefits of eating at home vs. eating out?

Tips to a healthier you -

1. Cook at home - this allows you to make great choices when cooking, teaches life skills, you have fun and you learn how to portion sizes as well
2. Eat smaller meals - try to eat 5-6 little meals each day; this will help you feel fuller throughout the day and less likely to go for sugary snacks.
3. Get a good dose of Vitamin D - this can be by food (salmon, tuna or mackerel) or the cheapest source is the sun. If you go out in the sun don't forget to slip, slop, slap, sleek and slide.
4. Don't skip breakfast - it kick starts your metabolism. Some healthy choices are eggs, baked beans, wholegrain breads, muesli with fruit or rolled oats
5. Eat a variety of food - think rainbow - use a range of fruits, vegetables, meat, fish, eggs, wholegrains and dairy in your daily food intake..have fun, get creative when putting together your meals
6. Get plenty of water - it is an essential part of our diet. It's required for digestion, absorption and transportation of nutrients. It's recommend to drink 8 glasses of water each day. Tip: drink water during the week and have 1 on the weekend as a treat
7. Exercise on a regular basis - it's recommend at least 30 minutes a day of physical activity or 10,000 steps a day. It has major benefits to our body and can be done at the gym, in the park, at home, sports; there are many different options available for us today.
8. Choose healthy snacks - like fruit and vegetables, dairy products or wholegrains and try to limit snacks that are high in sugar like chips, cakes and chocolate.

Activity: (see Handout 4)

Complete the find a word and once completed get the members to discuss the top tips for a healthier you.





Teaching Ideas

☺ 4. Parents & Members to share a recipe for a meal under \$10 for a family of 5

Meal planning isn't easy when you have to consider the Healthy Eating Pyramid, time constraints and what each family will eat.

Knowing how to plan and prepare meals are another vital life skill. Everyone has to eat, and without the knowledge of how to plan and prepare for meals everyone would be eating out at fast food or restaurants. By learning this skill and being able to eat at home it helps to save money, you get to control what you eat and the portion size.

Activity:

Provide a menu (eg. SAGALA Camp) and get them to write out a list of grocery items needed to make the meals.

How to prepare for a meal or menu for the week -

- Menu Planning - look at whats in the cupboard/pantry/freezer and refrigerator to see what you have. Research recipes with what you have at home to assist you in preparing the weekly menu.
- Grocery Shopping - Do up a grocery list to include everything you need for meat/poultry etc, snacks, fruit & vegetables, dairy and grains. By creating a list you save time and money and are less likely to 'impulse buy'.
- Assist in the kitchen - help parents/guardians with food preparation, cooking and presentation of food

Ask member the following questions:

If they have had any opportunities with menu planning?

Has anyone gone grocery shopping and helped keep track of the grocery list?

When is the best time to go grocery shopping? (After you have eaten at home as research has shown you buy more unnecessary groceries when hungry.) What is your favourite meal you have cooked in the kitchen?

Activity: (see Handout 3)

Send a letter home; asking the parents/guardians to assist their child/ren to come up with a recipe for a meal under \$10 for a family of 5. They are to try it at home, bring in the recipe card for the following week to report on how it went, tasted, what they did and if it came under \$10.

Tip: Photocopy each recipe card to share with every family.

HEALTHY EATING PYRAMID



Enjoy a variety of food and be active every day!

**Nutrition
Australia**

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Leader's Resource 1 (cont'd)



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



Milk, yoghurt, cheese and/or alternatives, mostly reduced fat



Fruit



Use small amounts



Only sometimes and in small amounts



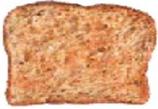
Leader's Resource 2

FREE PORTION SIZE GUIDE



Now you can **always** size your food right!

GRAINS OR CEREALS: 4-6 serves a day. Each of these is one serve ...



1 slice bread



1/2 bread roll



1/4 cup muesli



1/2 cup cooked porridge



2/3 cup flaky cereal



1/2 cup cooked pasta



1/2 cup cooked rice

VEGETABLES: 5+ serves a day. Each of these is one serve ...



1 large carrot



1 cup broccoli



1 small potato



1 small tomato



1/2 corn cob



1 cup leafy greens



1/2 cup cooked vegetables



1/2 cup baked beans



1/2 cup cooked or canned legumes

FRUIT: 2 serves a day. Each of these is one serve ...



1 apple



1 banana



2 kiwi fruit



4 dried apricots



1 cup berries



1 cup canned fruit



2 tablespoons sultanas



Half a small glass of no-added-sugar fruit juice

PROTEIN: 2-3 serves a day. Each of these is one serve ...



A palm-size piece of raw meat or chicken (90-100g)



2 large eggs



A hand-size piece of raw fish (115g)



A small can of fish (95g)



A small handful of nuts or seeds (30g)



170g tofu (the size of a deck of cards)



1 cup cooked or canned legumes

DAIRY OR ALTERNATIVES: 3-4 a day

Each of these is one serve ...



A 200g tub of yoghurt



1 cup cow's milk or calcium-fortified alternative



2 slices reduced-fat cheese (40g)



A small milky coffee (such as a flat white)

UNSATURATED FATS: 2-4 a day

Each of these is one serve ...



A quarter of an avocado



2 teaspoons table spread



2 teaspoons oil

TREAT FOODS: not every day. Each of these is one serve ...



A 1.5cm-thick slice of iced cake



5-6 lollies



A row (4 squares) of chocolate



2-3 plain sweet biscuits



2 small scoops of ice cream



12 hot chips



Half a 50g packet of potato chips

Compiled by dietitians and based on Australian Dietary Guidelines.

Choose the right portion

For more portion ideas, visit www.nestlechoosewellness.com.au



Handout 1 - Guards/Rangers

DATE: _____

	Breakfast	Morning Tea Tea Snack	Lunch	Afternoon Tea Snack	Dinner	Evening Snack	Milk/ Juice/ Soft Drink/ Water
Mon							
Tue							
Wed							
Thur							
Fri							
Sat							
Sun							

Handout 2 - Guards/Rangers

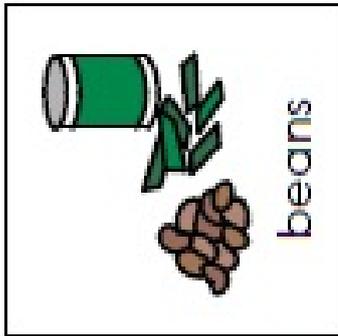
Cut out the pictures and decide which column they belong to, glue the picture down and write an explanation to why it belongs in that column.

Make the HEALTHY choice!

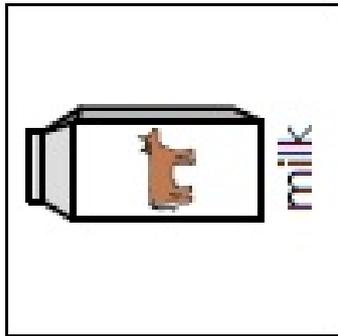
Healthy

Unhealthy

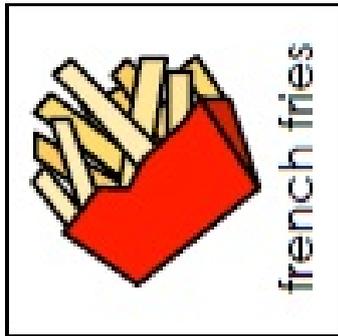
Handout 2 - Guards/Rangers



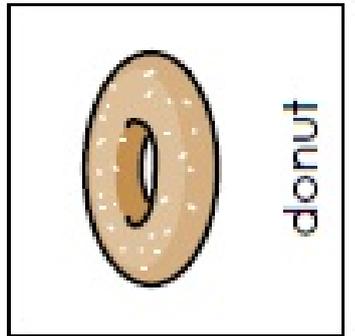
beans



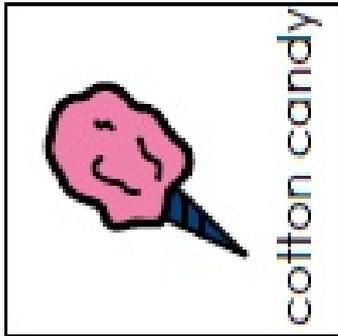
milk



french fries



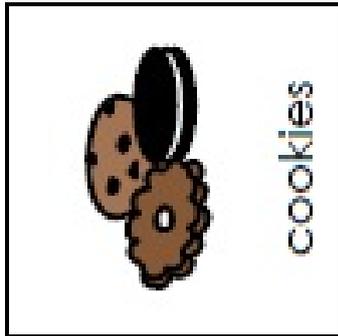
donut



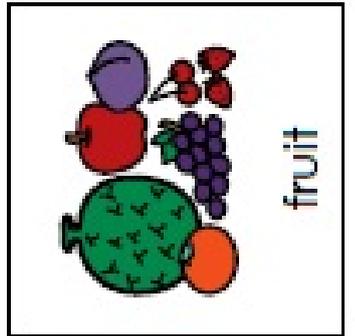
cotton candy



celery



cookies



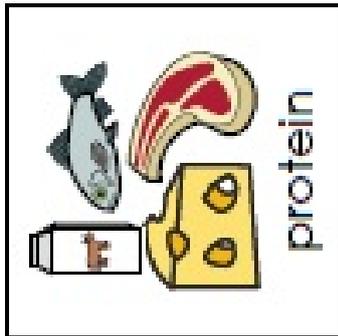
fruit



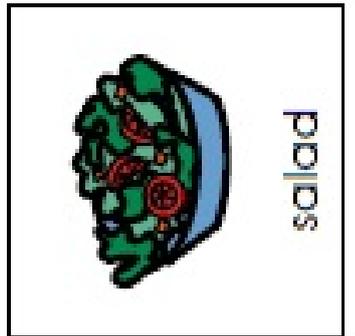
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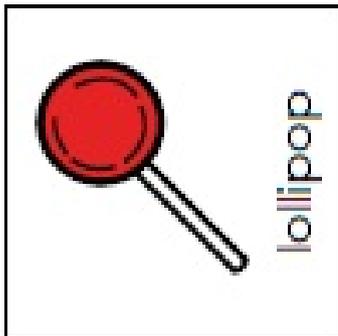
ice cream



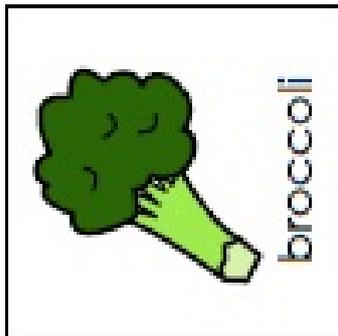
protein



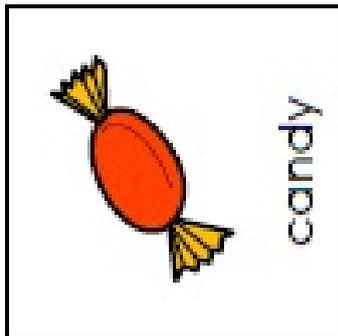
salad



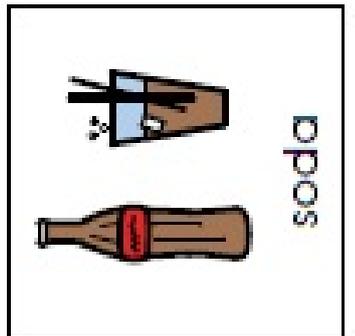
lollipop



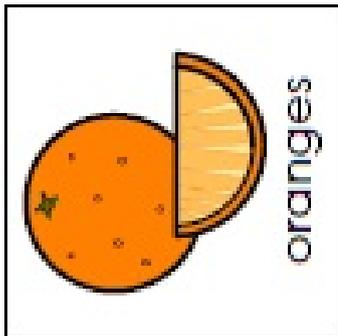
broccoli



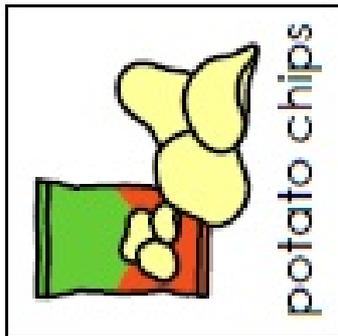
candy



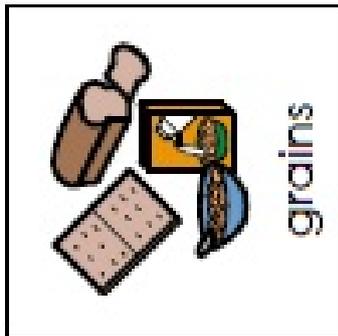
soda



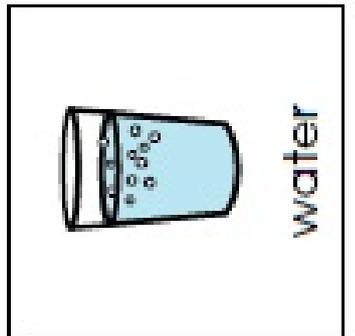
oranges



potato chips



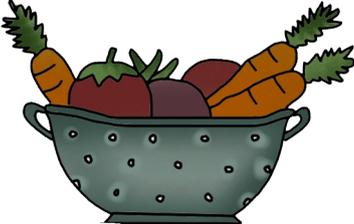
grains



water

Handout 3 - Guards/Rangers

Write a recipe that will feed a family of 5 for under \$10; bring the recipe card back so that we can produce a recipe book.



Title _____

Serves _____

Preparation time _____

Cooking time _____

Cost per serve _____

Quantity	Ingredient	Preparation

Method

Devotional ideas



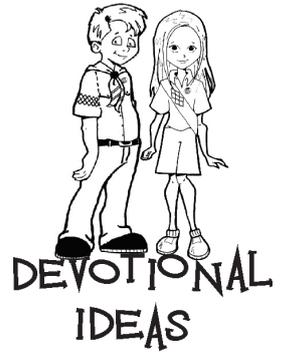
1. **Title:** The taste test
Scripture: Psalm 34:8a (NIV or Message)
Thought: The only way to find out if God is real is to try him
Supplies: Apple - a shiny bright red one, apples to share

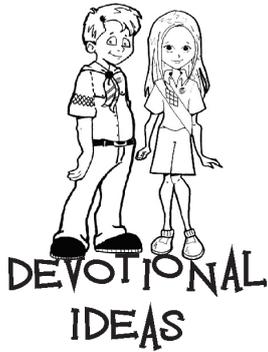
Show members a red shiny apple. Comment on its shine and colour. Ask members if it is real; if it will taste nice; if it is genuine. How can we tell? It looks so juicy. It looks like it is ripe – it's very red so maybe it won't be sour. It feels firm not soft so maybe it will be crisp and juicy not floury. It smells like it is fresh and sweet. But how can we tell? (Allow members to comment and suggest that we must actually taste it.)

To know that it is a real apple, to know if it is good to eat we must actually taste it then our tongue and stomach will tell us the truth if it is good. We must taste, chew, and swallow a bite of the apple.

It is the same with God. We need to taste and chew and swallow. We can't really eat God but we can trust and experience him. To know God we need to be close to Him, to experience Him and His love. Read Psalm 34:8a. (NIV or Message.)

Pray with members that they can truly taste God and know that He is good. You may like to cut and share the apples among members.





Devotional ideas



2. **Title:** Jesus is with us
Scripture: Luke 22: 14 - 20
Thought: Jesus is present when we give thanks for food
Supplies: Bible, an uncut loaf of bread and water or cordial

Many Christian Churches celebrate 'communion'. During communion each person in the congregation receives from the priest, or takes from a tray, a small piece of bread and a small cap or taste of wine. These two elements, bread and water, recall Jesus' words in Luke 22:14 - 20.

Read this passage.

The word 'communion' suggests that it is something done with others. For Christians this means what is done is done with Jesus and other Christians and, in this case, it is eating. In Jesus' time bread and wine were very common – they were present in every house in much the same way that bread and water are present in our homes.

The words of Jesus in this passage can be interpreted to mean that whenever Christians share food together (represented by bread and water) they should remember that Jesus is with them, even when they are doing something as normal and mundane as eating. It might also help us to remember Jesus' presence by saying 'thank you' to God for His provision of food and water. Perhaps this is the original reason why bread and water are always served at formal functions and restaurants.

Invite members to take a piece of bread and share it with someone else. Provide water or cordial to enjoy together.