

# Eat for Health Game

This game has been developed with reference to the Australian Guide to Healthy Eating - consisting of the Five Food Groups (located on page 2). The key to eating well is to enjoy a variety of nutritious foods from each of these five groups.



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.

This game aims to introduce children to the five food groups, as well discovering the incredible variety of foods available in these food groups.

# Australian Guide to Healthy Eating

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

Drink plenty of water.



# Instructions

Learning Objective:

Children are able to successfully identify food item and determine which Food Group it belongs in.

Materials:

1. Food Group 'pie' pieces
2. Food images (either from attached page or magazine/newspaper clippings)

Preparation:

1. Print and cut out one complete set of 'pie' pieces
2. Print and cut food images (or cut magazine/newspaper clippings)
3. Open space for running around

Instructions:

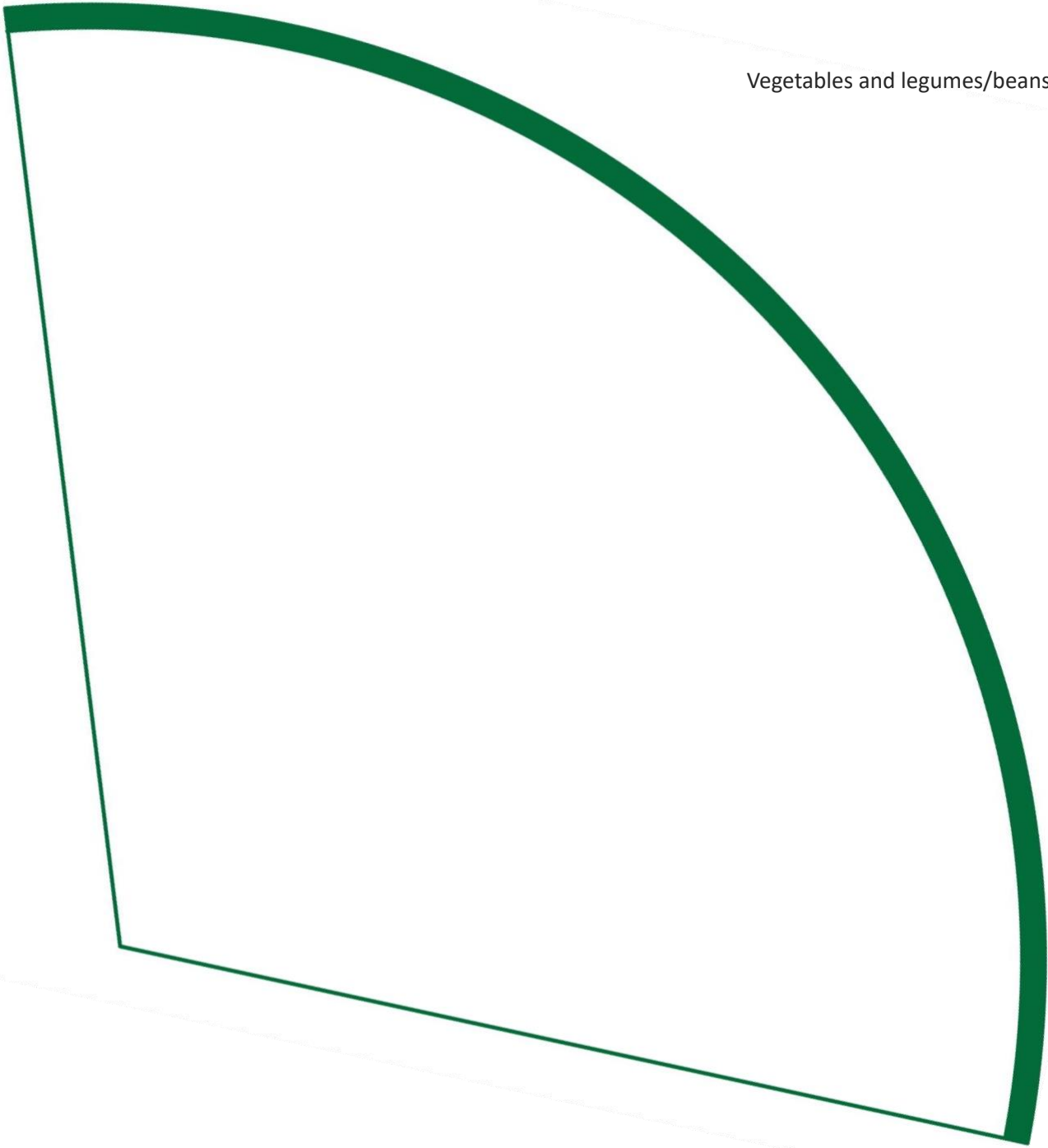
1. As a group, review the Australian Guide to Healthy Eating and explain why each food group is important (using the information sheet provided)
2. Divide children into six groups (one for each food group and one for the 'sometimes' foods)
3. Place 1 printed pie piece in front of each group (and a blank rectangle for the 'sometimes' foods) and let them know which food group they have.
4. Place all of the food images in the centre of the room, randomly dispersed
5. One group member at a time can run to the centre of the room, find an item that belongs in their food group, run back to their piece of paper and place it on with blu-tac.
6. Once each child has had a turn, as a group examine each pie piece and explain why/why not it belongs there.

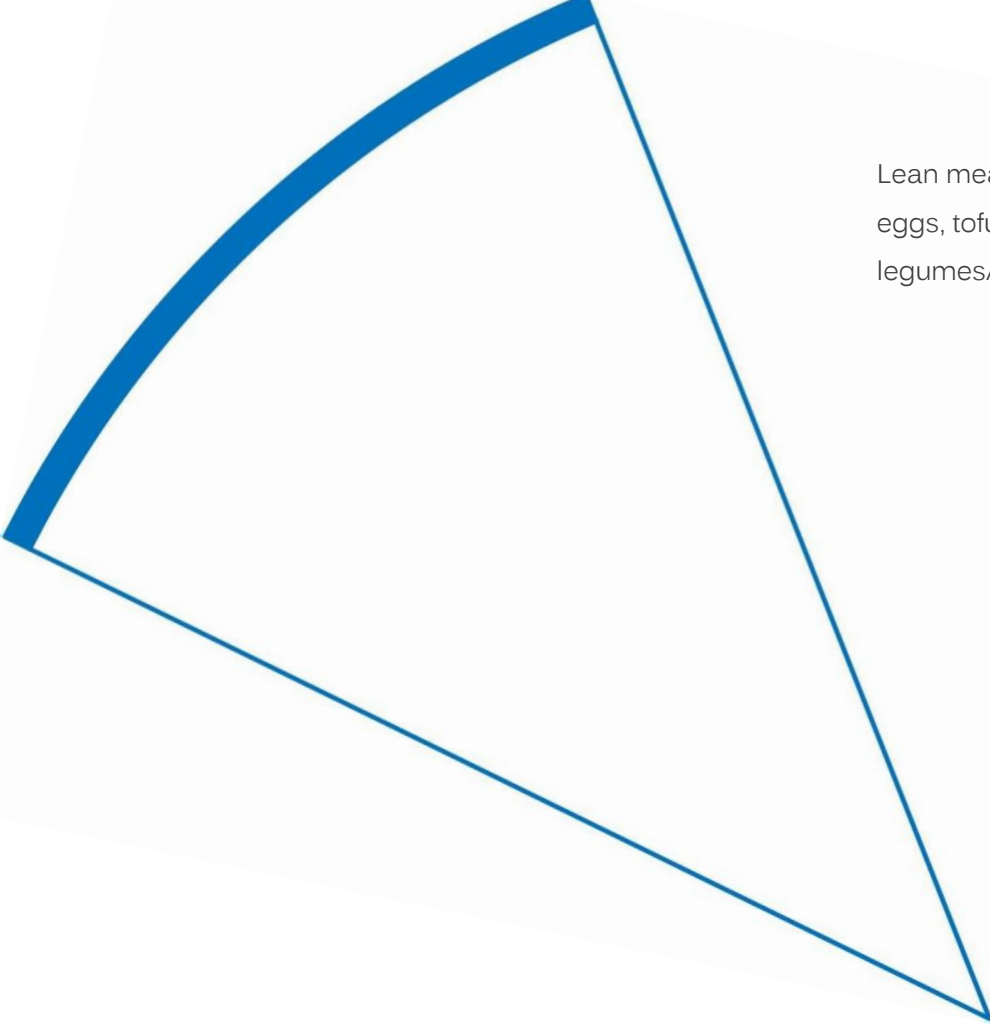
## Food Groups, Nutrients, and Functions of the body

Which Groups?	What Nutrients?	Why is it important? (For children's understanding)
Grain (cereal foods), mostly wholegrain and/or high cereal fibre varieties	This food group provides carbohydrates, fibre, vitamins and minerals	Energy to play and learn! Grains help us concentrate and focus which is very important for learning
Vegetables and legumes/beans	This food group provides fibre, carbohydrates, vitamins and minerals	Vegetables do everything! Lots of vitamins and minerals to keep us healthy, strong, and full of energy!
Fruit	Fruit is a good source of vitamin C and folate. Fruit skins also provide carbohydrate and fibre	Helps heal cuts and bruises, and keeps you 'regular'. They can also help prevent us from getting sick
Lean meats and poultry, fish, eggs, tofu, nuts and seeds, legumes/beans	This food group provides good sources of protein, fat, vitamins and minerals, particularly iron	Makes muscles strong, and helps us grow up big and tall.
Milk, yoghurt, cheese, and/or alternatives, mostly reduced fat	Dairy foods are the best source of calcium. They also provide carbohydrates, protein, vitamins and minerals and some fat.	Strong teeth and bones
Discretionary ('Sometimes') foods	'Discretionary choices' are called that because they are not an essential or necessary part of our diet – hence not being allocated a 'pie' piece with the essential food groups.	Highlight that these are 'sometimes' foods and that they are not a part of the essential foods located in the circle. These foods all tend to be high in either saturated fat, sugar or salt and can make us sick if eaten too often.

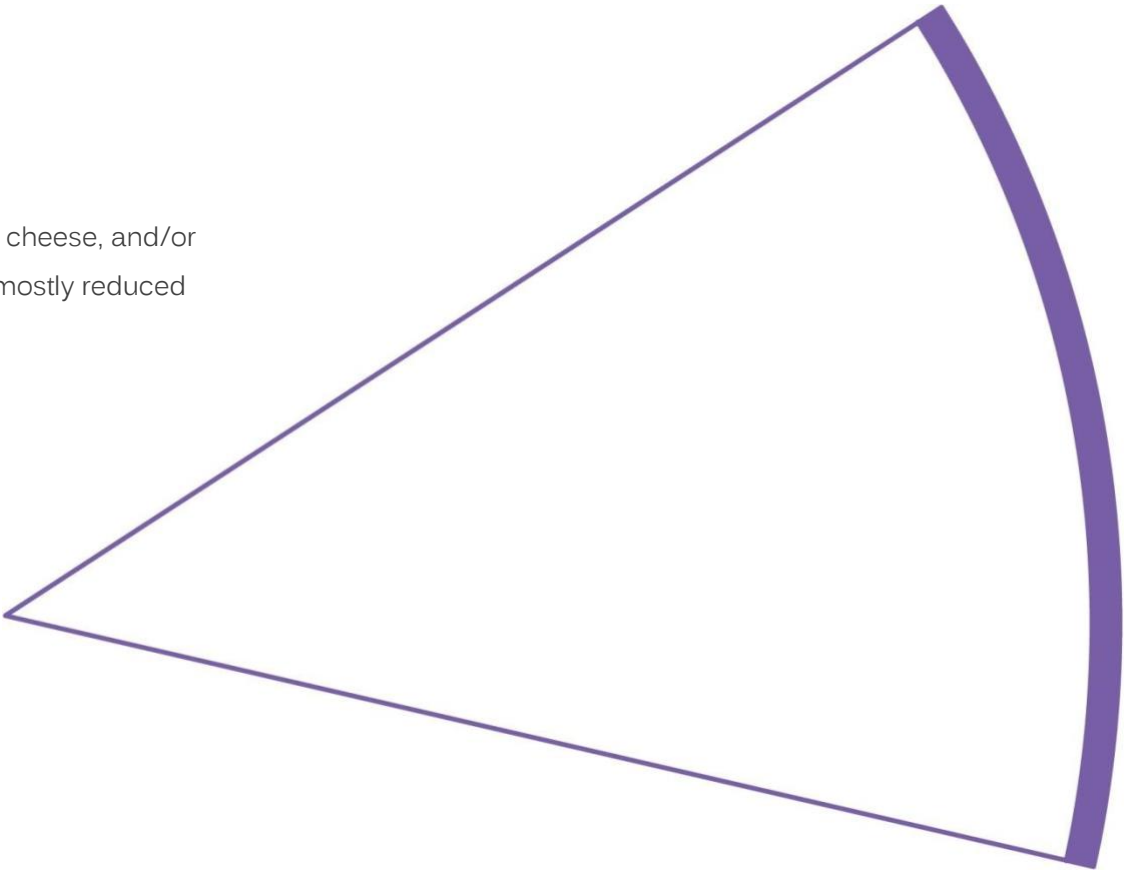
## Pie Pieces:

Vegetables and legumes/beans





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

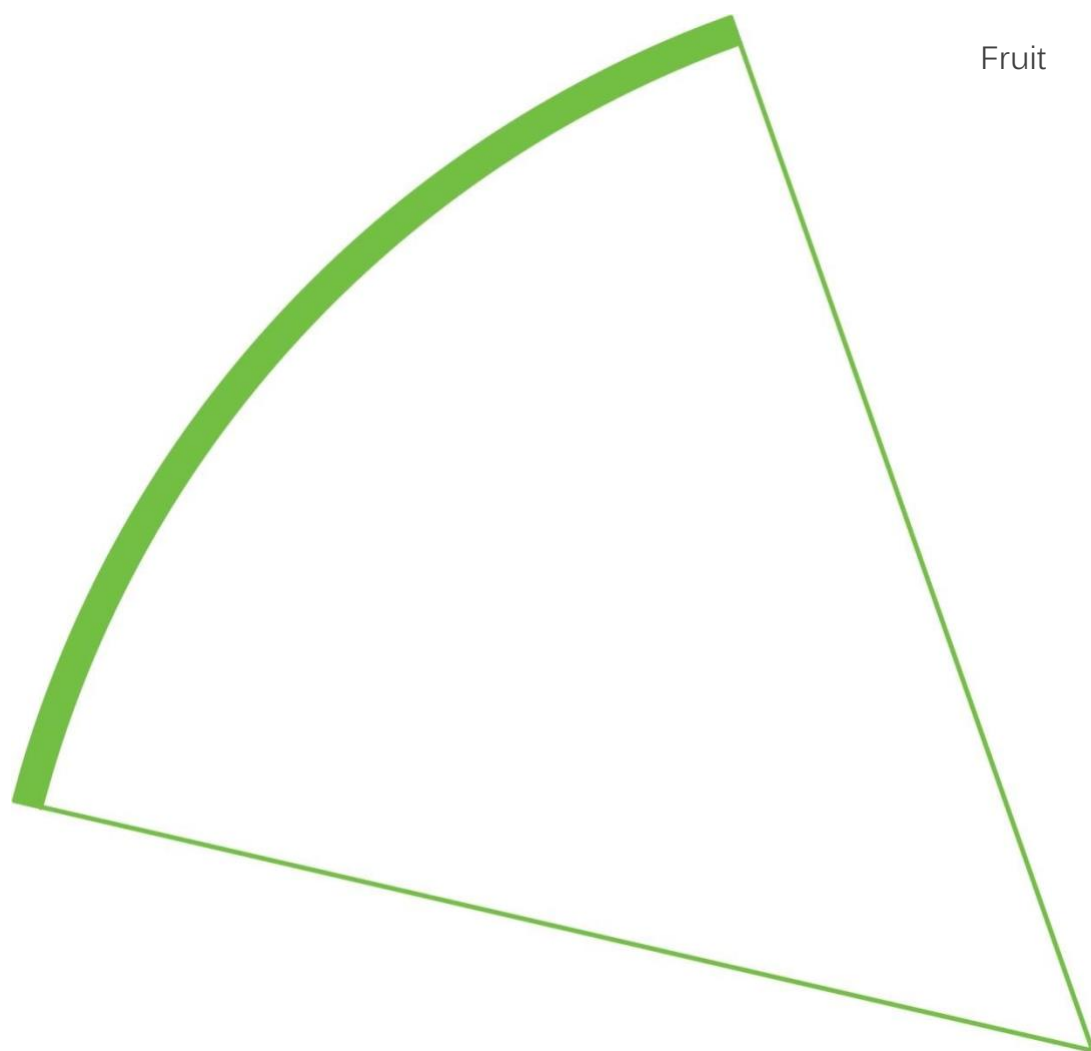


Milk, yoghurt, cheese, and/or  
alternatives, mostly reduced  
fat



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



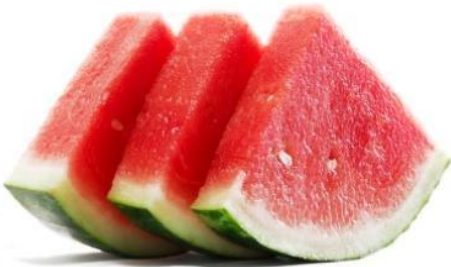
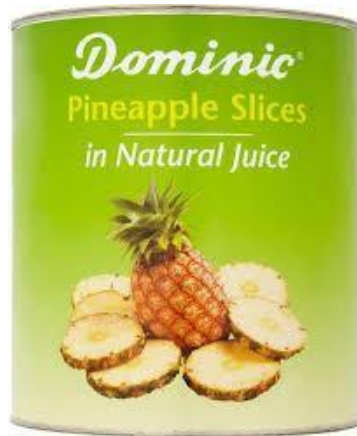




## Discretionary ('Sometimes') foods

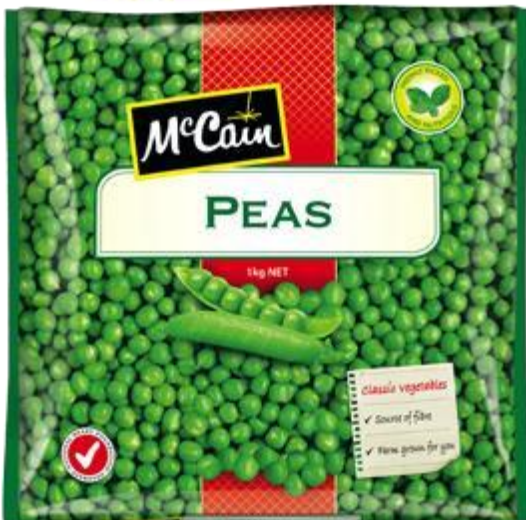
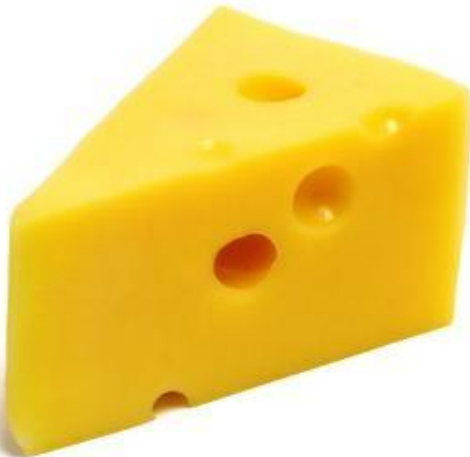


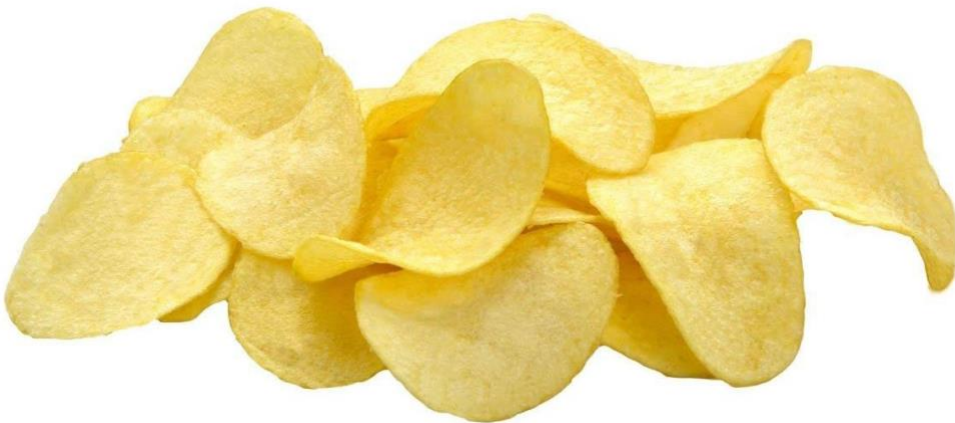
## Food Items











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Developed by Andrea Van Rullen [www.snacwa.com.au](http://www.snacwa.com.au) February 2014

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