

Post-excursion resource

Healthy Choices

The Early Years, Level A–D, Foundation – Level 2



Kindergarten – Year 2



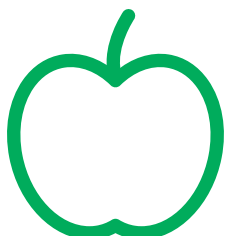
The Early Years, Level A–D (Towards Foundation),
 Foundation – Level 2



Students learn about healthy eating and making good food choices. They explore different fruits and vegetables and use their creativity to make their own placemat. With guidance, students follow a recipe, measure ingredients and make their own delicious apple muffins or parfaits.



- Healthy eating
- Making muffins/parfaits



Fruit and veggie placemat

- A3 paper (one per student)
- Coloured pencils/crayons
- Cut-outs of pictures of fruits and vegetables, or magazines
- Scissors
- Glue
- A3 laminator pouches
- Laminator
- Copy of the Australian Guide to Healthy Eating chart (one per student), downloaded from: www.eatforhealth.gov.au/sites/default/files/2022-11/n55i_australian_guide_to_healthy_eating_0.pdf

Apple and Honey (Gingerbread) Muffins ingredients

- 260g (2 cups) plain flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 2 teaspoons ground ginger
- 2 teaspoons ground cinnamon
- 1 teaspoon mixed spice
- ¼ teaspoon salt
- 160g (½ cup) honey
- 90g (½ cup) brown sugar
- 125ml (½ cup) plain oil
- 125ml (½ cup) hot water
- 1 egg
- 100–130g (1) cored grated apple (no need to peel)
- 4 tablespoons raw sugar for sprinkling

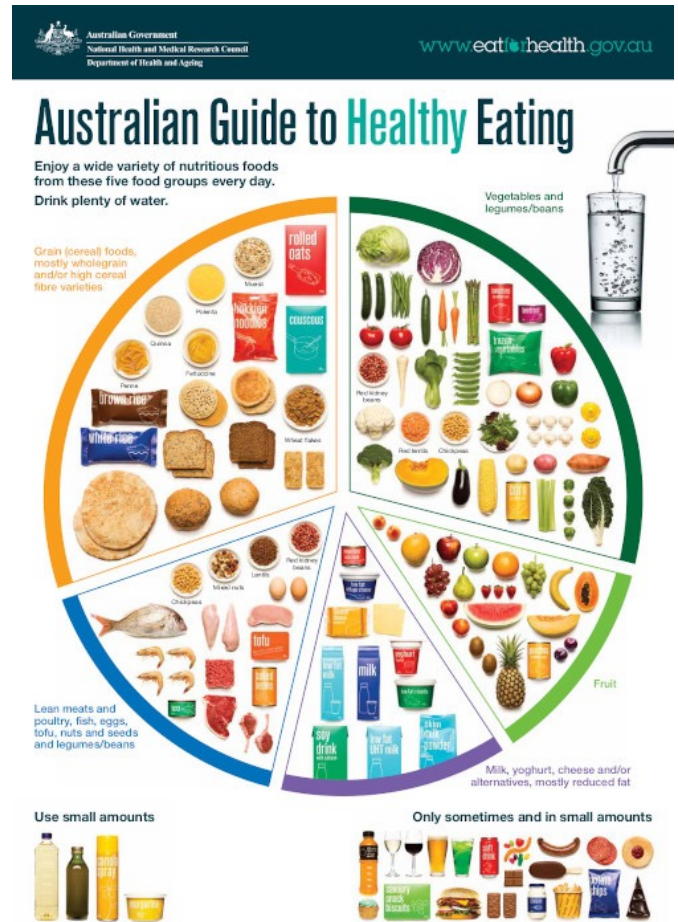
Apple Parfaits ingredients

- 3 apples (Royal Gala, Pink Lady, Jazz or Kanzi are well suited)
- Half a lemon, juiced
- 300ml mango flavoured Greek yoghurt
- 1 cup toasted granola
- 2 tablespoons honey (optional)

Instructions

1. Using the Australian Guide to Healthy Eating (download here: www.eatforhealth.gov.au/sites/default/files/2022-11/n55i_australian_guide_to_healthy_eating_0.pdf) discuss with students how the food selection guide visually represents the proportion of the five food groups recommended for consumption each day.
2. Using the background information provided in this resource, discuss the recommended average daily number of serves from each of the five food groups.
3. Ask students if apples and other fruits are a good food choice.
 Let the students know that Australian apples are not only delicious, but they also contain essential nutrients. They are a source of fibre, which promotes good digestive health, and they contain antioxidants. They are also a source of vitamin C, which supports muscle, cardiovascular and brain functionality, and they are low GI. This means that crunching on an apple is a great healthy snack for kids and adults.

Reference: www.aussieapples.com.au/health/ and <https://apal.org.au/consumer/health-benefits/>



4. THE TASK

Students create an individual placemat with their own healthy eating message. They gather their materials: A3 piece of paper and cut-out pictures of fruit and vegetables, or magazines. Students search for healthy food options in the magazine, cut them out and display them on their placemat. Students think about a message to write on their placemat. They use their creativity to create a rainbow of good food choices, glue the healthy items on their mat and write a message to promote healthy eating.

5. Teachers then laminate the placemats ready to use at mealtimes or for classroom display.

Apple and Honey (Gingerbread) Muffins

Makes 12 | Prep time: 20 minutes | Cooking time: 25 minutes



Ingredients

- 260g (2 cups) plain flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 2 teaspoons ground ginger
- 2 teaspoons ground cinnamon
- 1 teaspoon mixed spice
- ¼ teaspoon salt
- 160g (½ cup) honey
- 90g (½ cup) brown sugar
- 125ml (½ cup) plain oil
- 125ml (½ cup) hot water
- 1 egg
- 100–130g (1) cored grated apple (no need to peel)
- 4 tablespoons raw sugar for sprinkling

Method

1. You will need two bowls to start this recipe.
2. Preheat oven to 180°C (170°C fan forced).
3. Line a 12-hole muffin tin with muffin cases.
4. Using a medium to large bowl add the flour, spices, salt, baking powder and baking soda and whisk together well.
5. In another bowl mix the honey, brown sugar, oil and hot water and whisk well. Add the egg and whisk again (make sure the mixture is only just warm, so the egg doesn't scramble).
6. Tip the grated apple and the liquid into the flour mixture and mix until combined.
7. Spoon the mixture into muffin cases $\frac{3}{4}$ full. Sprinkle with raw sugar.
8. Bake for 15 to 20 minutes or until a toothpick inserted in the middle comes out clean.

Recipe: www.aussieapples.com.au/project/apple-and-honey-gingerbread-muffins/

Apple Parfaits

Makes 2 | Prep time: 10 minutes

Ingredients

- 3 apples
(Royal Gala, Pink Lady, Jazz or Kanzi are well suited)
- Half a lemon, juiced
- 300ml mango flavoured Greek yoghurt
- 1 cup toasted granola
- 2 tablespoons honey (optional)

Method

1. Core the apples, then roughly dice them into 1cm cubes and place in a bowl.
2. Squeeze the lemon juice over the apple and toss to coat all the apple.
3. Add a bottom layer of diced apple to 2 medium-tall glasses, follow with a layer of yoghurt, a layer of granola, and another layer of diced apple. Top it off with an extra sprinkle of granola and an optional drizzle of honey.
4. Serve for breakfast, as a snack or an after-dinner treat.

Recipe: www.aussieapples.com.au/project/apple-parfait/



Lunchbox snack ideas

Apple and Banana Bread: Spread sliced banana bread with cream cheese. Cut apple into matchsticks and pile onto the banana bread. Sprinkle with a little cinnamon sugar or drizzle with honey to finish.

Apple Pikelet Stack: Mix reduced fat cream cheese with honey and a touch of cinnamon until smooth. Spread over two pikelets. Top each with thin wedges of apple and drizzle with a little honey. Place one on top of the other.

Apple Fried Rice: Sauté green onions and diced bacon until soft. Add diced apple and cook until lightly coloured. Add cooked long grain rice, diced capsicum, fresh corn, peas and soy sauce. Finish with shredded omelette. Serve on its own or with chicken or sausages.

Reference: www.aussieapples.com.au/tips-ideas/10-ways-to-add-an-apple-a-day/

Chicken and Apple Tabbouleh Salad: Combine soaked cracked wheat (burghul) with diced red and green apple, diced tomato, cucumber and lots of chopped parsley and mint. Add chopped green onion and shredded chicken. Dress with extra virgin olive oil and lemon juice.

Apple and Vegetable Rice Paper Rolls: Soak thin rice noodles. Coarsely shred apple. Shred lots of vegetables like cabbage, carrot, snow peas, zucchini and radish. Top pre-dipped rice paper sheets with noodles, vegetables and apple. Roll up to enclose the filling and serve with sweet chilli sauce for dipping.

Apple Bruschetta: Spread toasted sourdough bread with cream cheese or spreadable ricotta. Top with thinly sliced apple and sprinkle with a little cinnamon sugar or drizzle with honey to finish.

Suggestions for assessment

Completed placemat demonstrating healthy food choices and a clear message.

Ability to follow instructions to prepare and measure ingredients and make delicious apple muffins, apple parfaits or a chosen lunchbox snack.



Curriculum links

Health and Physical Education

Examine health messages and how they relate to health decisions and behaviours (VCHPEP077).

Design and Technology

Explore how food is selected and prepared for healthy eating (VCDSTC016).

Visual Arts

Experiment with different materials, techniques and processes to make artworks in a range of art forms (VCAVAV022).

Create and display artworks to express ideas to an audience (VCAVAP023).

Background information

Why choose apples?

Australian apples are not only delicious, but they also contain essential nutrients. They are a source of fibre, which promotes good digestive health, and they contain antioxidants.

They are also a source of vitamin C, which supports muscle, cardiovascular and brain functionality, and they are low GI. This means that crunching on an apple is a great healthy snack for kids and adults.

References: www.aussieapples.com.au/tips-ideas/10-ways-to-add-an-apple-a-day/

The five food groups

The key to eating well is to enjoy a variety of nutritious foods from each of the five food 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, yoghurt, 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 nutrient requirements essential for good health, you need to eat a variety from each of the five food groups daily, in the recommended amounts. It is not necessary to eat from each food group at every meal. In fact, in some instances, you only need to eat some of the foods in each food group a couple of times a week.

It is also important to enjoy a variety of foods within each of the five food groups because different foods vary in the amount of the key nutrients that they provide. For example, in the vegetables and legumes food group, orange-coloured vegetables such as carrots and pumpkins contain significantly more vitamin A than other vegetables such as white potatoes.

Take a look at the five food groups and discover the incredible variety and the abundance of choice there is when eating from these groups.

Additional serves of the five food groups or unsaturated spreads and oils or discretionary choices are needed only by children and adolescents who are taller, more active or in the higher end of a particular age band, to meet additional energy requirements.

Reference: www.eatforhealth.gov.au/food-essentials/five-food-groups/

Recommended average daily number of serves for children from each of the five food groups*					
	Vegetables and legumes/beans	Fruit	Grain (cereal) foods, mostly wholegrain	Lean meat and poultry, fish, eggs, nuts and seeds, and legumes/beans	Milk, yoghurt, cheese and/or alternatives (mostly reduced fat)
Boys					
4–8	4½	1½	4	1½	2
9–11	5	2	5	2½	2½
Girls					
4–8	4½	1½	4	1½	1½
9–11	5	2	4	2½	3

*Includes an allowance for unsaturated spreads or oils, nuts or seeds (1 serve [7–10g] per day for children 3–12 years of age).

Reference: www.eatforhealth.gov.au/food-essentials/how-much-do-we-need-each-day/recommended-number-serves-children-adolescents-and-toddlers