

SWAP AND SWITCH



FEAST
FOOD EDUCATION AND
SUSTAINABILITY TRAINING

EATING THE RIGHT FOOD IS SO IMPORTANT TO STAY FIT AND HEALTHY. WE NEED TO MAKE SURE WE EAT FOOD WITH THE RIGHT NUTRIENTS.

— There are five main food groups that we need to consume every day. These are grouped by the nutrients they have in common.

Here are the five food groups and their benefits:

- **Grains** such as bread, rice, pasta and cereal give us energy to run, learn and play.
 - **Protein** such as red meat, chicken, fish, eggs, tofu, nuts to make our muscles strong.
 - **Dairy and dairy alternatives** such as milk, cheese, yoghurt, soy or rice milk are an excellent source of calcium for strong bones and teeth.
 - **Fruits** give us vitamins and minerals to keep all parts of our bodies working.
 - **Vegetables**, like fruits, give us vitamins and minerals to stay healthy. The more colours of fruits and vegetables you eat, the more different nutrients you get!
- Some of the food we eat does not fit into the main food groups, like chips and ice cream! These foods do not have the important nutrients that our bodies need, so it's always better to pick the healthy option.



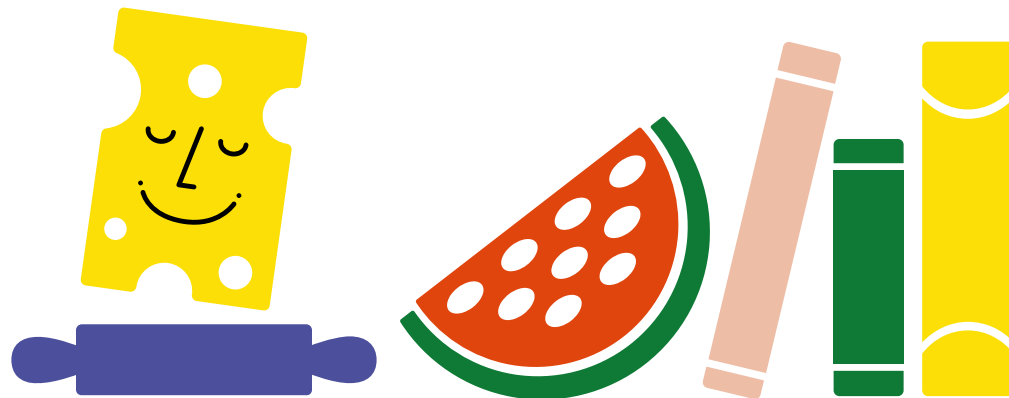
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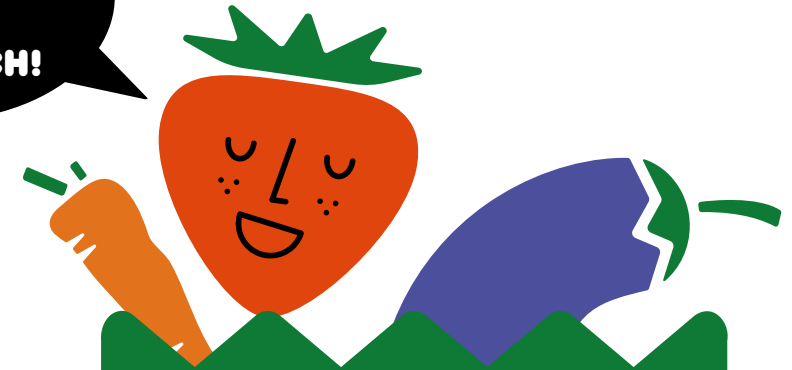
— **Question:** What foods should we eat to be healthy and active?

— **Scenario:** The food you eat impacts your overall health and how you feel. Some foods don't provide as many healthy nutrients as others – the most nutritious food comes from the 5 food groups. We all like to eat food such as chips, biscuits and ice-cream, but to keep healthy this type of food should only be eaten every now and again.

— **Task:** Identify the healthier options by drawing or writing your suggestion on the worksheet provided on the next page. Don't forget to look at the 5 food groups for examples.



USE THESE WEBSITES FOR YOUR RESEARCH!



Healthy Eating Food Plate by Eat for Health

Link: https://www.eatforhealth.gov.au/sites/default/files/content/The%20Guidelines/n55i_australian_guide_to_healthy_eating.pdf

Aboriginal & Torres Strait Islander Healthy Eating Food Plate by Eat for Health

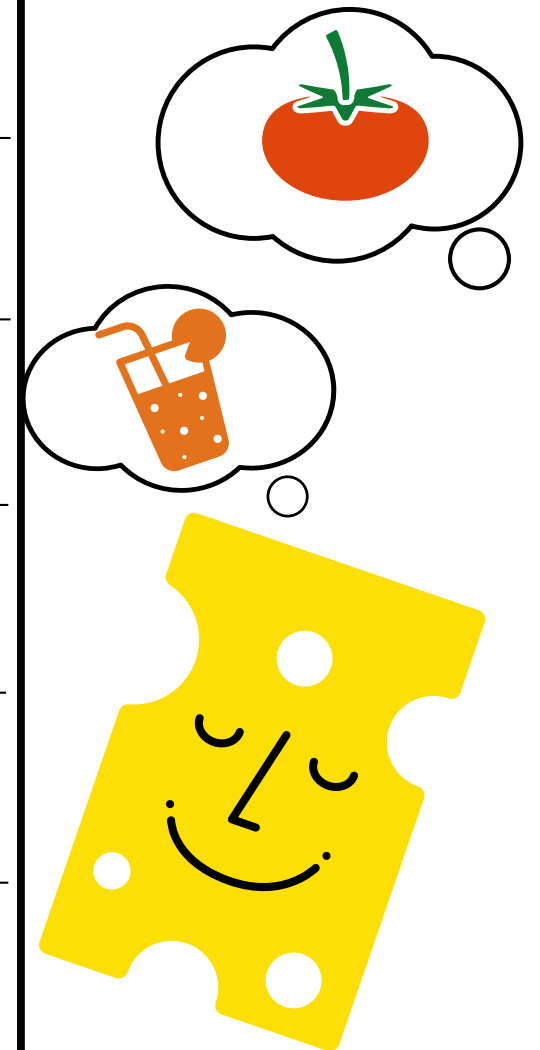
Link: https://www.eatforhealth.gov.au/sites/default/files/content/The%20Guidelines/final_igthe_a3_poster_-_lr.pdf

SWAP AND SWITCH



IDENTIFY THE HEALTHIER OPTIONS BY DRAWING OR WRITING YOUR SUGGESTION

SWAP THIS...	FOR THIS...	SWAP THIS...	FOR THIS...
ORANGE JUICE	An orange	SWEET BISCUITS	
COCO POPS		DRIED FRUIT	
WHITE BREAD		FROZEN PIZZA	
ICE CREAM		SHAPES	
CHIPS		SOFT DRINK	



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SUGGESTED ANSWER SHEET

Note there are many other healthy alternatives you could come up with.

SWAP THIS...	FOR THIS...	SWAP THIS...	FOR THIS...
ORANGE JUICE	An orange. Fresh fruit has less sugar and contains more fibre.	SWEET BISCUITS	Crackers and cheese. This option has calcium which builds strong bones and teeth.
COCO POPS	Weetbix. Does not have as much added sugar as coco pops.	DRIED FRUIT	Whole fruit. This will keep you fuller for longer!
WHITE BREAD	Wholemeal or wholegrain bread. These products contain more fibre.	FROZEN PIZZA	Wholemeal pita pizza. Wholemeal and wholegrain products contain more fibre.
ICE CREAM	Greek yoghurt with fruit. This option is lower in fat and sugar!	SHAPES	Carrot sticks with dip. This option contains less salt and fat and keeps you healthy and active.
CHIPS	Plain Popcorn. This is an easy snack that contains less salt and more fibre.	SOFT DRINK	Water. Water and milk are the healthiest drinks you can have.

