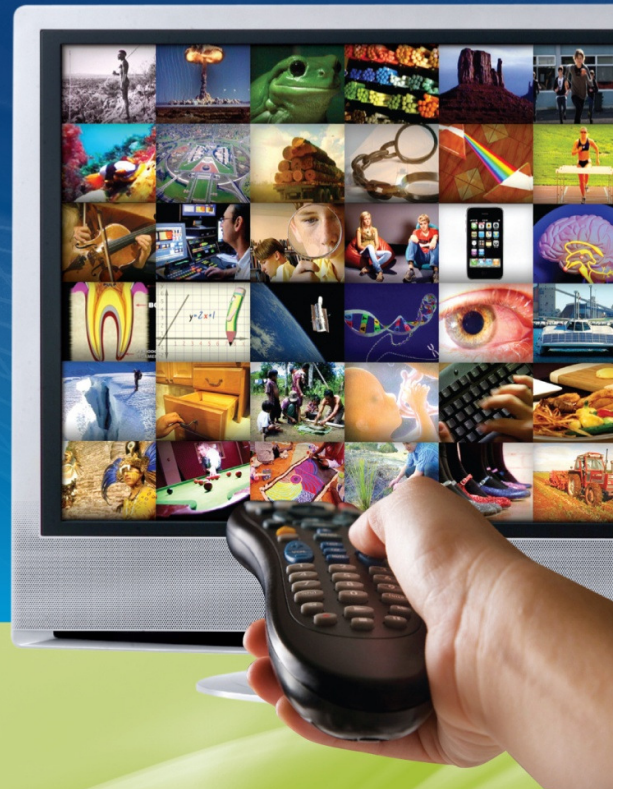


# Program Support Notes

**Classroom**  
**VIDEO** EDUCATION WITH VISION



## What's in my School Lunch? Making Healthy Choices

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# What's in my School Lunch?

## Making Healthy Choices

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### ***For Teachers***

### **Introduction**

For most students, school makes up a minimum of 6 hours each school day. This time spent at school is often physically and mentally challenging. This program light-heartedly visits the Great Lunch box Lunch Off to discuss the importance of packing a well-balanced lunch and snacks to see out the day. By equipping students with good food, this will provide young minds the energy and strength required to function effectively throughout the day, in the classroom and at play.

### **Timeline**

00:00:00	Introduction
00:00:35	Healthy eating
00:02:55	Food selection
00:06:47	Food preparation
00:08:36	Exercise and concentration
00:11:02	The main event
00:16:58	Conclusion
00:17:36	Credits
00:18:08	End program

### **Related Titles**

*The changing world of food packaging*  
*Food Allergies and Intolerances*  
*Designing and Preparing a Meal*  
*Food Poisoning - Prevention is Better than Cure*  
*The Science in Foods*

### **Recommended Resources**

<http://www.betterhealth.vic.gov.au/>  
<http://www.nutritionaustralia.org/>  
<http://www.gofor2and5.com.au/>

## ***Student Worksheet***

### **Initiate Prior Learning**

1. As a class discuss the role food plays in our daily diets and the importance of eating a well-balanced diet.
2. Using a large sheet of paper and working in small groups make a list of "Snacks" that are often eaten at school for recess or as a part of lunch. As a class look at the lists that the group made and place a red cross next to foods that are highly processed, contain high levels of fat, sugar or salt. Place a green tick next to low fat snacks, fresh fruits, vegetables and wholegrain products.
3. Keep a food diary and record all the food eaten whilst at school for one week. Review your choices at the end of the week. Write a response that addresses these questions: Did you notice any trends in your habits? Overall are you satisfied with your food choices? Why or why not? What suggestions can you make for replacing foods that have been poor choices?

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**Active Viewing Guide**

1. In the program, what misconceptions did the people have about eating convenience foods?

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2. What is Maverick's philosophy?

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3. According to Maverick, what is the key to having a winning lunch box?

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4. The contestants need to include the following in their lunch box:

a) Something for mid-\_\_\_\_\_

b) Lunch itself

c) One \_\_\_\_\_

d) One \_\_\_\_\_

5. Maverick's suggestion for recess snack is?

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a) Biff's suggestion is?

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b) What advice would you give Biff to assist him with his food selection?

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6. List some of the lunch box varieties suggested.

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7. Why is it important to have a well-insulated lunch box?

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a) What can help achieve this?

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8. Biff believes the "Greasier his lunch is the better". What advice would you give Biff?

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9. To keep food safe, keep it out of direct \_\_\_\_\_ and eat perishables \_\_\_\_\_ (when).

10. What does food provide for our bodies?

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11. What does the food you eat impact on?

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12. Identify four negative side effects of sugary and fatty foods.

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13. The three different types of 'fuels' your body needs are:

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14. Why is making lunch the night before a good tip?

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15. For the 'Lunch off' competition, the contents of the Lunch box should be:

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16. What does Phyllis pack in her lunch?

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a) What does Biff pack in his lunch?

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b) What does Maverick pack in his lunch?

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17. Why is the way you eat your lunch important?

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18. What poor choices have affected Biff's overall performance?

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a) Make a list of suggestions that you could give Biff to improve his overall performance.

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b) What made Maverick's eating habits earn a higher score than Phyllis?

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## **Extension Activities**

1. During the program Biff made many poor food choices and even believes the “Greasier his lunch is the better”. Working with a partner produce an information pamphlet or poster aimed at adolescences that explains the benefits of eating a well-balanced lunch and tips to remember when selecting food and packing your lunch.
2. Using <http://www.nutritionaustralia.org> search the recipes and plan a lunch box menu that would be suitable to take to school. Remember to include an item for both morning and afternoon snack and lunch itself.
3. Consult with your teacher, and choose one of the recipes from your lunch box menu to produce in class.



## ***Suggested Student Responses***

### **Active Viewing Guide**

1. In the program, what misconceptions did the people have about eating convenience foods?  
**They often believed that there were many nutrients to be gained from eating convenience foods.**
2. What is Maverick's philosophy?  
**Being fit and eating the right fuels**
3. According to Maverick, what is the key to having a winning lunch box?  
**Food Selection, making sure you pack the right foods**
4. The contestants need to include the following in their lunch box:
  - a) Something for mid- **morning**
  - b) Lunch itself
  - c) One **drink**
  - d) One **snack**
5. Maverick's suggestion for recess snack is?  
**Something light – like a piece of fruit**
  - a) Biff's suggestion is?  
**Chips and Soft Drink**
  - b) What advice would you give to Biff to assist him with his food selection?  
**He needs to choose foods that are nutrient dense to give energy throughout the day**
6. List some of the lunch box varieties suggested.  
**Plastic, metal, big, small**
7. Why is it important to have a well-insulated lunch box?  
**To keep the contents cold**
  - a) What can help achieve this?  
**Having a frozen drink**
8. Biff believes the "Greasier his lunch is the better". What advice would you give Biff?  
**Meals high in fat are a poor choice as they often supply little nutritional value**
9. To keep food safe, keep it out of direct **sunlight** and eat perishables **before lunch** (when).
10. What does food provide for our bodies?  
**Fuel to keep us working**

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11. What does the food you eat impact on?  
**Concentration and memory**
12. Identify four negative side effects of sugary and fatty foods.  
**Weight gain, tooth decay, anxiety, difficulty concentrating**
13. The three different types of 'fuels' your body needs are:  
**Carbohydrates, proteins, fats**
14. Why is making lunch the night before a good tip?  
**So you avoid having to rush in the morning**
15. For the 'Lunch off' competition, the contents of the Lunch box should be:  
**Healthy, nutritious, well presented**
16. What does Phyllis pack in her lunch?  
**Apple, salad sandwich, banana and bottled water**
- a) What does Biff pack in his lunch?  
**Greasy Potato Chips, heavily processed meat, lots of sugary treats and soft drink**
- b) What does Maverick pack in his lunch?  
**Apple, wholemeal low fat chicken sandwich, orange and bottled Water**
17. Why is the way you eat your lunch important?  
**Aids digestion**
18. What poor choices have affected Biff's overall performance?  
**His selection of high fat and sugary foods**
- a) Make a list of suggestions that you could give to Biff that would improve his overall performance.  
**Answers will vary, but should include more nutritious choices**
- b) What made Maverick's eating habits earn a higher score than Phyllis?  
**Maverick's meal contained a low fat protein (chicken), and he did not pick at his food.**