

# The Fantastic Five

## Learning Intentions:

(Kindergarten - Year 6)

- Students will be able to identify the five food groups.
- Students will be able to categorise example lunchbox foods into each of the five food groups.

## Activity:

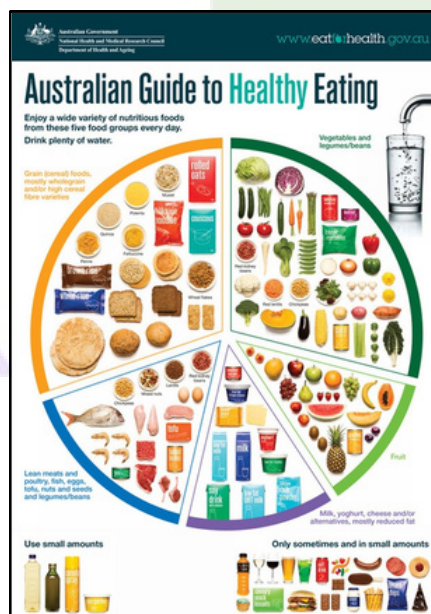
1. Each day focus on one of the five food groups using the Australian Guide to Healthy Eating poster as a reference.
2. Using the sample food pictures provided, ask students to identify and cut out the foods belonging to the food group of the day.
3. Students can also look for foods using supermarket catalogues or food magazines
4. Students paste food pictures representing the food group of the day on their lunchbox worksheet.

## Alternative:

Create a class mural by drawing a large lunchbox template onto a piece of butchers paper for all of the students to add their selected food.

### You will need:

- Sample food pictures
- Lunchbox worksheet.
- Scissors and glue
- Food group pictures
- Supermarket catalogues or food magazines (optional)
- Australian Guide to Healthy Eating Poster



## Aim

By the end of the week, students will have created a poster filled with pictures of foods representing each of the five food groups.

# The Fantastic Five

National  
**Lunch**  
**box**  
Week



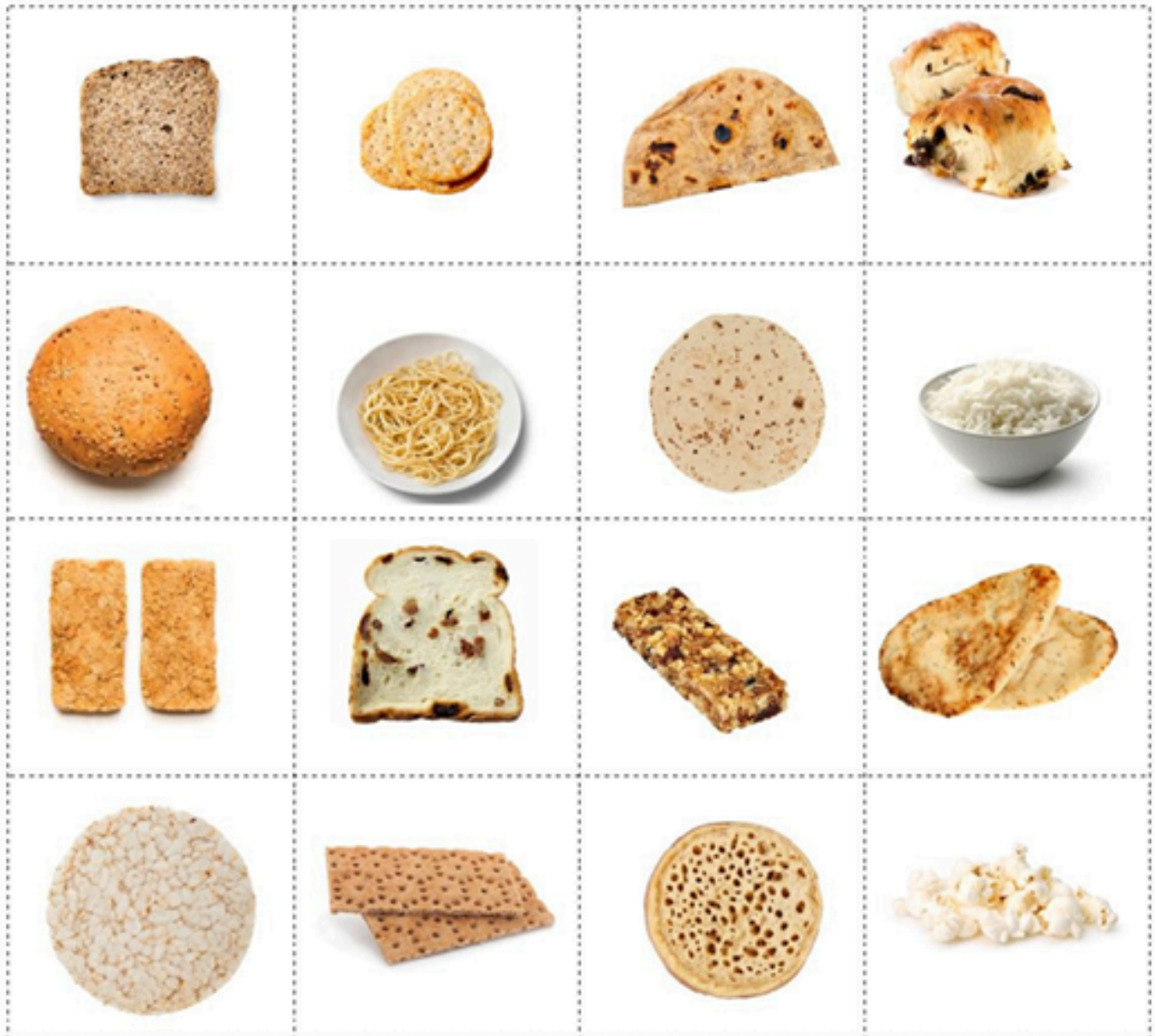
# The Fantastic Five

National  
**Lunch**  
**box**  
Week





# The Fantastic Five



# The Fantastic Five

Name: \_\_\_\_\_

Fill this lunchbox with foods from the fantastic five food groups!

Fruits



Dairy & alternatives



Meat & alternatives



Grains



Vegetables



# Our Lunchbox Week Journey

Class: \_\_\_\_\_

Adventure: \_\_\_\_\_

PIT  
STOP

Plan your pit stops. Tick the coloured circles after completing each pit stop to reach the finish line.

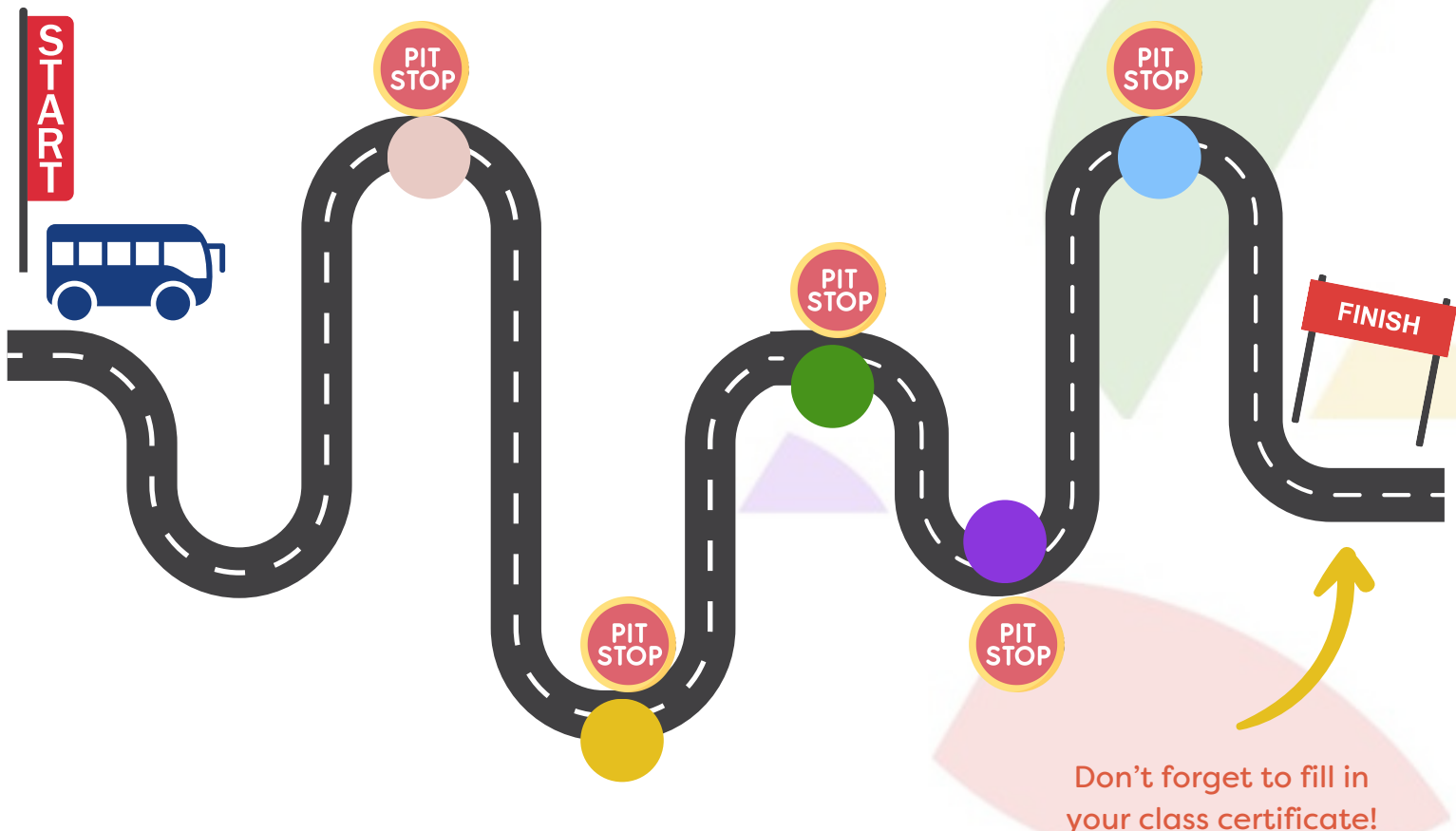
Monday

Tuesday

Wednesday

Thursday

Friday



# Class Certificate

CONGRATULATIONS

Class: \_\_\_\_\_

For completing Lunchbox Week  
The Fantastic Five

