

The Fantastic Five

Learning Intentions:

(Kindergarten - Year 6)

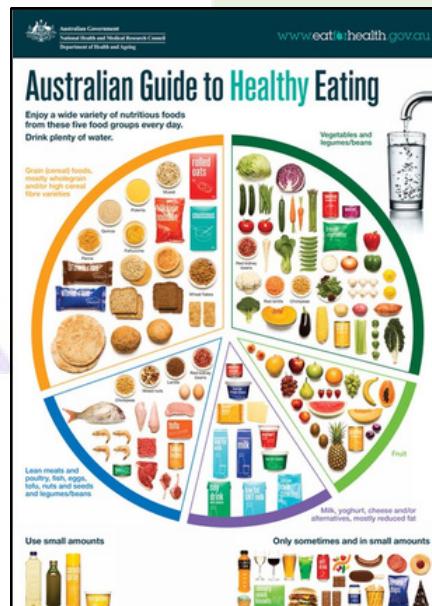
- Students will be able to identify the five food groups.
- Students will be able to categorise example lunchbox foods into each of the five food groups.

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:

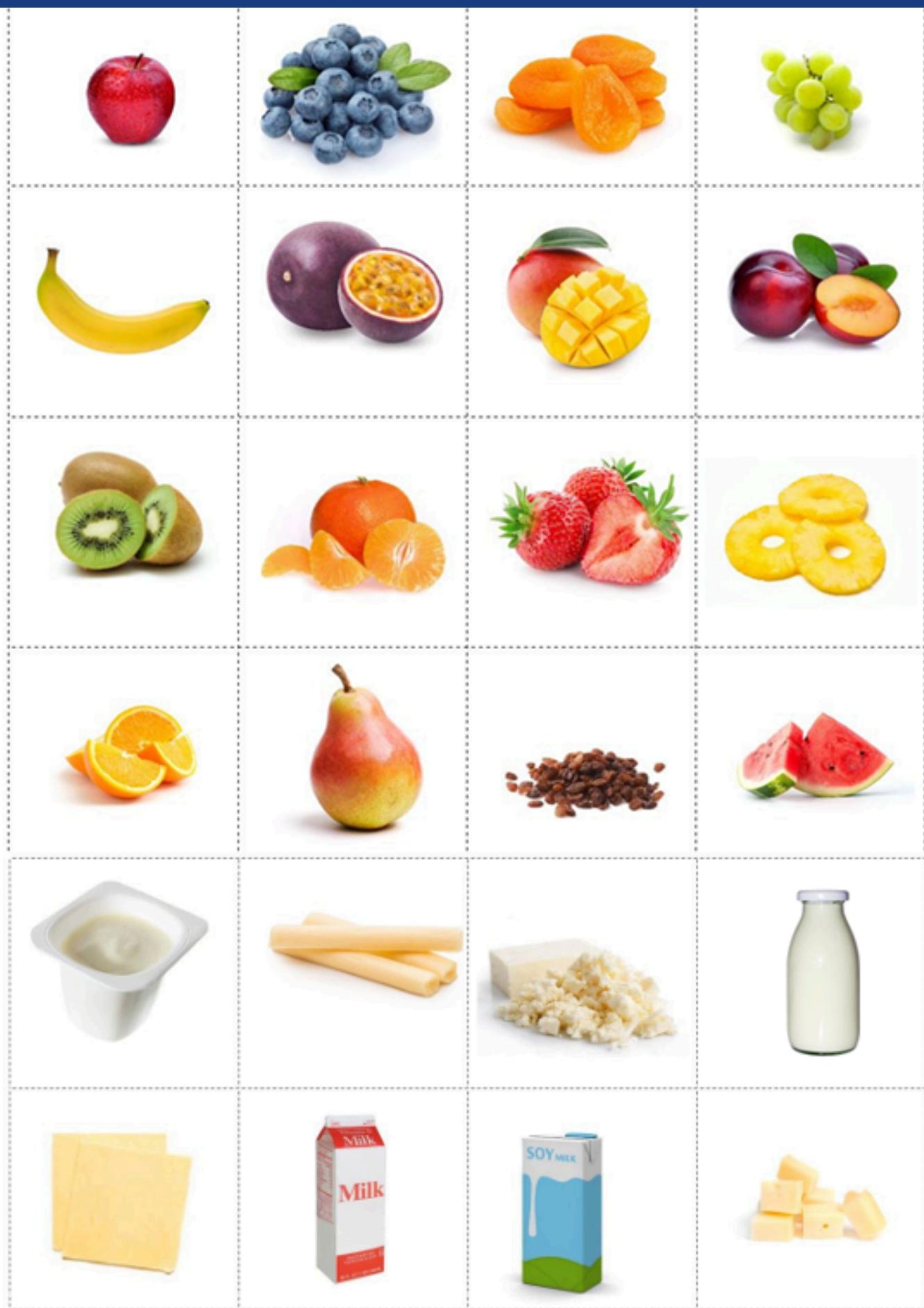
Create a class mural by drawing a large lunchbox template onto a piece of butchers paper for all of the students to add their selected food.



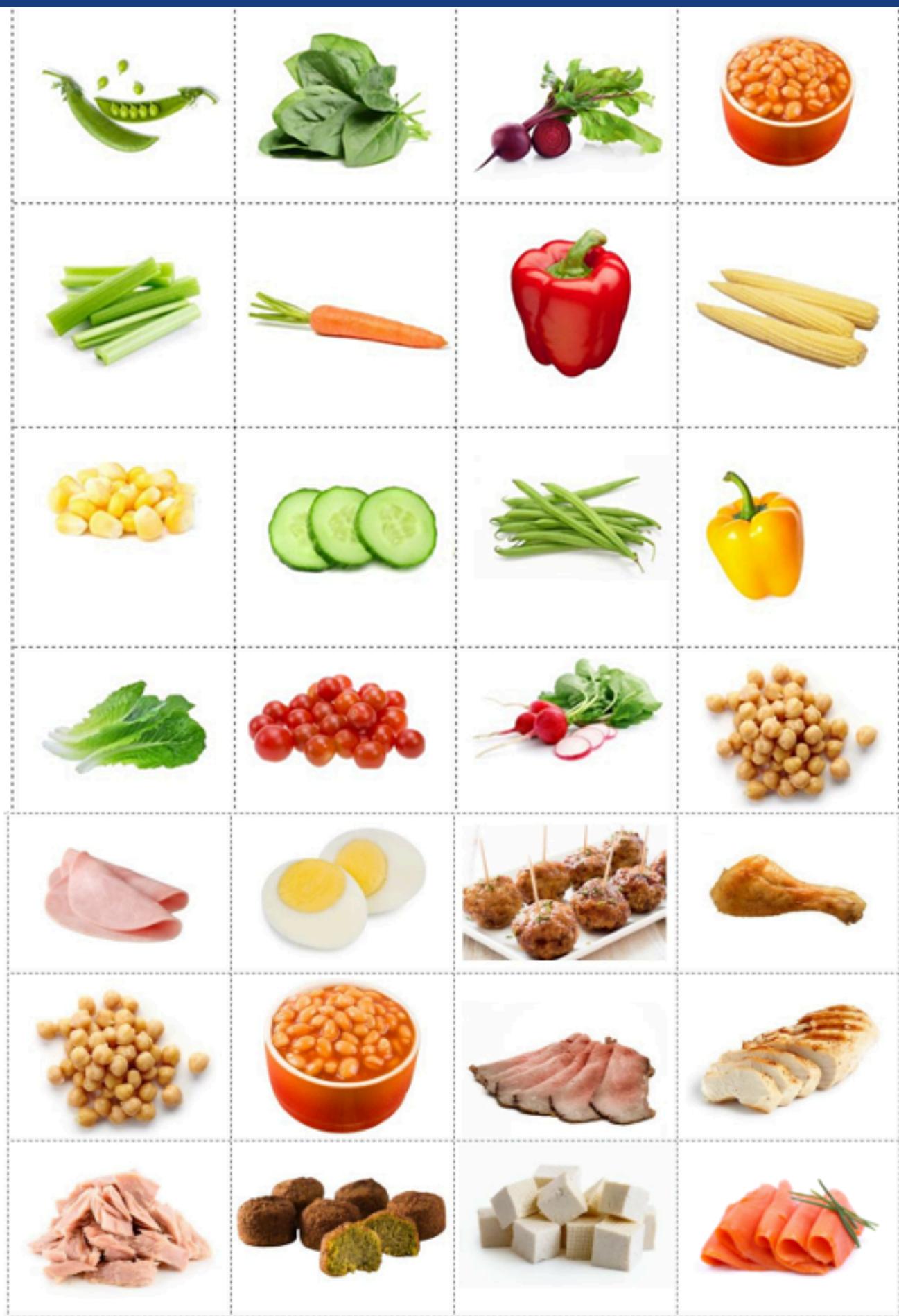
Aim

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

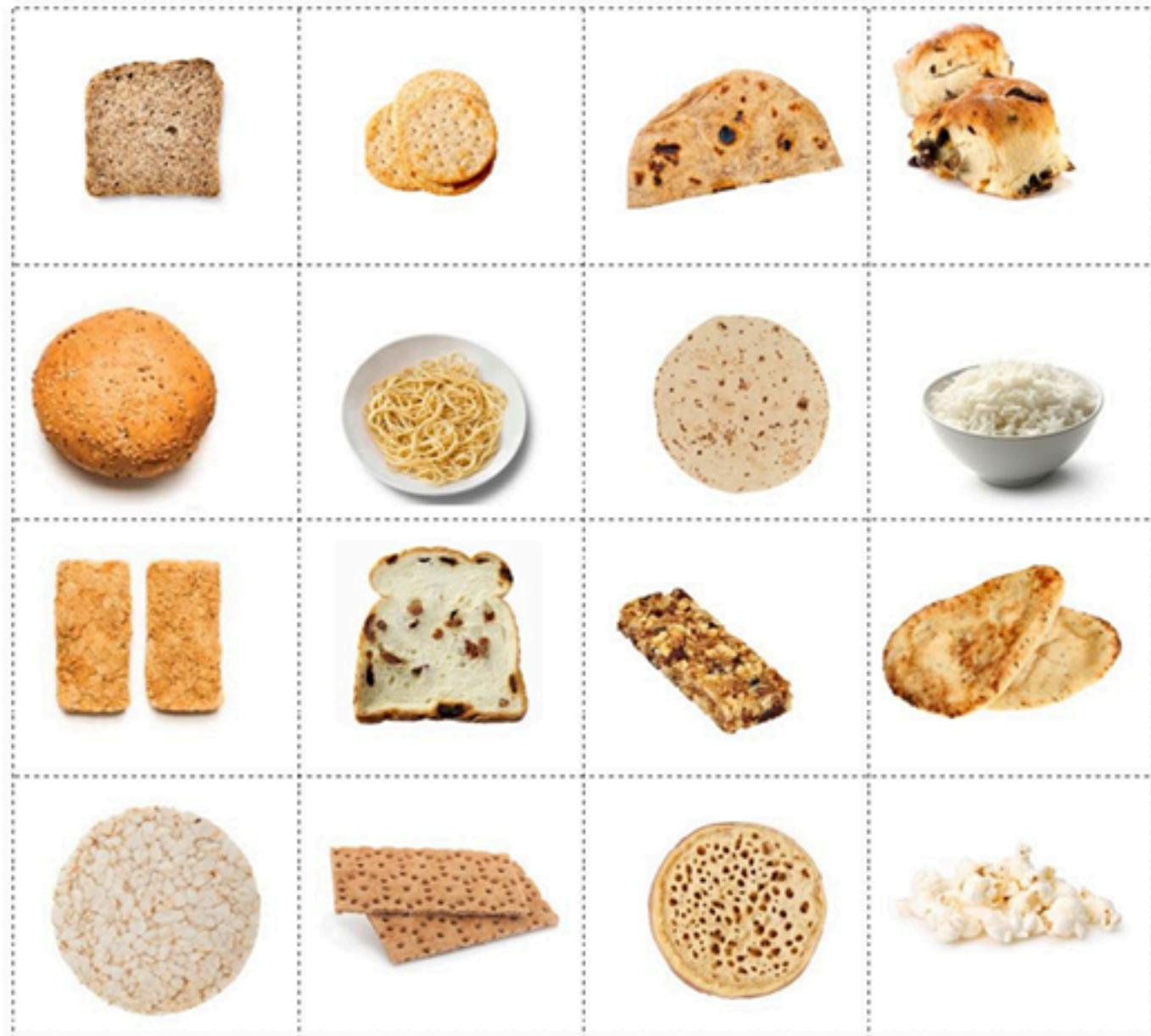


The Fantastic Five



The Fantastic Five

National
**Lunch
box**
Week



The Fantastic Five

National
**Lunch
box**
Week

Name: _____

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

Fruits



Dairy & alternatives



Meat & alternatives



Grains



Vegetables



Our Lunchbox Week Journey

National
**Lunch
box**
Week

Class: _____

Adventure: _____



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

Monday

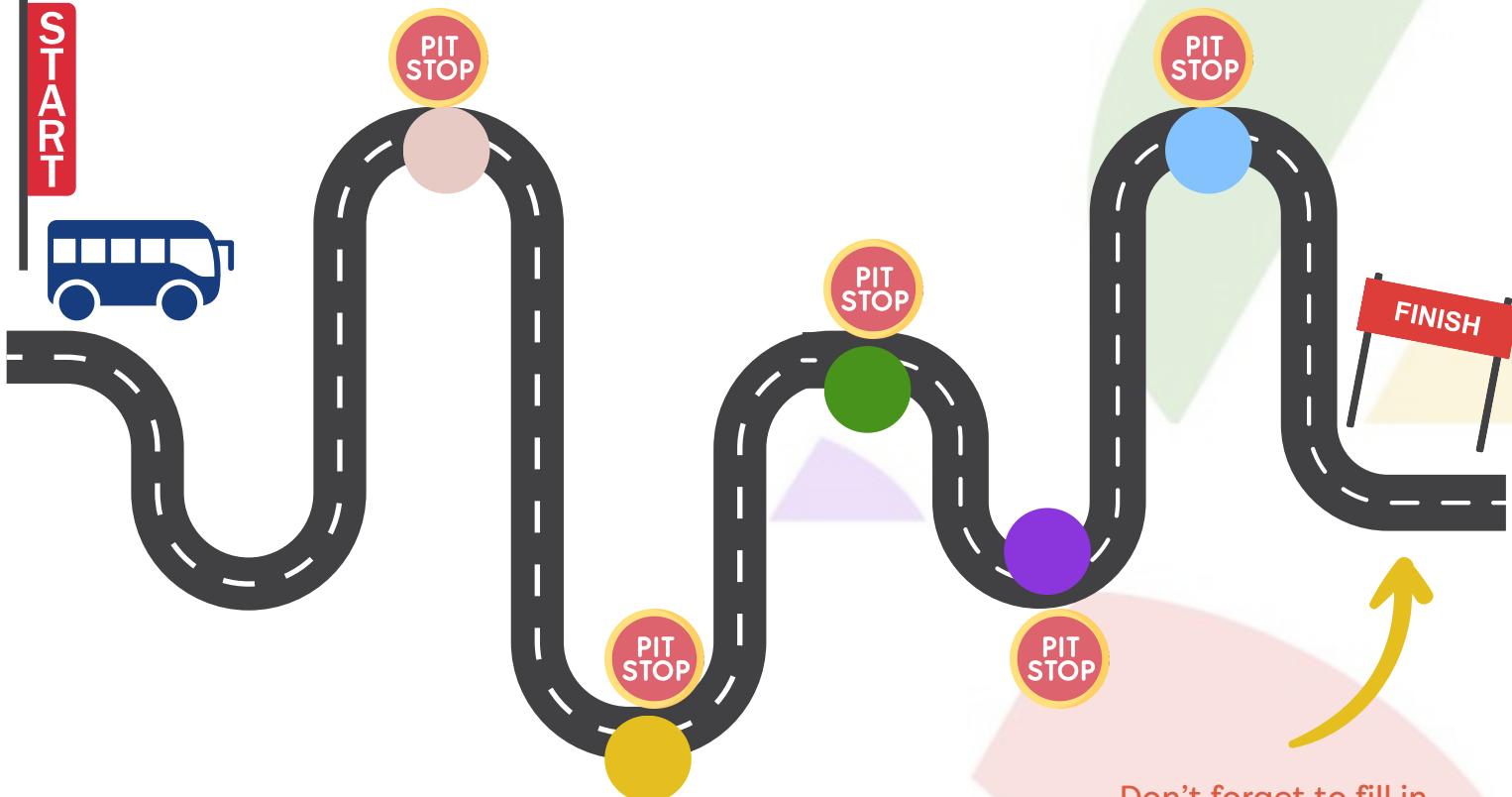
Tuesday

Wednesday

Thursday

Friday

START



Don't forget to fill in
your class certificate!

National
**Lunch
box**
Week

lunchboxweek.org



Nutrition
Australia

Class Certificate

National
**Lunch
box**
Week

CONGRATULATIONS

Class: _____

For completing Lunchbox Week
The Fantastic Five

