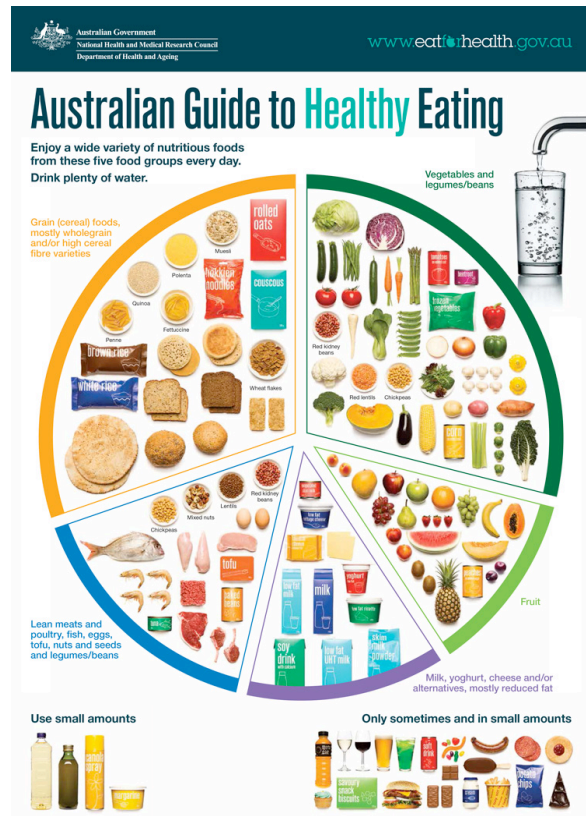


Food Models, Messages & Healthy Eating

Year 8 Assignment

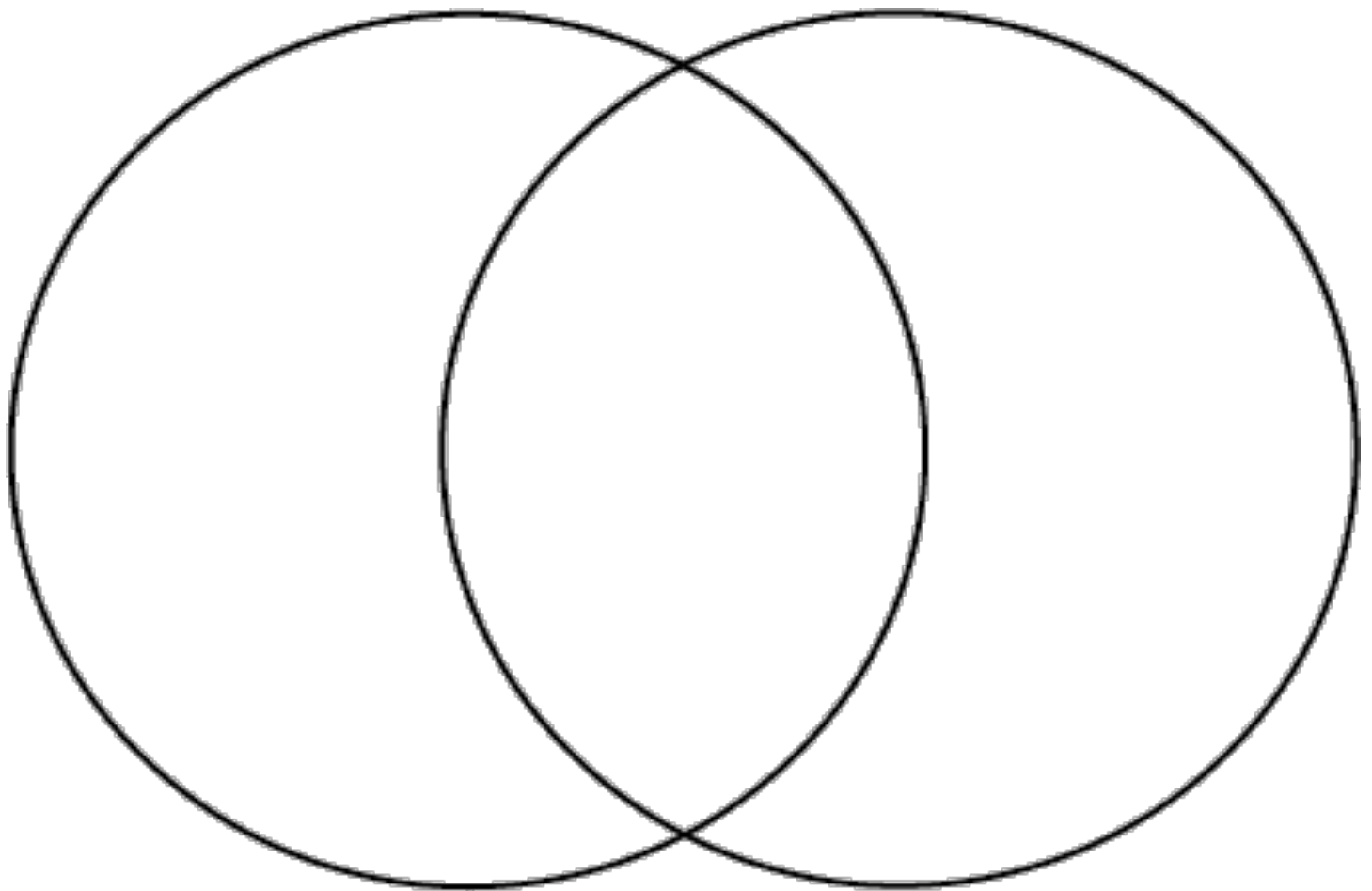


1. Food Model Messages.

View the Healthy Eating pyramid

View the Australian Guide to healthy eating

1. Using a Venn diagram as pictured below write the things that only appear in the Healthy Eating Pyramid in the left circle.
2. Write the things that only appear in the Australian Guide to Healthy Eating in the right circle.
3. If there is anything that is the same you need to write it in the overlapping part in the middle.



Healthy Eating Pyramid

Australian Guide to Healthy Eating

Using the two food models research the following topics

1. What foods should be eaten in the largest proportion? (Everyday foods)
2. What lunch foods should be eaten in moderation? (Select Carefully foods)
3. What foods should be eaten in the smallest proportions? (Occasionally foods)
4. What foods are not visible in the models, but you eat during an average week?

Then in each category highlight typical lunch foods **you** have regularly in your lunchbox.



Activity 2.1

What Can be used as a wrap?

What can be in a wrap?

Plant Food

What can be in a wrap?

Sauces/Condiments

What can be in a wrap?

Meat/ Dairy Product

Activity worksheet 2.2:

Design choices

My design choice

Wrap:.....

.....
Filling:.....

.....
Reasons for my choice

1.....

.....
2.....

.....
3.....

.....
4.....

.....

Pairs choice

Wrap:.....

.....
Filling:.....

.....
Reasons for choice:

1.....

.....
2.....

.....
3.....

.....
4.....

.....