



LESSON PLANS

IMPORTANT NOTES



New Lessons - pilot 2018

Foodbank WA has developed a range of new nutrition education lesson plans. The lessons are being piloted in the first half of 2018. We will be inviting teachers and health professionals that use the lessons to participate in evaluation during term 2. The feedback collected from the evaluation will be used to help us improve the lessons to ensure they meet the requirements of our target audience. Participation in the evaluation is voluntary however, we would greatly appreciate your feedback.

PowerPoint format

Lessons are provided in a PowerPoint format which can easily be modified to suit the target group. Notes are provided on each slide which provide suggested script incorporating questions and information. **Please modify the lesson by selecting the content and activities which are most appropriate for your class.**

Zip Folder

Lesson plans in PowerPoint format and accompanying materials are included in each zip folder. Additional resources such as Superhero Foods character images, recipe booklets, posters, storybook, collector cards and more can be found and downloaded for free on the Superhero Foods website www.superherofoodshq.org.au

Age Group

This lesson plan has been developed for the year 3-6 age group. Please use your discretion to modify the PowerPoint to tailor to your students' ability and levels of literacy.

Lesson Overview

A lesson overview is provided at the beginning of each PowerPoint. In the notes section a list of requirements are provided for each of the activities in the lesson.

Activities

Each lesson has one or two core activities. Other optional activities that support the lesson and learning focus area are included at the end of the PowerPoint and listed as "Activity (#) Optional".

Learning activities

A skills based approach is used within the Food Sensations nutrition education and cooking initiative. The aim is for students to engage in a brief hands on nutrition lesson and then cook in small groups using recipes from the Healthy Recipes for all booklets (HRFA). Classroom thinking strategies have been integrated into each lesson and encourage students to be independent learners. Lessons also incorporate two way learning strategies.

Cooking activities

An option to participate in cooking is included in each lesson. Further supporting resources to assist with cooking activities such as recipe booklets, knife handling and hand washing technique posters can be found in the poster section of the Superhero Foods HQ website www.superherofoods.org.au The recipe booklets provide a number of recipes which focus on simple, healthy snacks and meals which contain a low number of budget friendly ingredients.



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Summary of lessons

At the end of each PowerPoint a summary of the lessons main points are listed. A thinking strategy activity is also used to help students summarise what they have learned and why it is important. The summary will enable students to consolidate and connect to future learning.

Assessments

Each PowerPoint provides some general assessment questions and activities in the “Assessment” section of the PowerPoint. Additional assessment resources are also included in the zip folder.

Curriculum Links

Specific links to the curriculum for each lesson plan have not been made. In general, learning areas covered by the content of the lessons are listed on the lesson overview page at the beginning of the PowerPoint and where possible cross curricular links have been made. Please refer to the Australian Curriculum, Assessment and Reporting Authority (ACARA) and the Western Australian Department of Education School Curriculum and Standards Authority (SCSA) Scope and Sequence documents for each of the relevant year groups and learning areas.

Enhanced learning opportunities

To enhance student learning, where possible it is recommended to include Aboriginal and Islander Education Officers (AIEO's) during the delivery of these lessons. Lessons have been developed with Aboriginal Students as the primary target group however the lessons provide learning opportunities for all students to learn about Aboriginal history and cultures. Aboriginal Cultural Standards Framework have also been considered in the development of the lessons to support schools to progress from cultural awareness to cultural responsiveness.

Additional Resources

A list of websites is listed at the end of the PowerPoint which provides websites and videos which can be accessed to enhance learning and be provided to students for research purposes.

Images of Aboriginal and Torres Strait Islander People

Please advise students images of Aboriginal and Torres Strait Islander People are contained within lesson plans. It is recommended discretion is to be used when being viewed.