

My Body Matters - Session 2 - Food

Introduction

These discussion questions are provided as suggestions to assist teachers to deepen the students comprehension of the content that has been taught as part of your schools Life Ed visit. The Booster Session discussions integrate a variety of question styles to engage learners; by activating prior knowledge, revisiting new knowledge and extending understanding by posing open-ended questions. The booster sessions can be used in a couple of ways after the Life Ed visit. Teachers may like to watch the video in full and use the discussion points as a summing up activity. Teachers may also like to stop the video throughout to pose questions, or respond to student ideas and questions.

Note:

Life Ed is committed to child safety, health and wellbeing. We want all children to be safe, happy and empowered. When learning about these important ideas and topics, teachers are reminded to follow your school's Child Protection Policy to ensure that classrooms are a safe learning space.

What are some of your favourite foods that help your body grow, glow, or go?

Why do you think those foods are important?

(open-ended question)

Students analyse different food categories (grow, glow, go) and apply that knowledge to their own food choices, thinking about why these foods are important for their bodies.

Why do you think it's important to eat a rainbow of different fruits and vegetables?

(open-ended question)

This question encourages students to evaluate the importance of variety in their diets. Students may link the colours of fruits and vegetables to the vitamins and minerals they provide.

How do you think food gives our bodies energy to play, think, and grow?

Can you explain what might happen if we don't eat balanced, healthy foods?

(open-ended question)

Students are asked to explain how food serves as fuel for their bodies and to synthesize their understanding of nutrition by considering the effects of unhealthy food choices.

What kinds of foods do you make with your family at home, and how do they make you feel when you eat them together?

(open-ended question)

This question helps students analyse the emotional and social impact of food in their family life, evaluating how preparing and eating meals together contributes to feelings of happiness and connection.

Why do you think some foods are called "sometimes foods" (Go Slow foods)?

How do you know when it's okay to have a "sometimes food"?

(open-ended question)

Students evaluate the concept of moderation and apply it to their own eating habits by reflecting on when and why they might choose "sometimes foods" like lollies or snacks.