

Teacher Booster Discussion Guide



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?

Why do you enjoy these foods?

(open-ended question)

Prompt students consider different foods and their characteristics such as flavours, colours, textures and where the foods come from.

How do you think food gives our bodies energy?

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. Students may link the colours of fruits and vegetables to the vitamins and minerals they provide.

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.