



The fantastic five



(Kindergarten - Year 6)

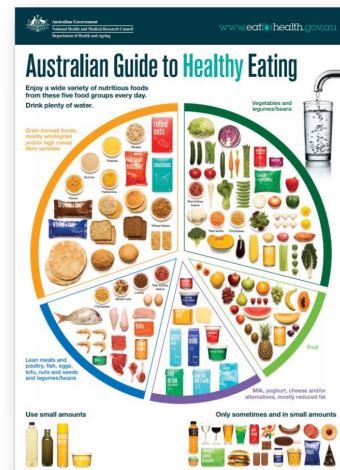
By the end of Healthy Lunchbox Week, students will have created a lunchbox poster filled with pictures of foods representing each of the five food groups.

Learning objectives:

- 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.

You will need:

- Sample food pictures
- Scissors and glue
- Lunchbox worksheet
- Supermarket catalogues or food magazines (optional)
- Butchers paper (optional)
- [Australian Guide to Healthy Eating Poster](#)



Activity:

- Each day focus on one of the five food groups using the Australian Guide to Healthy Eating Poster as a reference.
- Using the sample food pictures, ask students to identify and cut out the foods belonging to the food group of the day.
- Students can also look for foods using supermarket catalogues or food magazines.
- 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.

Extension activity:

- Use the [Cancer Council's Lunchbox Builder](#) to find recipes for each of the five food groups.



Name: _____

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



Fruits



Dairy & alternatives



Meat & alternatives



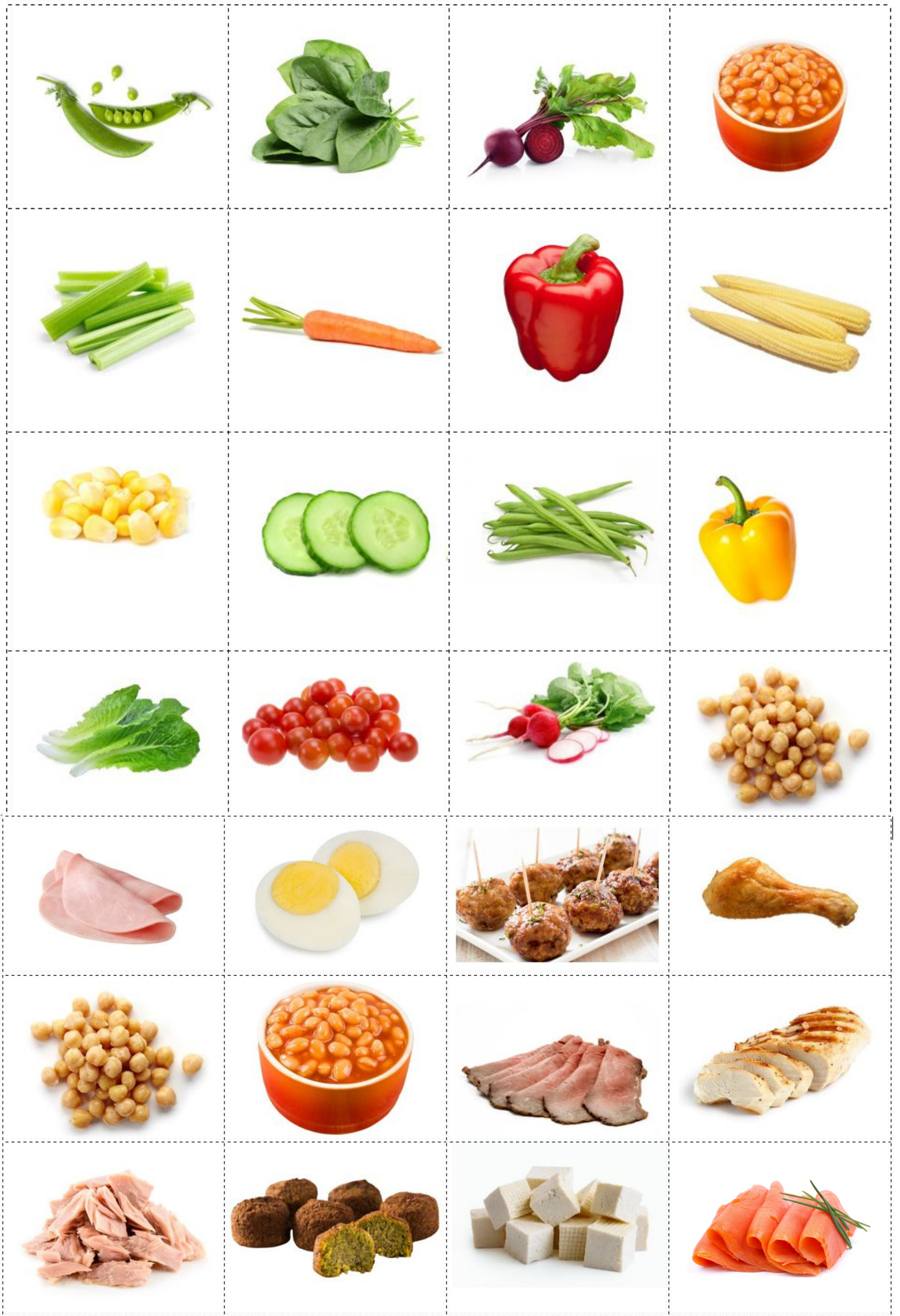
Grains

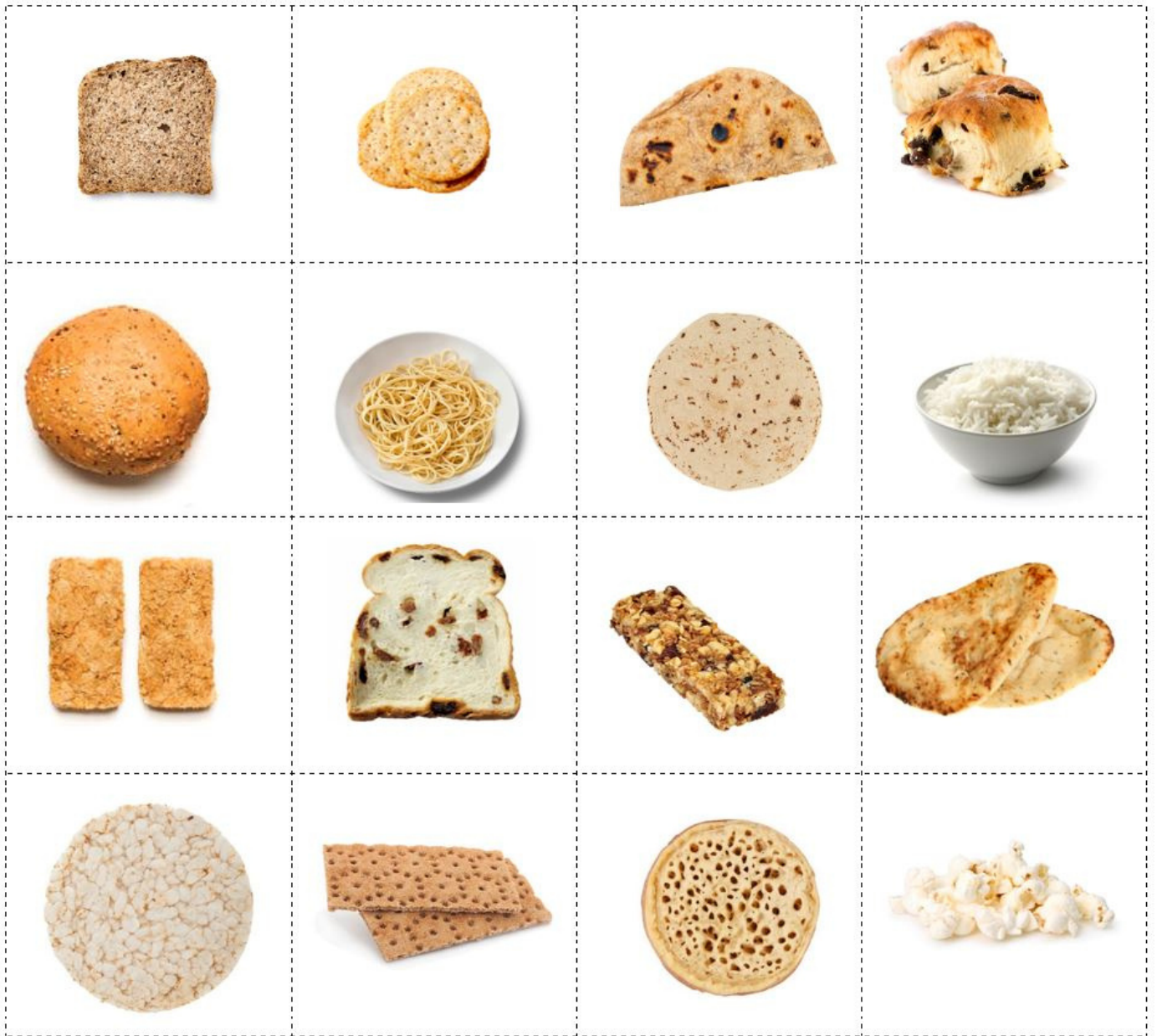


Vegetables









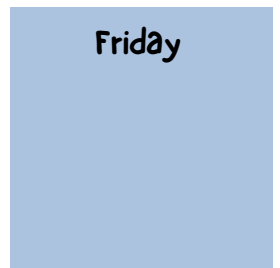
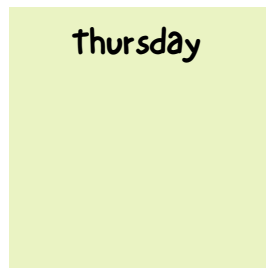
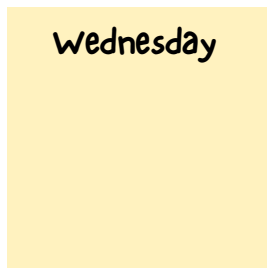
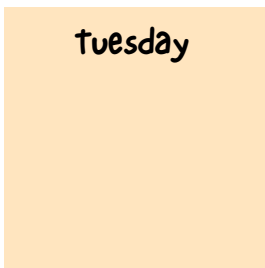
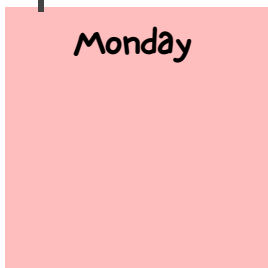
Our Healthy Lunchbox Week Journey



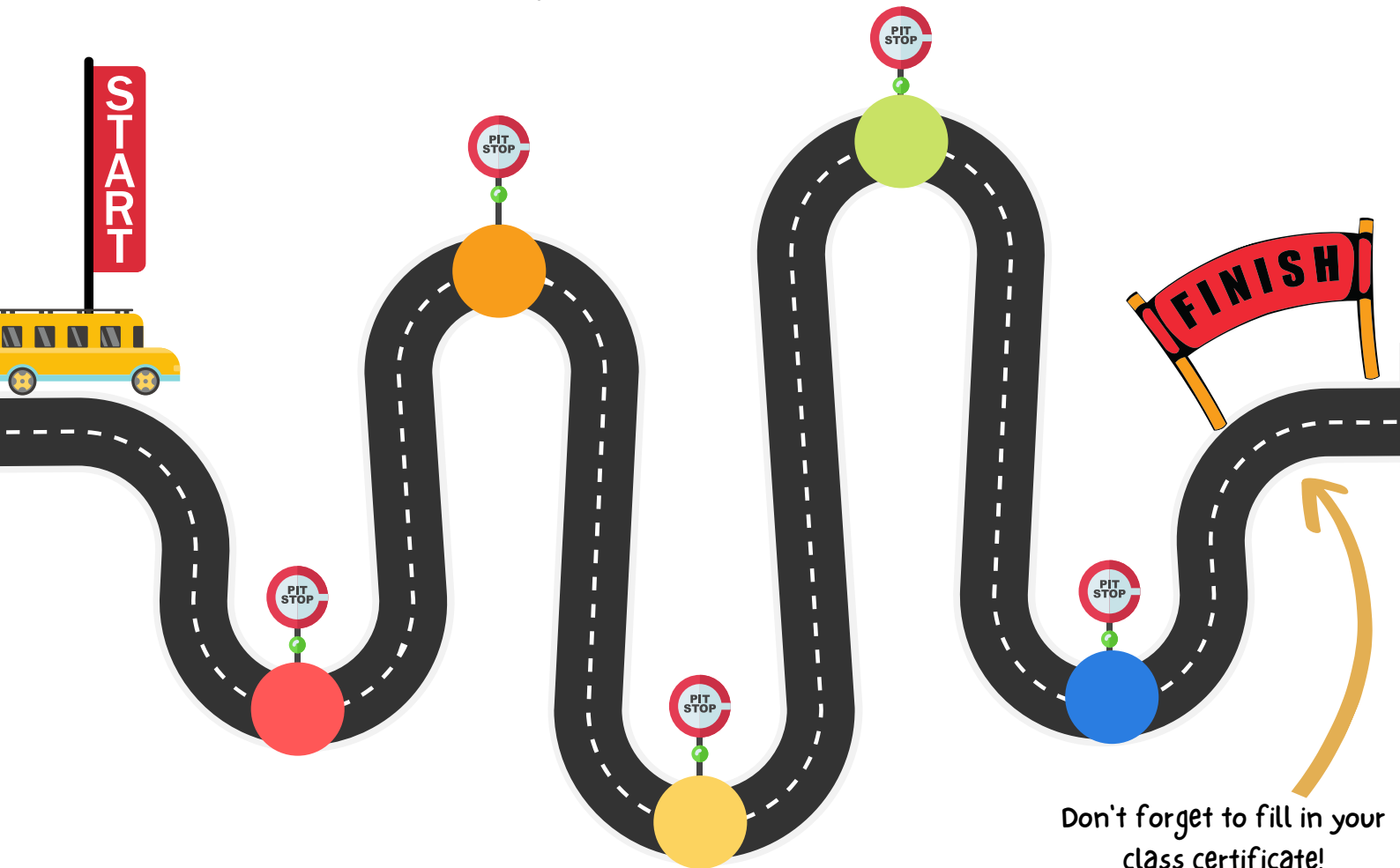
Class: _____

Adventure: The Fantastic Five adventure

 Plan your pit stops.



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



Don't forget to fill in your class certificate!



CONGRATULATIONS

Class: _____

For completing the Healthy Lunchbox Week
Fantastic Five adventure

