

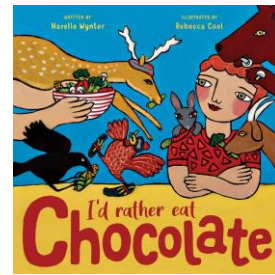
Fun Reads 4 Kids – I'd Rather Eat Chocolate

Year 1 and 2

Health and Physical Education

Making healthy and safe choices Yr1/Yr2

www.funreads4kids.com.au



Making healthy and safe choices:

Our food choices help our body to be active.

Teacher notes:

Task 1 – Sentence completion

- What can happen if we don't make healthy choices with our foods?
- Using the story book, discuss what each animal likes to eat.
- Use oral sentence completion:

The bunnies and boy ate _____ to help with their _____

The deer and boy ate _____ to help with _____

The goats and boy ate _____ to help with _____

- Students complete the remaining sentences using the words provided.

Task 2 – Writing and illustrating

- Think of 2 **healthy foods** and 2 **sometimes foods**
- Illustrate your choices

Teacher notes:

Task 3 - Sorting foods into categories

- Discuss how foods can make our body feel healthy, active, tired, unwell - look at how unwell the boy looks at the beginning of the story vs end of the story in 'I'd Rather Eat Chocolate'
- Discuss how foods belong to different groups - what do they think makes a food 'healthy' vs a 'sometimes' food. May want to discuss veggies and fruits, processed foods, meat, dairy, sugary (natural sugar vs added sugar). There are more pictures than sorting boxes so the students can choose which pictures they want to use.
- Children sort pictures into two categories - HEALTHY and SOMETIMES
- There is not always one 'right' and 'wrong' answer eg peanuts may not be healthy for a student with allergies; Nutrigrain is a healthier option than Fruitloops if that's what the student normally eats

Complete the sentences using these words:

diving

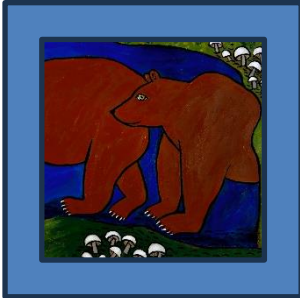
snow peas

strength

mushrooms

riding

corn



The bears and boy ate _____ to help with their _____



The chickens and boy ate _____ to help with _____



The crows and boy ate _____ to help with _____

Write down two 'healthy' food choices and two 'sometimes' food choices.

Illustrate your choices.

My healthy foods are _____

My sometimes foods are _____

My healthy foods	My sometimes foods

Healthy foods	Sometimes foods

SAMPLE

Healthy foods	Sometimes foods

SAMPLE