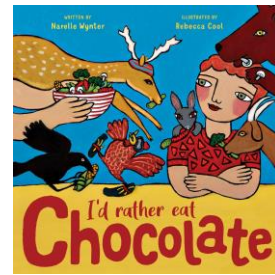


## Fun Reads 4 Kids – I'd Rather Eat Chocolate

### Foundation

Health and Physical Education  
Making healthy and safe choices  
[www.funreads4kids.com.au](http://www.funreads4kids.com.au)



## Making healthy and safe choices

Teacher notes:

### Task 1 – My favourite vegetable

- Discuss how the animals have their favourite veggies in 'I'd Rather Eat Chocolate'
- Ask who would rather eat chocolate? What about cake? Chips or French fries?
- Who loves veggies? Why? What kinds?
- Discussion around how the veggies help the animals with certain characteristics (eyesight, strength) or movements (jumping, running, riding, diving)

Teacher notes:

### Task 2 – 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



My favourite vegetable is \_\_\_\_\_

I like \_\_\_\_\_ because \_\_\_\_\_

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Draw a picture of your favourite vegetable

Healthy foods	Sometimes foods

SAMPLE

Healthy foods	Sometimes foods

SAMPLE

SAMPLE