

## Growing Good Friends - Session 2 - Being Healthy

### 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.

### How can advertising make us feel good/positive about an unhealthy product?

(Using colourful & attractive labels, using cute characters or animals, making bad things like added sugar seem good: E.g. You'll have more energy! But in reality, you won't have more energy for long.)

### What might be some truthful messages about chocolate bar?

(They're made almost entirely from sugar, they give a short burst of energy, they can rot your teeth, they're expensive. Chocolate bars are 'sometimes foods'.)

### What might be some truthful messages about carrots?

(They give long lasting energy, they are packed with vitamin k and other minerals, they're full of fibre, taste great cooked or raw, easy on the go snack, carrots are a great everyday food)

### What can you put into a lunch box that's healthy?

(Use fresh foods from all 5 food groups: including grains, fruit & vegetables, dairy or dairy alternatives like plant-based milks, cold meat, tinned fish, boiled eggs, hummus.... Open ended question.)

### Where are a lot of healthy everyday foods grown?

(In gardens or on farms.)

### What are some new healthy everyday foods that you could try in your lunch box?

(Open ended question.)

### Can you give examples of 'sometimes foods'?

(Chocolate bars, soft drinks, lollies, take-aways, foods with added sugar etc.)