

# Teacher Booster Discussion Guide



## My Body Matters - Session 2 - Staying 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.

### What are some of your favourite healthy foods to eat for lunch?

Harold and his friends ate some healthy foods for lunch (Boots - a samosa, Harold - a carrot, Red - a salad sandwich.)

### What are some everyday foods from the food circle?

(Vegetables, fruits, dairy foods, meat, fish, eggs, lentils, grains, rice, pasta... and more.)

### Why are they called everyday foods?

(Because our bodies need them every day to stay healthy.)

### Game: Healthy Foods - Alphabet Challenge

Let's play a game and name some healthy / everyday foods that you like to eat, but to make it a little bit tricky let's see if you can name them in alphabetical order from A = I like Avocado, B = I like Bananas – and go all the way to Z = I like zucchini (open ended).

### Sometimes foods are full of ingredients like added sugar and bad fat, which are not healthy for our bodies, and should only be eaten sometimes.

#### What are some examples of sometimes foods?

(Cake, sweets, ice cream, donuts etc. Anything sugary or too oily.)

### Which of our body parts process food? Let's point to them as we say them.

(Our mouths and tongues - by biting, chewing, swallowing; our stomachs; our small intestines; our large intestines.)

### What are some kinds of exercise that you enjoy?

(open ended.)

### Game: Harold says

Let's play a game of 'Harold Says' including some of the exercise ideas given by students.