

Australian Guide to Healthy Eating Activity




Use the Australian Guide to Healthy Eating website <https://www.eatforhealth.gov.au/eat-health-calculators> to complete this activity.

1. How many serves of the 5 Food Groups do you as a teenager need each day?

Go to the Australian Guide to Healthy Eating website <https://www.eatforhealth.gov.au/eat-health-calculators> and complete the Average Recommended Number of Serves Calculator for yourself.

Record your results in the table below.

	Breads and Cereals	Fruit	Vegetables	Dairy	Meat and Protein	Fats and Oils
Serves						

Comments:

2. Complete a 1 day food journal for a normal day's eating for you.



Breakfast	
Lunch	
Dinner	
Snacks	
Drinks	

Comments:

3. Analyse your food journal- how many serves of each food group are you eating?

Use the information on Google Sites to help decide how many servings you are getting per day.

https://sites.google.com/s/1Pm0w7g0rDLRn_SMEYH4d986G73O1v0Y/p/1NuddwlatsetpqZVdo_wzxBqPd9RvQzylu/edit

Your food servings for the one day journal.

	Breads and Cereals	Fruit	Vegetables	Dairy	Meat and Protein	Fats and Oils
Servings						

Are you getting the recommended servings for each group? _____

Highlight the food groups **yellow** that you are getting enough of.

Highlight the food groups **blue** that you need to eat more of.

What did you learn by analysing your daily diet?



Go to www.eatforhealth.gov.au/game/index.html and play the Food Balance game. Help the characters walk the tightrope by choosing healthy foods for a day's eating.

Recipe Selection

Research food recipes using sites such as:

<https://taste.com.au/recipes/collections/kids-healthy-recipes>

<https://kidshealth.org/en/teens/recipes/>

<https://www.bbcgoodfood.com/howto/guide/recipes-teenagers>

<https://jeanetteshealthyliving.com/tips-and-healthy-recipes-for-hungry-teenagers/>

Select 3 recipes that would be suitable for your Cooking Segment.

REMEMBER!!

- They must be healthy
- They can be made within a 50 minute practical lesson
- They are targeted at teenagers
- They aren't too challenging!

RECIPE NUMBER 1:

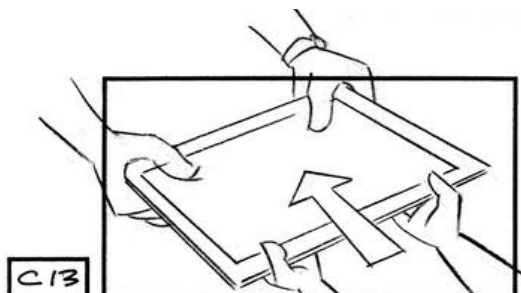
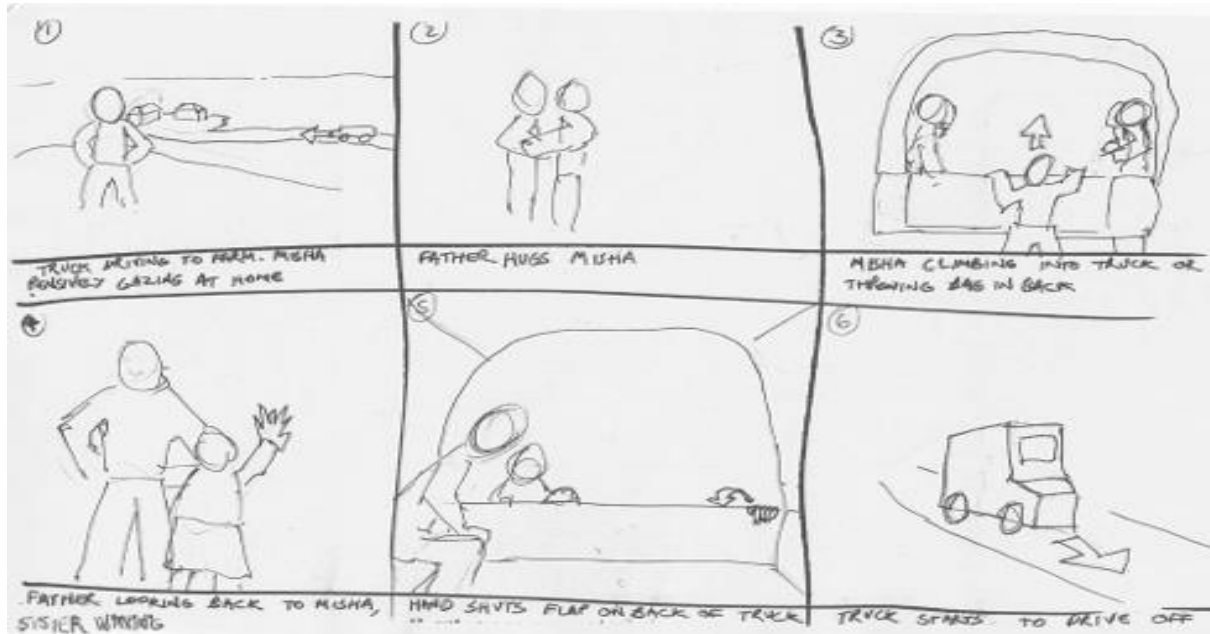
RECIPE NUMBER 2:

RECIPE NUMBER 3:



Storyboard and Script Development.

A storyboard is a sequence of drawings, typically with some directions and dialogue, representing the shots planned for a film or television production.



C.U. HANDS. MAX GIVES THE TABLET TO HIS DAD...



ANGLE ON DAD WATCHING TABLET...



FULL SCREEN OF BUILDER BOB GUY DOING HIS BIT...



WIDER AS DAD LOOKS AROUND AT TOOLS & STUFF ON GROUND...

Storyboards by Ed Cook

Watch the clip on Jamie Oliver (Google Sites) and fill in the storyboards to map out his segment. Use basic stick drawings and a brief explanation of what is happening underneath.

Now watch the clip on the 4 different slow cooker meals.

What camera angles did they use? _____

What editing tools did they use to help fit all that cooking into such a short segment?

How did they make the food look so good? (Think decoration, colours etc.)

Think about the recipe you are making. What editing techniques can you use to make your cooking segment look professional and to fit in all in 2-3 minutes?

How can you decorate your food to make the final product look really appealing? (Think: garnish, using a fork to break the food up, someone eating it, how you're going to serve it) Use the internet to get some inspiration.

