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 <u>https://www.eatforhealth.gov.au/eat-health-calculators</u> 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 <u>www.eatforhealth.gov.au/game/index.html</u> 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:



Final Recip	e Selection
ave chosen the recipe: oking Segment.	for the
Ingredients:	
Method: (number your steps)	

Justification of my Recipe Choice.

Please write a paragraph on why you have selected this recipe for your assessment.

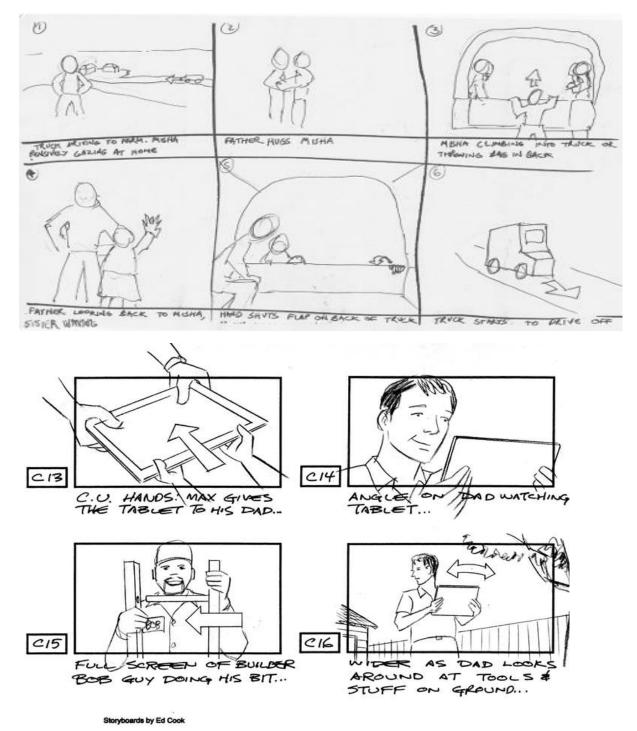
Answer the following points in your paragraph:

- How is it healthy?
- How does it fit in the Australian Guide to Healthy Eating recommended for teenagers?
- What food groups does it contain?
- Does it fit in the allocated time? Is it easy to make?
- Will it look good for the camera?



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.



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? _____

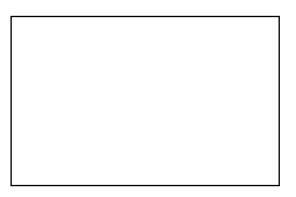
What editing tools did they use to help fit all that cooking into such a short segment?

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 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.





Evaluation

Congratulations- you've finished your very own cooking segment !!

Now it's time to have a think about how it all went....

Write a paragraph on your experiences with the research, making and editing of your project. Try and include the following points:

- Was my recipe successful?
- What was good about your recipe? Or not so good?
- Did you have any trouble with the production of your recipe? What worked well? Or not so well?
- Are you happy with your final filmed product?
- Do you feel you used enough editing techniques? Did it look professional?
- If you had the opportunity to redo this task- what do you think you could do better?

