

Growing good friends



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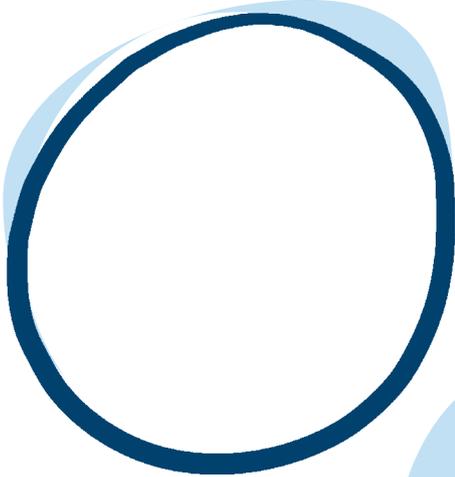
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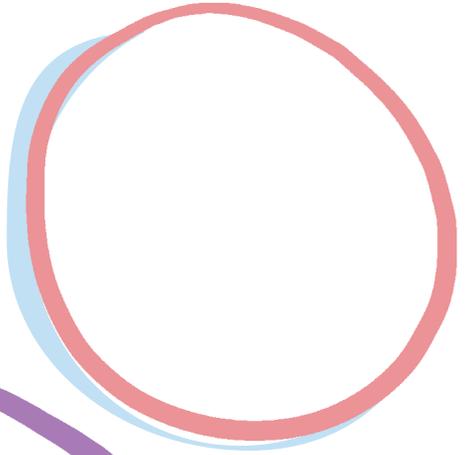
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Me

Name

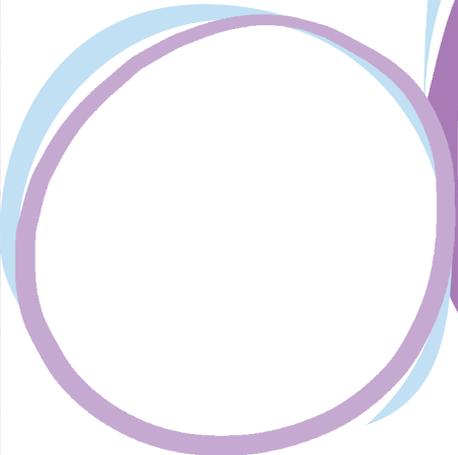
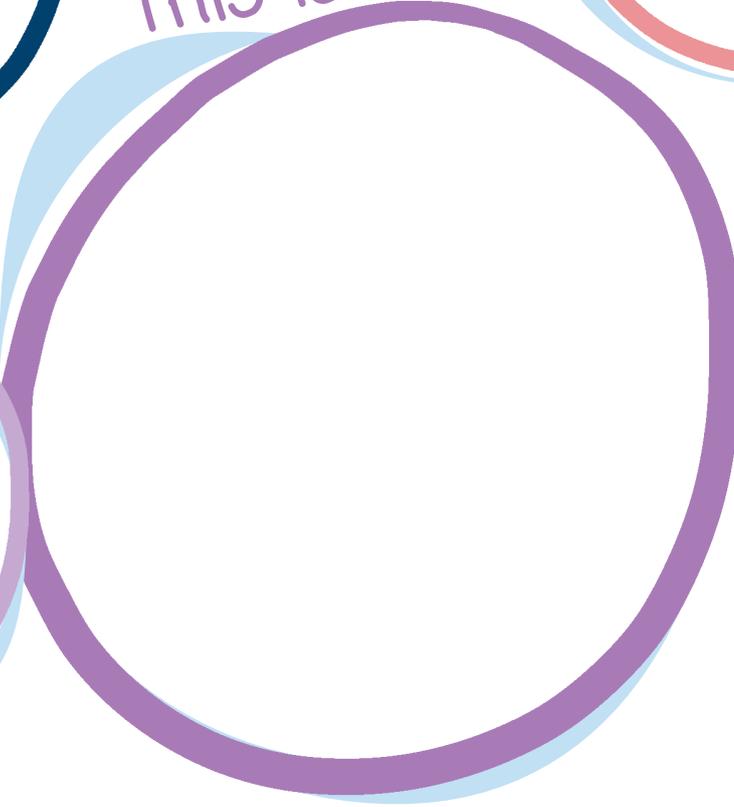


Someone who makes me laugh.

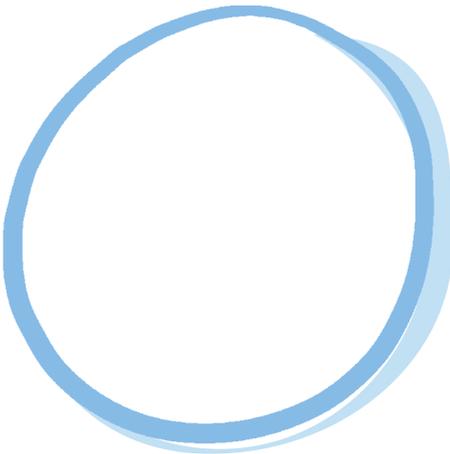


Someone I share my home with.

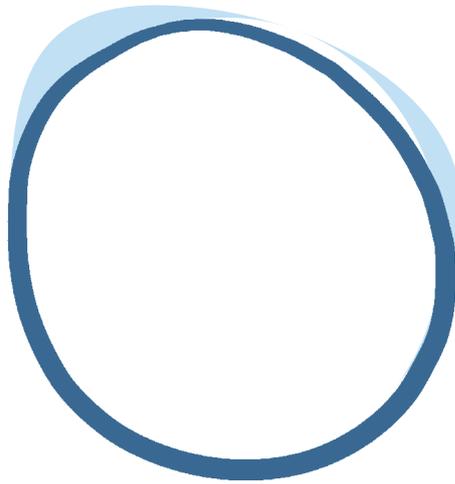
This is me



Someone who plays games with me.



Someone who teaches me new things.



Someone who makes me feel safe.



Sun safe

Each phrase has a secret word **hidden** inside the design on the left of each section below.

Decode each secret word to learn the Summer Sun Safety Slogan!

(HINT: If you need help seeing the hidden words, try tilting your head toward your left shoulder.)

See if other people you know can figure it out without the hint!



1. _ _ _ _

on a



t-shirt



2. _ _ _ _

on a



hat



3. _ _ _ _

on



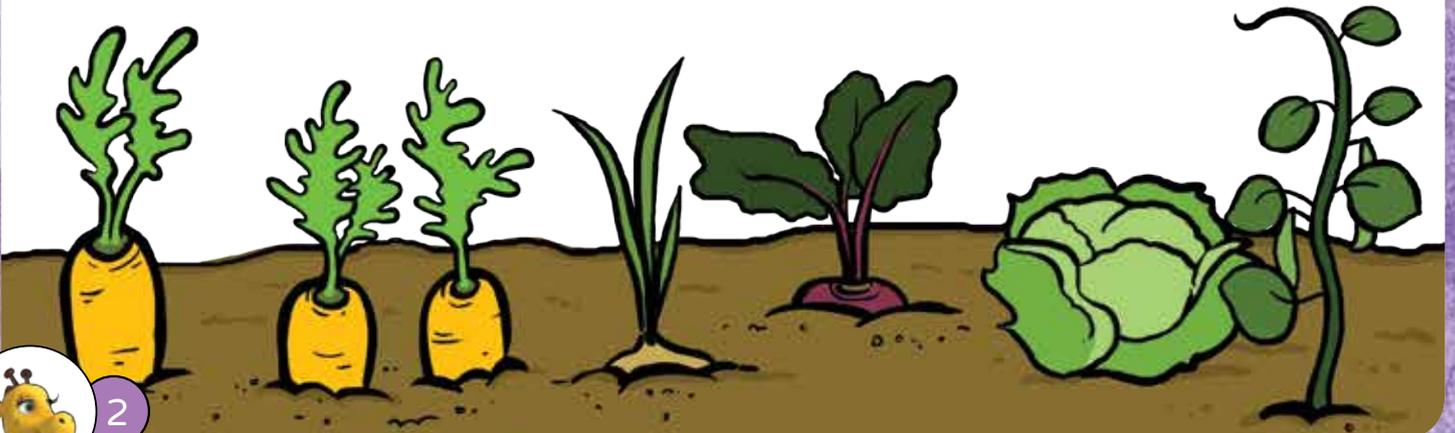
sunscreen
every HOUR!



4. _ _ _ _

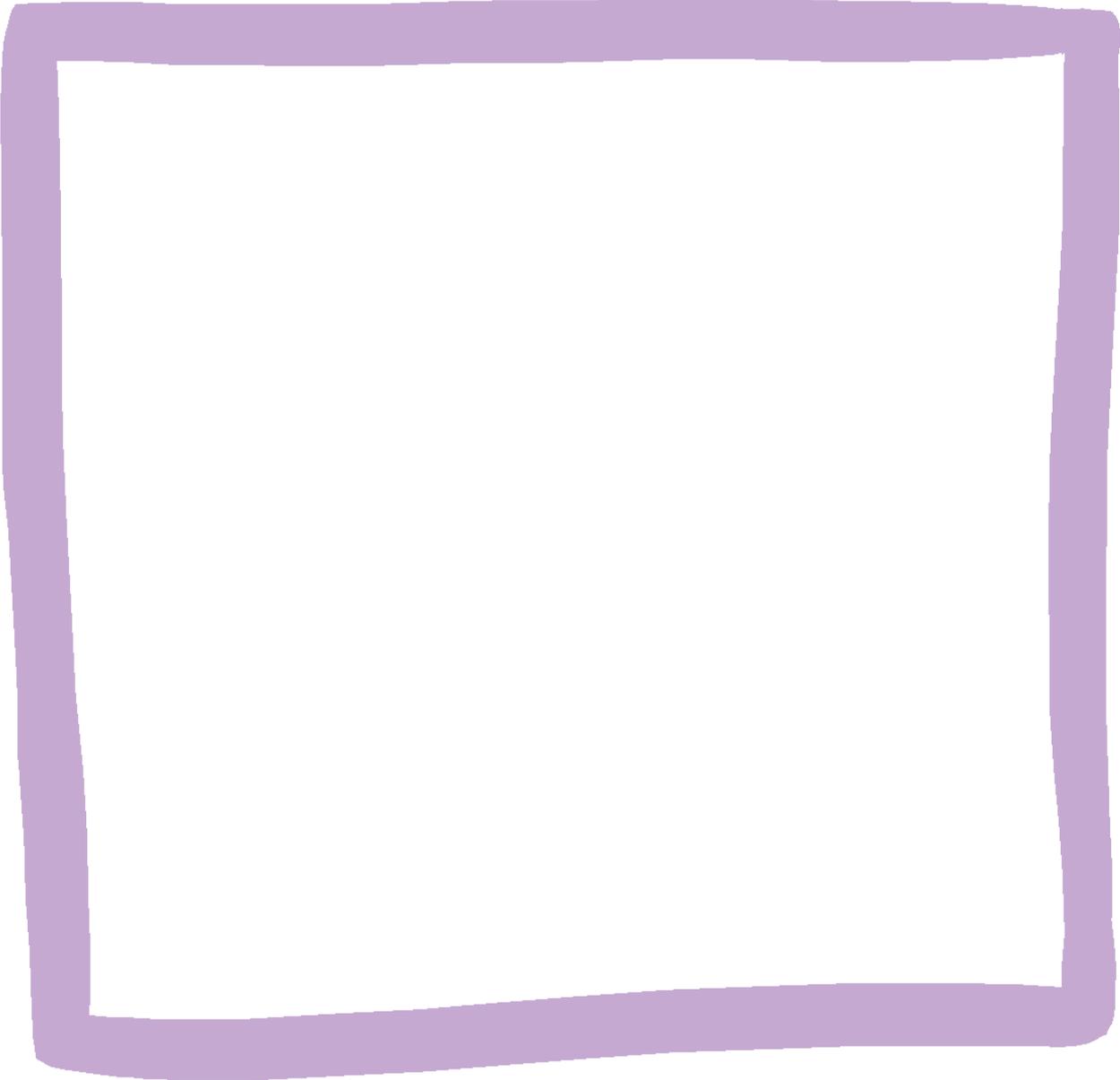


harmful rays
entering your
eyes



Everyone cares

Make a collage of people showing care and concern for one another.



You can use: magazines, coloured paper, cloth, material, wool, photos or your own drawings.

Ways people show care and concern:



Giving a gift



Are you ok?



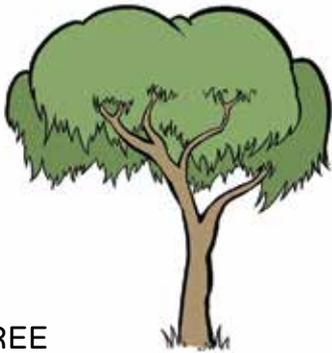
Including others



Ingredients that make our food

Where does our fruit and veg grow?

Draw a line to connect the food to where it grows.



TREE



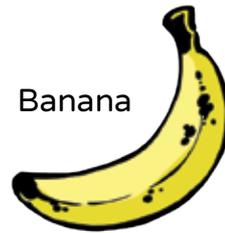
BUSH



VINE



UNDERGROUND



Banana



Raspberry



Potato



Apple



Grapes



Onion



Pumpkin

What are sometimes foods made from?

Write down the ingredients of these five foods.



MUFFIN

.....

.....

.....



CHIPS

.....

.....

.....



MUESLI BAR

.....

.....

.....



ICE-CREAM

.....

.....

.....

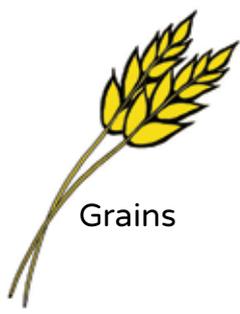


MILK CHOCOLATE

.....

.....

.....



What is added?

Sugar



Oil



Fats



Flavour



Salt



Safe environments game

BEFORE YOU BEGIN:

- Find objects to use as tokens (e.g buttons)
- Find a dice.

TO PLAY THE GAME:

- Have 2-4 players.
- The number you roll will match a picture.
- Come up with a way to stay safe and share the idea with other players.
- If the group agree it's a way to stay safe you can take a token.
- The next player has a turn.
- Keep playing until you run out of ideas to stay safe.
- The player with the most tokens wins.



Secondhand smoke



Outside



in the sun

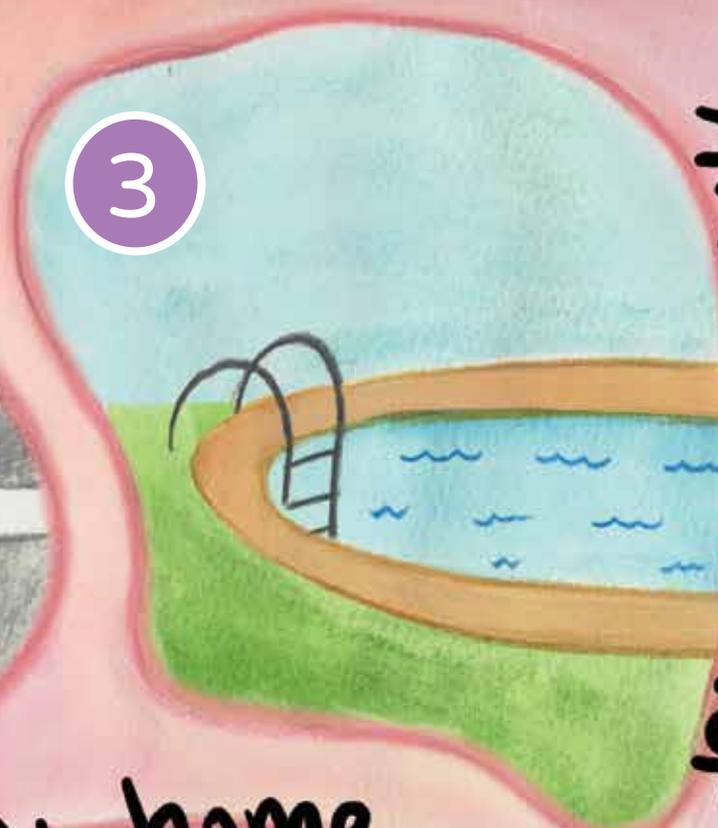
Around



Near the road



3



Around water

and medicine



At home

6



What can you do?

Find a friend to work with

Look at these images.



Choose one of the images and think about how you can help that person.

If we could turn the volume up, what would we hear?

Your script

Person 1 would say

Person 2 would say

Person 1 would say

Person 2 would say

My daily activity record

How much do you move each day?
Keep a record and find out.

My Activity Plan

	ACTIVITY	HOW LONG
Before school		
Recess		
In class		
Lunch		
After school		

How could you be more active?

When do you have the least activity?

Come up with 2 or 3 ways to increase your physical activity.

.....

.....

.....



Think

Grandma's health message

Harold's Grandma's favourite slogan is.....

Staying Fit

Eating Well

Keeping Safe

Come up with a slogan for three ways to be safe and healthy.

Slogans often look snazzy. Design what your slogan would look like on a poster.



Cut out these four nutritional informational panels, and order from healthiest to least healthy.

Biscuit 1

Servings per pack: 8	Per serving size: 25g	Per 100g
Energy	540kJ	2108J
Fat	Total 7.0g	28.2g
	Saturated 3.1g	12.6g
Sugar	1.1g	4.5g
Sodium	280mg	1100mg

Ingredients:

Wheat Flour, Vegetable Fat [Antioxidants (306, 307,330,304)], Sugar, Vegetable Blend (3.5%), Salt, Cheese Powder, Sesame Seeds, Poppy Seeds, Raising Agents (450, 500)

Biscuit 2

Servings per pack: 8	Per serving size: 3 biscuits = 30g	Per 100g
Energy	520kJ	1740J
Fat	Total 4.0g	13.3g
	Saturated 2.2g	7.2g
Sugar	11.9g	39.8g
Sodium	60mg	190mg

Ingredients:

Sugar, Wheat flour, Vegetable fat (Antioxidant (306)), Cocoa Mass, Cocoa Butter, Glucose Syrup, Milk Solids, Invert Syrup, Salt, Emulsifier (Soya Lecithin), Raising Agent (500), Colour (160b), Flavours

Biscuit 3

Servings per pack: 9	Per serving size: 3 biscuits (approx 22g)	Per 100g
Energy	460kJ	2020J
Fat	Total 5.1g	22.3g
	Saturated 3.9g	17.0g
Sugar	7.7g	33.9g
Sodium	90mg	390mg

Ingredients:

Wheat Flour, Compound Chocolate (38%) [Sugar, Vegetable Fat [Emulsifiers (492, Soya Lecithin)], Cocoa Powder, Milk solids, Emulsifier (Soya Lecithin), Flavour], Vegetable Fat [Antioxidant (306)], Sugar, Invert Sugar, Whey Powder, Raising Agents (450, 500), Cocoa Powder, Colours (150c, 110) Emulsifier (Soya Lecithin), Flavours

Biscuit 4

Servings per pack: 5	Per serving size: 20g	Per 100g
Energy	373kJ	1870J
Fat	Total 2.0g	9.8g
	Saturated 0.3g	1.5g
Sugar	Less than 1g	Less than 1g
Sodium	68mg	340mg

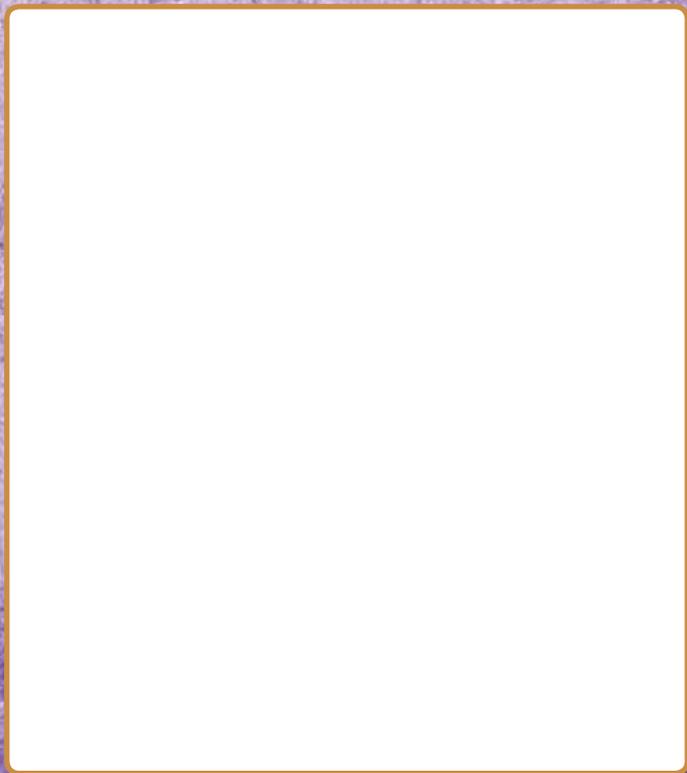
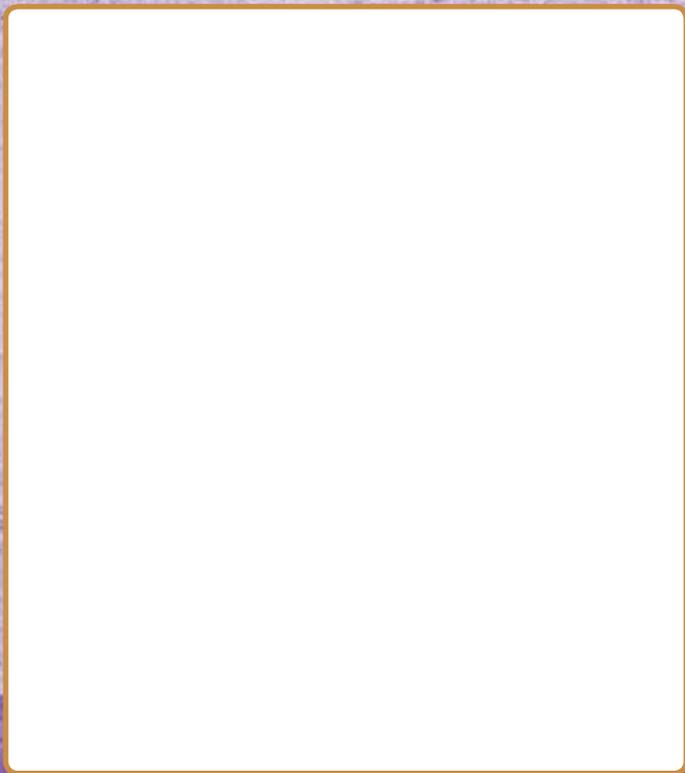
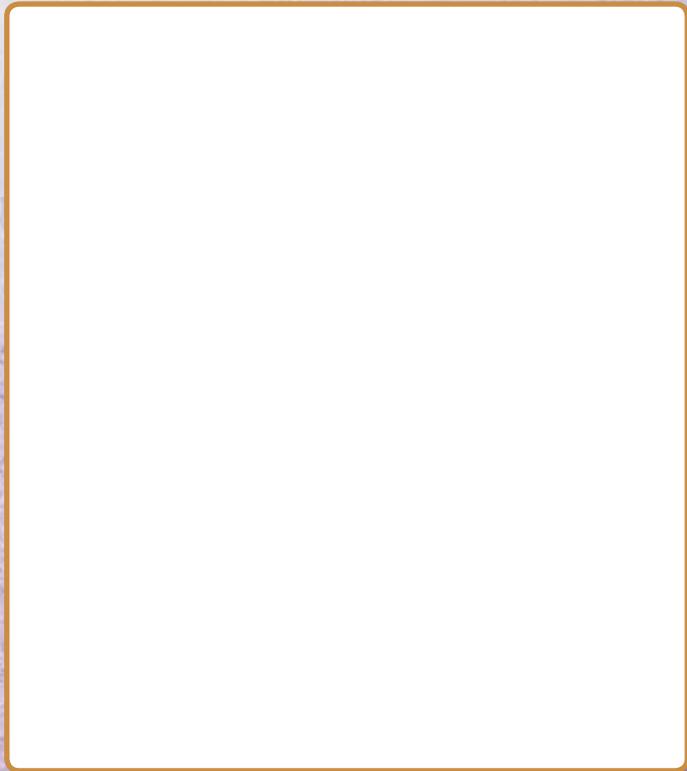
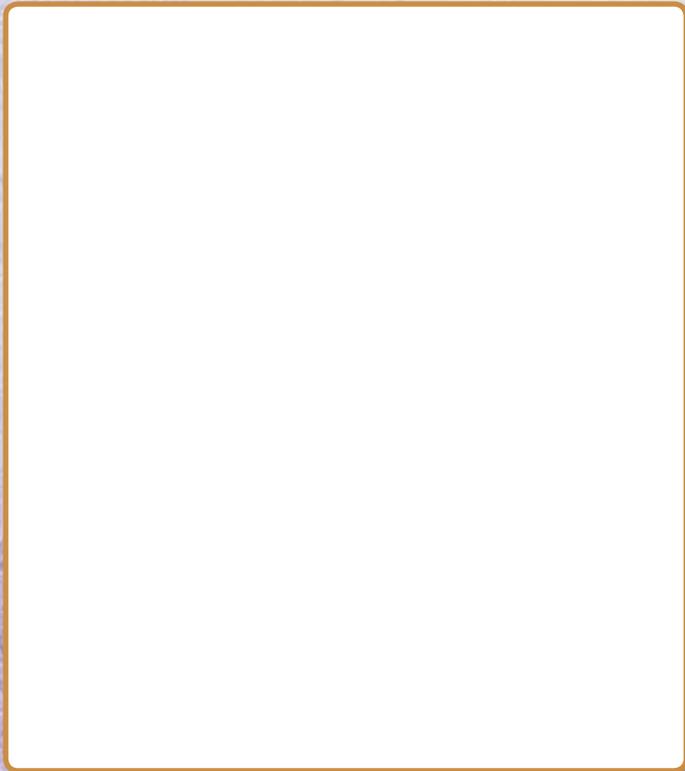
Ingredients:

Rice Flour, rice bran oil, maltodextrin, salt, sugar, soy sauce powder (maltodextrin, salt, soy bean oil, flavour enhancers (627, 631), antioxidant (307), anticaking agent (341)

What could you look at to help you? Ingredient lists? Fat, sugar or salt amounts?

On the back of each card make up a biscuit name that could match the nutritional panel. Design packaging for your made up biscuits.





Dear Parents/Carers,

Your child has participated in the Life Education program – a fun interactive learning experience that aims to empower children to make safer and healthier choices.

Help them extend their learning at home, using our informative parent resources.

Find these and more at lifeeducation.org.au

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Healthy Eating

Help your child continue their learning at home by working with them to complete these activities, and by starting the conversations below.

Activities:

Make a list of everything you've eaten today, and work out if you have eaten a variety of foods from each of the five Healthy Eating food groups: Grains / Vegetables & Legumes / Fruit / Milk, Yoghurt, Cheese and/or alternatives / Lean meats, and poultry, fish, eggs, tofu, nuts and seeds.

Find all of the boxes of breakfast cereal in your cupboard, check the sugar content, and work out which one might be the healthiest.



Conversations:

Talk about your favourite foods, and how eating them makes you feel.



Try a healthy haven't eaten? talk about why eat it.



life
EDUCATION

For helpful information about any of these topics, check the links in the Life Education Parent Resource.

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Fruit & Veggies

Help your child continue their learning at home by working with them to complete these activities, and by starting the conversations below.

Activities:

Have a go at planting your own fruit, vegetable or herb in a garden bed or pot.



Try cooking a new recipe that has carrots, zucchini or banana as a key ingredient.



Conversations:

Talk about why some fruit and vegetables are only available at certain times of the year.



Not everyone likes carrots as much as Healthy Harold does. Talk about other foods that provide our bodies with the same benefits as carrots.



life
EDUCATION

For helpful information about any of these topics, check the links in the Life Education Parent Resource.

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Building Positive Relationships

Help your child continue their learning at home by working with them to complete these activities, and by starting the conversations below.

Set a new challenge for each member of the family, and then support them as they attempt their challenge, i.e. skateboarding, playing an instrument, eating more vegetables, or developing a better bedtime routine.



Talk about something that has recently challenged you.



Ask each family member to share something they've recently found challenging – and then get everyone else to ask a question to continue the conversation.



For helpful information about any of these topics, check the links in the Life Education Parent Resource.

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Empowering our children and young people to make safer and healthier choices through education

