



Teacher Resource

# Food Habits

## Focus Questions

Discuss the BTN High story as a class and record the main points of discussion. Students will then respond to the following:

1. Do you think you have a healthy diet? Explain why/why not.
2. What influences your food choices?
3. What are the Australian Dietary Guidelines for fruit and vegetables?
4. Why do you think many young people aren't eating enough fruit and vegetables? Give some reasons.
5. What are some long-term effects of not eating enough fruit and vegetables?
6. What are discretionary foods and why are they so popular among young people?
7. What impact can a diet high in processed food have on our bodies?
8. What could be done to encourage more young Aussies to eat healthier?

## Activities

- In groups, discuss your healthy and unhealthy eating habits. Present the main points of your discussion to class.
- Imagine you're a nutritionist. Research healthy meals and provide a weekly meal plan for a client to encourage healthy eating.
- Write a persuasive essay about what your school could do to encourage healthy eating. For example, could the canteen improve its menu, or is there an opportunity for a vegetable patch at your school?
- Design a campaign that encourages healthy eating.

### EPISODE 13

19<sup>th</sup> March 2025

#### KEY LEARNING

Students will develop an understanding of making healthy and informed food choices.

#### CURRICULUM

[Design and Technologies – Years 7 and 8 \(v9.0\)](#)

[Health and PE – Years 7 and 8 \(v8.4\) - 1](#)

[Health and PE – Years 7 and 8 \(v8.4\) - 2](#)

[Health and PE – Years 7 and 8 \(v9.0\)](#)

[Health and PE – Years 9 and 10 \(v9.0\)](#)