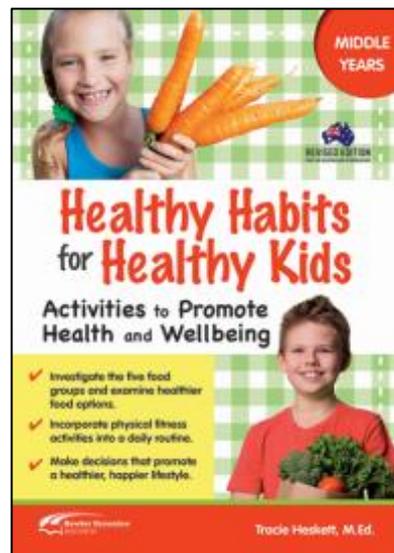


Healthy Habits for Healthy Kids, Middle Years: Activities to Promote Health and Wellbeing

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**Key Learning
Area:** Health and Physical Education
**Supplemental
Resource:** Download reproducible
resources at go.hbe.com.au



Summary

Help your middle years students learn to make healthy food choices, appreciate the importance of daily exercises and develop habits they will maintain throughout their lives. Students will learn about the health benefits of vegetables, what it means to be “gluten-free” and about serving sizes with activities such as “Vegetable Family Tree”, “What Does Gluten-Free Mean?” and “What Counts as One Serving?”. Activities like “Pathway to Health” and “Fitness Survey” will help students expand on their knowledge. Encourage them to journal about nutrition, fitness and health to reinforce what they have learned. *Healthy Habits for Healthy Kids, Middle Years* has a journal resource and additional resources that can be accessed at go.hbe.com.au. A Healthy Habits classroom poster is available to purchase.

Points of Interest:

- The book has been adapted to include the Australian Curriculum: Health and Physical Education expectations for the middle years.
- Five food groups are explored: fruits, vegetables, whole grains and cereals, protein and dairy.
- Students learn about kilojoules, carbohydrates, protein, fat, vitamins and minerals, and the roles nutrients play in overall health.
- Classroom-appropriate exercises are suggested.
- Additional health concepts include food safety, germ prevention and dental care.
- The Australian Curriculum supports a whole-child approach to education – one that ensures that each student is healthy, safe, engaged, supported and challenged in their learning. This series also supports a whole-child approach to education and can be used to support such health and nutrition policies as the NSW Department of Education Nutrition in Schools Policy.

Other Resources

- *Healthy Habits for Healthy Kids, Years F–1: Activities to Promote Health and Wellbeing* (TCR4728)
- *Healthy Habits for Healthy Kids, Years 2–3: Activities to Promote Health and Wellbeing* (TCR4698)
- *Healthy Habits for Healthy Kids, Years 4–5: Activities to Promote Health and Wellbeing* (TCR4704)
- *Healthy Habits for Healthy Kids (Poster)* (TCR48681)