

Teacher's Note

- Help students locate information about World Health Day.
- Discuss the importance of good health and how to achieve it.
- Discuss the importance of cleanliness, this being the first step towards good health.
- Discuss healthy eating habits. Too much fats, salts and sugars are detrimental to your health.
- Check students menus and if they've priced them reasonably.
- Ensure each student calculates the cost of the snacks their customers would like to buy. Check their answers.

Suggested Activities:

- ❖ Obtain several old menus from restaurants in the area. Ask students to look at them and consider what is a healthy meal and which is not.
- ❖ Ask students to choose 3 items from the old menus you've given them. Get students to calculate the total cost of their purchase.
- ❖ Ask students if it is cheaper to dine out or prepare a home cooked meal.
- ❖ Discuss which would be healthier, bought food or home cooked meals.
- ❖ Discuss which is more economical, bought food or home cooked meals.
- ❖ Make a food collage. Collect old magazines and make two different collages. One with only healthy food items and another with just junk food. I wonder which one the students will enjoy making better?
- ❖ Visit: <http://www.ccc.govt.nz/Health/foods1.asp>

Learning Area: Health. **Strands:** CHL. SMS. IS. **Overarching:** 1,2,3,4,5,6,7,8,9,10,11,12,13.
Linking Subject: S&E, Eng & Maths.