HEALTHY EATING AND WATER

Activity Pack -- FREE Resource

Ages 5-9 | No Prior Reading Required
Classroom, Library and Home Use

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CONTENTS

WS1 STEM - Health -- Eat a Rainbow

WS2 STEM - Maths -- Trail Maths

WS3 STEM - Design -- Pack the Explorer's Lunchbox

WS4 SEL - Feelings -- Listening to My Body

WS5 SEL - Values -- No Bad Foods

WS6 SEL - Goals -- My Fuel-Up Goals

TC Teacher's Companion -- Curriculum, Keys and Discussion

Eat a Rainbow

Every colour on your plate has a special job to help your body. You don't need to memorise every vitamin -- just remember: the more colours on your plate, the more jobs are getting covered.

Activity 1: Colour Jobs

Write the letter of each colour's job.

Food Colour	Letter	Its Job
Orange and yellow (carrots, mangoes)	____	A. Help look after your heart
Red and purple (berries, grapes)	____	B. Help you grow strong and help your brain focus
Green (beans, leafy greens)	____	C. Help keep your eyes and skin healthy

Activity 2: Everyday or Sometimes?

Everyday Foods are the ones your body relies on again and again. Sometimes Foods are fun in small amounts.

Food	Everyday	Sometimes
Apple	[ ]	[ ]
Lollies	[ ]	[ ]
Wholegrain bread	[ ]	[ ]
Chips	[ ]	[ ]
Eggs	[ ]	[ ]
Chocolate	[ ]	[ ]
Carrot sticks	[ ]	[ ]

Think About It

* How many colours did you eat yesterday?

* Why do you think an explorer needs mostly Everyday Foods?

Trail Maths

Water might be the most important fuel of all. By the time you feel thirsty, your body has usually been running low for a while. Let's do some trail maths!

Activity 1: Water Watch

1. Breakfast was at 8 o'clock. Now it is 12 o'clock. How many hours without water? _____

2. You drink 2 cups in the morning and 3 cups in the afternoon. How many cups? _____

3. Your bottle holds 4 cups. You drink 1 cup. How many cups are left? _____

Activity 2: Garden Counting

1. A bean pod has 5 beans. You open 3 pods. 5 + 5 + 5 = _____

2. A tree had 10 oranges. 4 were picked. How many are left? _____

3. Your plate has 2 green foods, 1 orange food and 1 red food. How many colours? _____

4. A tree grew for 200 years. Count by 100s: 100, _____

Think About It

* What are some clues that your body needs water?

* How could you remember to drink water during the day?

Pack the Explorer's Lunchbox

An explorer needs mostly Everyday fuel, with a little Sometimes fun mixed in. Grains give long-lasting energy. Eggs, beans and seeds are building blocks for growing bodies. Fruit and vegetables add colour.

Activity 1: Lunchbox Checklist

Tick what a great explorer's lunchbox has.

In My Lunchbox	Yes	No
A fruit	[ ]	[ ]
A vegetable	[ ]	[ ]
A grain, like bread, rice or crackers	[ ]	[ ]
A builder, like eggs, beans, cheese or yoghurt	[ ]	[ ]
A bottle of water	[ ]	[ ]

Activity 2: Design Your Lunchbox

DRAW YOUR EXPLORER'S LUNCHBOX. TRY TO INCLUDE AT LEAST THREE COLOURS:

Colours in my lunchbox: _____

Think About It

* Why do grains give you energy that lasts?

* What is your favourite Everyday Food?

Listening to My Body

Note to students:
This worksheet explores personal feelings. There are no right or wrong answers -- your thoughts are your own. Sharing is always optional. If any question brings up big feelings, please talk with a trusted adult.

Your body is always sending you signals. A growly tummy can mean hunger. A dry mouth or a headache can mean thirst. Feeling comfortably full means your body has had enough.

Activity 1: Feeling Check-In

Circle the words that show how you feel.

When I'm hungry, I feel:
Growly Grumpy Tired Wobbly Other: _____

When I'm thirsty, I feel:
Dry mouth Headachy Tired Hot Other: _____

When I've had enough to eat, I feel:
Comfy Happy Full Ready to play Other: _____

Activity 2: My Body Signals

Draw or write what your body tells you when it needs fuel or water.

One way I can listen to my body: _____

Think About It

* Why is it okay to stop eating when you feel full?

* Why might people sometimes eat even when they aren't hungry?

No Bad Foods

There's no such thing as a bad food. There are foods your body needs a lot of and foods it only needs a little of. And all real food starts as a seed, an animal or a farm.

Activity 1: True or False?

Statement	True	False
There is no such thing as a bad food	[ ]	[ ]
Sometimes Foods are fine in small amounts	[ ]	[ ]
By the time you feel thirsty, your body is already low on water	[ ]	[ ]
You must always finish everything on your plate	[ ]	[ ]
Food just appears in the fridge	[ ]	[ ]

Activity 2: Where Does It Come From?

Food	Where It Starts
Carrot	
Egg	
Bread	
Milk	

Think About It

* Why is it okay not to know something you were never taught?

* What food would you like to try growing?

My Fuel-Up Goals

The greatest treasure an explorer can carry is the ability to fuel their own adventure. Here is a challenge: fuel your own adventure this week.

Activity 1: My Fuel-Up Goals

Write or draw one goal for each time.

Goal Tier	My Goal	How I Will Do It	When I Will Start
THIS WEEK			
THIS TERM			
THIS YEAR			

Activity 2: Fuel-Up Tracker

Colour a star each day you do it.

I did it!	Mon	Tue	Wed	Thu	Fri
I drank water throughout the day	*	*	*	*	*
I ate three colours	*	*	*	*	*
I had an Everyday Food in my lunchbox	*	*	*	*	*
I listened to my hunger and fullness	*	*	*	*	*
I helped make a meal or snack	*	*	*	*	*

Think About It

* What is one new colourful food you could try this week?

* Write your own fuel-up motto in 10 words or fewer.

Teacher's Companion

No Prior Reading Required
This pack is fully standalone. No book or characters are referenced. Any student can complete these worksheets without prior reading. Suitable for classroom, library, and home learning programmes. This pack is an excerpt of a full book-specific learning pack available with purchase at **learningsmart.au**

Australian Curriculum Alignment

Learning Area	Strand	Year Level	Content Description (summary)
Health and PE	Personal, Social and Community Health	F-Yr 3	Healthy eating, drinking water and noticing body signals (WS1, WS4)
Design and Technologies	Food and Fibre	F-Yr 3	Where food comes from; plan a balanced lunchbox (WS3, WS5)
Science	Biological Sciences	F-Yr 3	Living things need food and water; plants grow from seeds (WS5)
Mathematics	Number and Measurement	F-Yr 3	Add, subtract and count on; tell time to the hour (WS2)
Gen. Capabilities	Personal and Social Capability	F-Yr 3	Self-awareness and making healthy choices (WS4, WS6)
Gen. Capabilities	Critical and Creative Thinking	F-Yr 3	Investigate a problem using evidence (WS5)
Cross-curriculum Priority	Sustainability	F-Yr 3	How food is grown and the time it takes (WS5)

16 Key Healthy Eating and Water Lessons

#	Lesson
1	Food gives our bodies energy, strength and nutrients to grow, think and heal.
2	Everything in your body is built from the food you eat.
3	Lollies and chips give a quick burst of energy, but not much else.
4	Everyday Foods give energy that lasts.
5	Sometimes Foods are fun and fine in small amounts.
6	There is no such thing as a bad food.
7	Eat a rainbow: each colour does a different job.
8	Grains give long-lasting energy.
9	Eggs, beans, nuts and seeds are building blocks for growing bodies.
10	Water might be the most important fuel of all.
11	By the time you feel thirsty, your body is already running low.
12	Most food starts as a seed and takes time to grow.
13	Your body sends hunger and fullness signals.
14	Stop eating when your body says it has had enough.
15	When something doesn't add up, investigate instead of guessing.
16	Big idea: The greatest treasure is the ability to fuel your own adventure.

Answer Keys and Discussion Guidance

WS1 -- Eat a Rainbow (Answers)
Orange and yellow = C; red and purple = A; green = B. Everyday: apple, wholegrain bread, eggs, carrot sticks. Sometimes: lollies, chips, chocolate.

WS2 -- Trail Maths (Answers)
Water: 1. 4 hours; 2. 5 cups; 3. 3 cups. Garden: 1. 15; 2. 6; 3. 3 colours; 4. 200.

WS3 -- Lunchbox (Guidance)
Encourage a fruit, a vegetable, a grain, a builder and water. A small Sometimes Food is fine. Respect cultural and family food differences and allergies.

WS4 -- Sensitivity Note for Educators
Food can be a sensitive topic: some students experience food insecurity, allergies, medical needs or difficult feelings about eating. Never comment on bodies or portion sizes, and never label foods 'good' or 'bad'. Do NOT require students to share what they eat. If a student discloses a concern, follow your school's wellbeing and child safety protocol.

WS5 -- True or False? (Answers)
True: no bad foods; Sometimes Foods fine in small amounts; thirst comes late. False: must always finish your plate; food just appears in the fridge. Origins: carrot = garden/seed; egg = hen; bread = wheat field; milk = cow.

WS6 -- Challenge Tracker
There are no correct scores. Celebrate every attempt; any day left blank is a chance for a gentle reminder, not correction.

Upsell Note for Educators
This generic pack is based on the Learning Smart book series. The full book-specific learning pack -- which references the characters, story moments, and adventure narrative -- is available with book purchase or subscription at **learningsmart.au**. Book-specific packs significantly increase student engagement and reading motivation.

Differentiation Strategies

Level	Strategy	Example Application
Below Level (support)	Reduce written output; use sentence starters; allow verbal responses; pair with peer.	WS1: sort real or picture food cards into colour groups. WS4: use feeling faces instead of writing.
On Level (standard)	Complete all activities as written. Use discussion partner for Think About It sections.	Standard completion with class debrief of Think About It questions.
Extension (enrichment)	Plant beans or cress and keep a growing diary; discuss how long real food takes to grow.	WS3: plan a class picnic menu that includes every colour of the rainbow.

7 Discussion Questions

1. Why might someone run out of energy even after eating lots of snacks?
2. What is the difference between an Everyday Food and a Sometimes Food?
3. Why is 'there's no such thing as a bad food' a helpful way to think?
4. Why might water be the most important fuel of all?
5. Where does our food come from before it reaches the kitchen?
6. How can you tell when you're hungry, and when you've had enough?
7. What does it mean to 'fuel your own adventure'?

Classroom Display Ideas

Rainbow Plate: A giant paper plate where students add foods by colour.

Everyday and Sometimes: A two-column display of food pictures (no 'good' or 'bad' labels).

Water Wall: A class chart of water bottles refilled each day.

Lunchbox Gallery: Display the WS3 lunchbox designs.

Seed to Plate: A display tracing a carrot, egg, bread and milk back to where they start.

Body Signals: Pictures of hunger, thirst and fullness signals.

Want the Full Adventure?

This free activity pack is inspired by the **Learning Smart book series** -- everyday adventures about character, confidence and growing into a kind, capable leader.

The Full Book-Specific Learning Pack Includes:

* Worksheets tied directly to the book's characters and story moments
* Story-based Think About It questions that deepen reading comprehension
* A Teacher's Companion with book-specific discussion questions
* Access to the full Learning Smart resource library

Available with book purchase or subscription at:

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Books in the Learning Smart Series

Title	Topic
Fuel for the Trail	Healthy Eating and Water
The Treasure Map of Money Mountain	Financial Literacy
Professor Bee's Body Expedition	Human Body and Science
Belinda and James: Beach Smart	Sun and Water Safety
Guardians of the Web	Internet Safety
The Magical ABC Adventures: Letters A-F	Early Literacy and Phonics

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