



# HOME LEARNING

## PERSONAL DEVELOPMENT, HEALTH & PHYSICAL EDUCATION

### STAGE THREE WEEK: FOUR

### NUTRITION

Visit the following site to take a look at the Australian Guide to Healthy Eating and then answer the questions below:

<https://www.eatforhealth.gov.au/guidelines/australian-guide-healthy-eating>

How many food groups are there? Name the groups and give an example of a food from each group.

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Look at how much space each of the groups take up on the plate. Which are the two food groups you should eat most of each day?

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What do you think happens if we eat too much or too little of each food group? E.g. Too much of the 'sometimes' foods, and not enough fruit and vegetables.

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Write down the foods that you have eaten so far today, or the foods you ate yesterday. Label each of these foods based on the food group they are a part of.

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# WEEK FOUR ACTIVITIES

Try to do each of these activities for 45 seconds without stopping.

Take a 15 second break, then repeat this twice more.

Don't forget to tick the box once you have completed the activity!

## WEEKLY FOCUS: UPPER BODY



### Activity One: Jog and Punch

**What:** For a warm up, jog on the spot and see if you can do some controlled punches out in front of you and then above your head. It's a bit of a brain workout!

**Modified:** Punch without jogging.



### Activity Two: Tricep Dips

**What:** Sit with your knees bent and place your hands flat on the floor behind your bottom, fingers pointing towards your heels. Lift your bottom off the ground with straight arms. Bend at your elbows, then push up. Repeat this, keeping your bottom off the ground.

**Modified:** Put your bottom back on the ground between each dip.



### Activity Three: Push Ups

**What:** Start in a plank position. With straight arms and legs, place your hands slightly wider than your shoulders and lower your body until your chest nearly touches the floor. Pause, then push yourself back up. Repeat.

**Modified:** Do the push ups on your knees, or take a break when you need to between push ups.



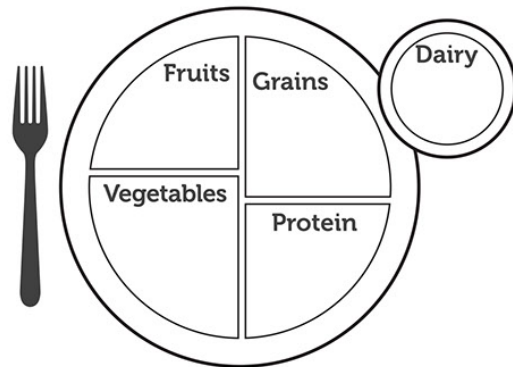
# CHALLENGE OF THE WEEK

Read back over the information you came up with on the first page all about the food groups. Choose two foods to research and fill out the food fact cards below based on what you find.

Name of food:

Food group (colour)

The main vitamins,  
minerals, nutrients it  
gives our body are:



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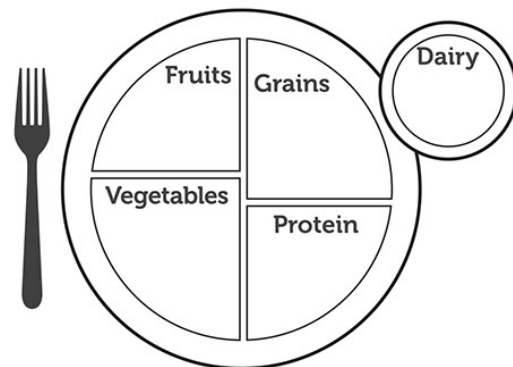
Overall health rating (colour)



Name of food:

Food group (colour)

The main vitamins,  
minerals, nutrients it  
gives our body are:



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Overall health rating (colour)



# KEEP MOVING!

Access the fourth week of our online dance program here:

<https://drive.google.com/file/d/1pry1LAB1RiaYeoGBpZ0nKX3ry1l4sMJp/view?usp=sharing>

Videos are available for every stage. The dance program is presented by YouTube sensation, JustDance ambassador and Fit Futures dance coach Jayden Rodrigues and videos last about 20 minutes.

Get everyone moving with our workout and skills-based videos on the Fit Futures YouTube channel:

<https://www.youtube.com/channel/UCIRnP6dZYlCdTdvTWRoYdfQ>