



Clip: Nutrition

Episode 8: Growing Pains

Activity: A Healthy Menu

Theme: Health and Wellbeing

Elements of dance: body

Abigail has high ambitions of becoming a principal dancer and models her looks on the mature dancers of the National Ballet Company. Her body however has started to change. Where once she was a girl with a young maturing body, she is now developing a more curvaceous female form. This change to her body is demanding and she is finding the change very difficult to deal with. The other dancers in the company are lithe and sinewy and she realises that her body is moving further away from the ideal for a dancer. She covers up with baggy clothes in the hope that no-one else is watching. She restricts her diet (“No carbs after 3pm”) and is worried and scared.

1. As a class, view the clip, *Nutrition*, and discuss the implications of a good diet on performance. Also highlight what the average daily dietary requirements are for an adolescent to be fit and healthy. Discuss the different food groups and why it is necessary to have a balanced diet as your body is maturing. A useful online resource for this is the [Australian Government Department of Health and Ageing, Healthy Eating – Recommended Daily Servings](#)
2. Have the students review the guidelines at the website above and make a chart reflecting the recommended daily servings applicable to them.
3. Ask students to reflect and analyse their usual daily intake of these food groups. Does it match the guidelines?
4. Divide the class into small groups and ask them to devise a menu for the week that should meet the relevant guidelines and support a growing adolescent.

5. As a class, play Food Group Bingo, using **Student Activity Sheet E8.1: A Healthy Menu – Food Group Bingo**.
 - a. Distribute **Student Activity Sheet E8.1: A Healthy Menu – Food Group Bingo** to each student.
 - b. Get the students to select 16 food images from the pages of food images provided in the worksheet and to place these selected images on the bingo card template provided in the worksheet.
 - c. Cut out the 40 food images provided in pages 2 and 3 of the worksheet and shuffle them.
 - d. Select a card randomly from the 40 images and show it to the students.
 - e. Students who have selected the matching image for their bingo card can circle the image on their bingo card.
 - f. The first student to match all of the images on their bingo card, with the images shown by the teacher calls out BINGO!

Download

- Student Activity Sheet E8.1: A Healthy Menu – Food Group Bingo

Useful resources

- [Ausdance Factsheet 19, Fuelling the dancer](#)
- [Ausdance Factsheet 12, Healthy bones for a female dancers](#)
- [Ausdance Factsheet 17, Eating disorders and dancers](#)
- [Australian Government Department of Health and Ageing, Healthy Eating – Recommended Daily Servings](#)
- [Nutrition Fact Sheet, Fueling the dancer](#)
- [Healthy Diet for Dancers: Dancers Need A Healthy Diet to Perform at Their Best](#)



NAME:

Student Activity Sheet: E8.1 Episode 8: Growing Pains
Activity: A Clip: Nutrition
Healthy Menu

A Healthy Menu - Food Group Bingo

























On the next page is a bingo game board. On the pages following the bingo game board there are more than 50 images of food, from a variety of food groups, including:

























- Cereals
- Vegetables and Legumes
- Fruit
- Dairy
- Meat, Fish, Poultry, Eggs and Nuts
- Extra Foods (cakes, sweet foods, ice cream, soft drink, junk foods, fats and oils).

Cut out the food images and select 16 images to place on your bingo game board. Make sure that amongst the 16 food images you select, there are at least a few images from each of the food groups listed above.

Turn the picture over when a food image on your bingo game board matches the food image your teacher selects. If you match four images in a row, in any direction, call out BINGO!

Bingo Game Board

<p>Sliced Bread</p> 	<p>French Stick</p> 	<p>Bread Roll</p> 	<p>Pasta</p> 
<p>Rice</p> 	<p>Noodles</p> 	<p>Porridge</p> 	<p>Cereal</p> 
<p>Muesli</p> 	<p>Milk</p> 	<p>Cheese</p> 	<p>Soy Milk</p> 
<p>Yoghurt</p> 	<p>Custard</p> 	<p>Apple</p> 	<p>Banana</p> 
<p>Fruit Juice</p> 	<p>Mango</p> 	<p>Orange</p> 	<p>Peach</p> 
<p>Pear</p> 	<p>Strawberry</p> 	<p>Sultanas</p> 	<p>Watermelon</p> 

Steak 	Fish 	Chicken 	Eggs 
Mince Meat 	Nuts 	Roast Meat 	Chops 
Broccoli 	Capsicum 	Cucumber 	Mixed Beans 
Eggplant 	String Beans 	Lentils 	Lettuce 
Potato 	Pumpkin 	Tomato 	Zucchini 
Cake 	Chocolate Bar 	Butter 	Biscuit 

Ice Cream



Meat pie



Soft Drink



Potato Chips

