

Mai e Nima




Primary School Teaching Resource

Introduction

The objective of Mai e 5 is to improve the health and well-being of students by educating them about the benefits of eating a variety of fruit and vegetables in order to establish life-long healthy eating habits. Its key messages are:

 To eat 5 or more colourful servings of fruit and vegetables daily

 A serving is a handful

 Colourful fruit and vegetables contain the vitamins, minerals and phyto-chemicals that the body needs to maintain good health and energy

At the core of the 2013 Mai e 5 school program are the following four themes:



Mai e '5'

The number 5 represents eating 5 or more servings of fruit and vegetables every day.

The Food Shell

To maintain good health, eat a variety of foods, made up of more vegetables than fruit & more grains than protein foods.

A Serving is a Handful

The hand represents the serving size, which is about a handful. Everyone uses their own hand, so a child's serving will be smaller than an adult's.

Fruit & Vegetable Rainbow

Colourful fruit and vegetables contain the vitamins & minerals your body needs to maintain good health & energy.

This teaching resource outlines activities that teachers could conduct with junior and senior students in their primary schools, based on these themes. The activities focus on one theme each term. Each activity is also linked to learning outcomes in the Tongan school curriculum, so that teachers can integrate Mai e 5 activities into their regular classes.

Lesson one/Term one

THEME: Mai e 5 | ACTIVITY: What's in your lunchbox?

Links to curriculum: Science, Health

Students will be able to:

- Identify healthy and nutritious foods they can bring to school each day in their lunchbox
- Understand they need 5 or more servings of fruit or vegetables each day to maintain a healthy lifestyle
- Make informed choices about what food they bring to school

Resources

- Mai e 5 poster
- Lunch box template and examples of balanced lunchboxes
- Food shell
- Nutrition fact sheet
- Example of explanation writing



Learning activities

- Bring in a plate, lunch box or ice cream box or show lunch box template
- Show on the black board how you can divide the box into 3 parts (50% energy foods, 35% protective foods, 15% body building foods)
- In groups or as a whole class have the students brainstorm what fruit and vegetables they have in their village or are easily accessible in the markets, do the same with body building foods and then with energy foods (have the food shell available if the children need a reminder of each category)
- In groups or as a whole class have them brainstorm easy lunch box combinations making sure they include energy, protective and body building foods
- Finally, copy a lunch box template for each child or have them copy it into their book or onto a foolscap paper and draw their balanced lunch idea
- *Junior* students can colour in and cut out the attached pictures and stick them onto the lunchbox template
- *Senior* students should be encouraged to draw and label each ingredient in their lunch box including whether it is a energy, protective or body building food

Extension activities

- Create a class lunch box ideas book with each of the children's ideas
- *Junior* students could create a newsletter to go home with some lunch ideas they came up with
- *Senior* students could write a letter home to their families suggesting lunch ideas
- *Senior* students could write a simple explanation of how to make their lunch (see explanation writing example)
- Classes could have lunch box inspections over the next few weeks to see who has the most well balanced lunch (students who have a balanced lunch could be awarded through the school rewards system or with 5 minute early lunchtime)

Lesson two/Term two

THEME: Food Shell | ACTIVITY: Create your own recipe

Links to curriculum: Written language (instructional writing), Science

Students will be able to:

- Create their own balanced dinner menu or recipe based on the ideas in the food shell
- Share with their families ideas for balanced healthy meals

Resources

- Food shell
- Menu template
- Recipe examples
- Mai e 5 cooking competition guidelines and timetable for individuals and the schools
- Mai e 5 parent newsletter to go home explaining the competition
- Nutrition fact sheet



Learning activities

Junior Activities - Create a healthy menu

- Discuss the food shell poster in depth: what are energy, protective and body building foods?
- The teacher could bring in a number of food items or use pictures in the lunchbox template and children could simply categorize them
- Discuss their favourite food to eat for dinner; discuss whether it is balanced according to the food shell or not; discuss what changes they could make to their dinner to make it balanced
- Using the template, draw and decorate a healthy menu to take home showing a dinner idea

Senior Activities - Create a recipe

- Discuss the food shell poster in depth: what are energy, protective and body building foods?
- Students then categorize different foods according to their nutritional value (see attached fact sheet) and list their reasons for why they put each food in each category
- Look at a number of local recipes with their class (teacher could photocopy per group or write them on the black board for copying) (see attached recipe examples)
- As a group or class identify the features common to all the recipes (title, ingredients, utensils and method/instructions)
- Discuss how the instructions or method always start with a verb; how they need to be sequenced; how they need to be explicit with no part of the instruction missing; and how they could be presented in written and/or pictorial form
- Choose a simple recipe that the whole the class are familiar with like fruit salad and ask them to write a recipe and instructions for creating it; in groups ask the children to read each others' instructions to see if they can find if they have forgotten parts of the instructions
- Review the guidelines for the Mai e 5 cooking competition with students, and give out newsletters

Extension activities

- Cook some of the recipes with the class
- Play Foodchamps 'Fruit and Veggie Pyramid Game' online at <http://www.foodchamps.org/games/pyramid.htm>

Lesson three/Term three

THEME: A serving is a handful | ACTIVITY: Food challenge

Links to curriculum: Science

Students will be able to:

- Identify that a serving of fruit or vegetables is a handful
- Share healthy and nutritious meal ideas with their families

Resources

- Parent/Caregiver letter explaining Food Challenge (Tongan/English)
- Food Challenge worksheet (Tongan/English)
- Mai e 5 'a serving is a handful' poster
- Mai e 5 cube challenge

Learning activities

- Discuss concepts shown in the Mai e 5 serving is a handful poster
- Review the meal ideas that have been created over the last two terms for lunch and dinner
- Discuss the Food Challenge and motivation for families to complete the challenge
- Distribute the parent letter and Food Challenge worksheet
- One week later, gather in the completed Food Challenge worksheets
- Discuss with the students:
 - How did it affect their families?
 - Were there any changes? If so what were they?
 - Do they feel better for eating healthy?
 - Do they think their families will continue with the changes?
- After the Food Challenge is finished, complete Mai e 5 challenge cube as a class exercise

Extension activities

- *Senior students* could keep a diary describing how they feel about the changes each day or write a reflective piece of writing on the above questions
- Teachers and/or children could bring in a variety of fruit and vegetables. Teacher can cut up into handfuls to physically demonstrate what a handful looks like (this activity could lead into a shared class lunch of fruit and vegetables)



Lesson four/Term four

THEME: Fruit & vegetable rainbow | ACTIVITY: Rainbow hunt

Links to curriculum: Health, Science

Students will be able to:

- Identify the colours of the fruit and vegetable rainbow
- Identify fruit and vegetables for each colour of the rainbow
- Identify the nutritional value of each colour of the rainbow

Resources

- Mai e 5 rainbow pamphlet
- Nutrition fact sheet

Learning activities

- Discuss a range of different fruit and vegetables you can find in the village and markets and how different colours help our bodies
- *Junior student* ideas would be very simple, for example orange for healing our bodies
- *Senior students* could look very specifically at the vitamins and minerals in each food and their benefits to our health
- Teacher hides real/pictures of fruit and vegetables around the classroom or playground
- Students can be grouped or work as individuals to find one fruit or vegetable of each colour in the rainbow, they can write or draw the fruit and vegetable on a bingo sheet
- Teachers can make it into a race

Extension activities

- Teachers can play Pingo Me'akai with class
- *Senior students* can create a chart showing the fruit/vegetable, its colour and its nutritional value.
- *Junior students* could create their own rainbow fruit and vegetable poster
- Students could imagine they are a fruit or vegetable and write an introduction speech about themselves, they can draw a vegetable or fruit character picture and write about themselves in a speech bubble including the facts about what their job is in the body

