



Brain
FOOD



FOOD & NUTRITION

Learning outcomes



Numeracy



Critical & Creative Thinking



Sustainability



Ethical Understanding

\$10 HEALTHY LUNCH CHALLENGE

PRIMARY

Brainstorm what constitutes a healthy and balanced meal? Visit the Adelaide Central with a mission to purchase ingredients to make a shared meal back at school.

Teachers: Allocate \$10 each per small group of 3-4 with a shopping list. Each group is to purchase their allocated healthy food items, while staying within budget. All food is made into a healthy shared class lunch back at school.

PLANT-BASED DIET?

UPPER PRIMARY / SECONDARY

Consider a plant-based lifestyle.

- What kinds of food can people choose instead of animal products?
- What are the health benefits?
- What other considerations should be made when considering a change in diet?
- Are there any stalls at the Market that specialise in plant-based foods?

TASTE CHALLENGE

PRIMARY

Visit the Market and make note of new and different foods. Research the native origins of the food. Purchase a piece of food that you haven't seen or tasted before.

Teachers: Once back at school cut up all the new foods and ask every student to try each piece. [Click here](#) for a worksheet to document the flavours, appearance, and smell.