

EXPLORER'S PYRAMID

- HEALTH -



CURRICULUM AREA: Health & Physical Education

TARGET YEAR LEVEL/S: Years 3 – 7

CLASS TIME: 50 minutes

LESSON BACKGROUND

This lesson explores how Chris & Clark have adjusted their diet to suit the conditions of Victoria Island. Students will understand the different dietary challenges people must face given extreme conditions. They will be able to see the differences in food pyramids by creating what they believe to be Chris and Clark's diet for the expedition.

OUTCOMES

- The student uses basic self-management skills and considers longer-term consequences to meet personal health and physical activity needs.

PREPARATION

- Chart of a typical Food Pyramid
- 'Empty Pyramid' Resource
- [Chris & Clark's food list](#)
- www.nutritionaustralia.com.au

STUDENT ACTIVITY

- 1) Introduce the lesson by examining a typical food pyramid. Revise over what foods go in the Eat Most, Moderately, and Less categories.
- 2) Discuss with students the types of things Chris & Clark will be packing with them in terms of food. Hand them a copy of the C&C's itinerary. Ask them to categorise them in a variety of ways (vegetables, fruits meats, sugars).
- 3) Give students the Empty Pyramid resource. Using their knowledge of the pyramid, ask students to classify the expedition food into the pyramid.
- 4) Discuss: What area of the pyramid does most of the food fit to? Why do you think that is?

EXTENSION

- Students can research the reasons for such dietary requirements with people living in Victoria Island type conditions.

Class task can be modified to explore dietary needs in a variety of different living conditions.