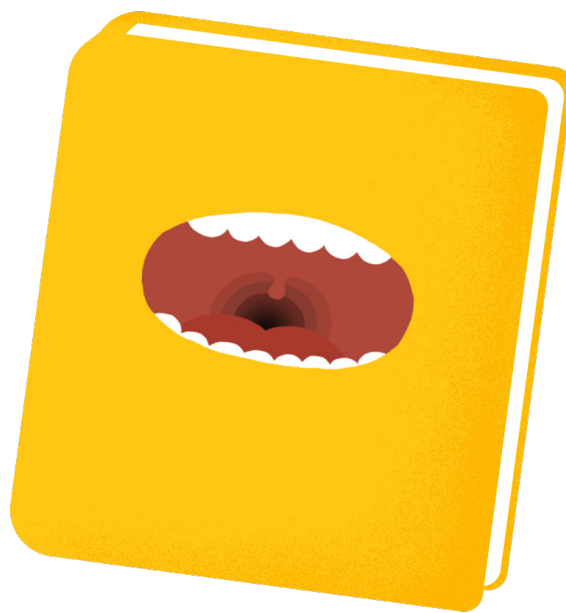


Dietary Diary Data

Year 3 – Mathematics

Year 4 – Mathematics; Health and Physical Education



(Maths; Yr 3, ACMSP069)

Collect data, organise into categories and create displays using lists, tables, picture graphs and simple column graphs, with and without the use of digital technologies

(Maths; Yr 3, ACMSP068)

Identify questions or issues for categorical variables. Identify data sources and plan methods of data collection and recording

(HPE; Yr 3&4, ACPPS036)

Identify and practise strategies to promote health, safety and wellbeing

Dietary Diary Data

Time to crunch some veg data!

This one's all about helping kids with the basics of data aggregation. Here's a challenge: try running this lesson without ever using the word 'healthy'. It may help students find their curiosity and stay engaged.

Equipment:

Copies of the worksheet beginning on page 5

Tablets or smartphones (optional)

Duration:

45 minutes

Location:

The classroom

Notes:

Food for Performance

Watch **The One with the Poop Chart**



- Discuss the episode with students. Athletes know that what they eat can have a huge impact on their performance. As do performers such as actors, dancers and circus artists. People in military occupations often eat specific food to keep them alert and energetic – for example search and rescue operators and fire-fighters. Chefs in hot kitchens know to drink plenty of water, like outdoors staff such as groundskeepers and rangers.
- Discuss what people do, then make a class list of the jobs that require people to be alert and ready to deal with unexpected situations. (Just about any job is acceptable in this brainstorm – the point is to get kids thinking about food and drink as tools for performance!)

Food Diaries

- On pages 5–7, you will find a student worksheet called 'My Food Diary'. It has room for maths, activities and simple data collection. You can use it to record things like water intake, and fruit and vegetables eaten.
- This is the same form the Super Naturals fill out for Miriam the paediatric dietitian.
- You could use smartphone or tablets to collect the same information under the headings given in the table (perhaps on the calendar function).
- Quantities of serves are approximate (one handful of veg is subjective!) so if you want to be more accurate, check out the Resources section.



Diary Data Crunch

- Provide students with the data collection sheet (next page) or decide how you will collect data on digital devices.
- After enough time has passed for students to collect five days' worth of data (an extra weekend won't hurt), gather the class together.
- ❓ Ask students for suggestions about how the data could be sorted and grouped. It is usually advised to aggregate data (take the whole class together) rather than singling out individuals for their food habits.
- For each of the questions, have students create graphic displays, such as a bar chart showing how many glasses of water the class drank per day for the five data collection days.



- Get students to use their data to help answer these questions as a class:
 - ◇ Does our class eat more or less veg than the recommended guideline of about five serves a day?

(Children age 4-11 are recommended to eat between 4.5 and 5 serves of veg per day.)
 - ◇ Does our class eat more or less fruit than the guideline of about of about two serves a day?

(Children age 4-13 are recommended to eat between 1.5 and 2 serves of fruit per day. Fruit juice is not the same as fruit.)
 - ◇ What's our favourite activity in the activity column?
 - ◇ How many glasses of water did the whole class drink in five days? If each glass was 250mL, how many litres is that?!

Show students the actual volume. For example if 24 kids drink 3 x 250mL glasses of water a day, that's 18L of water. Two 9L watering cans would show them how much that is. How could we

Resources

- ◇ Australian Dietary Guidelines 1-5 (text): <https://www.eatforhealth.gov.au/guidelines/australian-dietary-guidelines-1-5>
- ◇ Australian Dietary Guidelines – Healthy Eating for Children (PDF download): https://www.nhmrc.gov.au/_files_nhmrc/file/publications/n55f_children_brochure_print.pdf
- ◇ Australian Dietary Guidelines – list of all downloadable brochures and posters: <https://www.nhmrc.gov.au/guidelines-publications/n55>
- ◇ Veggycation: <http://www.veggycation.com.au/>

My Food Diary

Fill in the name of the day then add stars, stickers or symbols for each of the following:

Fruit/veg

one piece of fruit or one handful of vegetables

Water

one glass of water

Activity

ten minutes of moving (e.g. soccer game or dancing)

	Fruit/Veg	Water	Activity
Example Today is... <u>Tuesday</u> Morning Noon After school / night	I had... an apple pumpkin, onion, rocket, tomato lettuce, tomato, ½ handful capsicum, mushrooms, an orange	I drank... 2 glasses of water 1 glass of water 2 glasses of water	My active time! 1 hour soccer 15 minutes playing with Dog 10 minute walk with Mum and Dog
Today is... <hr/>	I had...	I drank...	My active time!
Morning			
Noon			
After school / night			

Today is... _____	I had...	I drank...	My active time!
Morning			
Noon			
After school / night			
Today is... _____	I had...	I drank...	My active time!
Morning			
Noon			
After school / night			
Today is... _____	I had...	I drank...	My active time!
Morning			
Noon			
After school / night			

Today is... _____	I had...	I drank...	My active time!
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Morning			
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Noon			
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After school / night			
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Today is... _____	I had...	I drank...	My active time!
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Morning			
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Noon			
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After school / night			
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Today is... _____	I had...	I drank...	My active time!
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Morning			
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Noon			
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After school / night			
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