

YEAR  
2

# FOOD FOR LIFE

## Participation of Schools

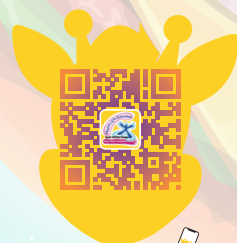
We welcome you all to join our programme and the good news is it is totally **FREE**.  
Let's work together to promote an anti-drug world!

## Participation of Parents

At the end of each session, every student is given a Student Workbook. We encourage parents and children to work together on the workbook to strengthen the messages of a healthy lifestyle.

## The Healthy Life Education Centre

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Tel: 2822 5778 Fax: 2822 5780



Healthy Life Education



Macao Anti-Drugs Website: [www.antidrugs.gov.mo](http://www.antidrugs.gov.mo)



澳門特別行政區政府社會工作局  
INSTITUTO DE ACÇÃO SOCIAL DO GOVERNO DA RAEM

Student  
Workbook



## Activity 2 Healthy Life Education Programme

**Help Children Lead a Healthy Life,  
Prevent Them from Addiction to Drugs.**

### The Healthy Life Education Programme

The Healthy Life Education Programme is an internationally recognized healthy life education and drug abuse prevention programme, with the aim to raise awareness of primary school students on the benefits of healthy life style and dangers of drug abuse, in order to achieve the goals of drug abuse prevention. It started to operate in September 2000 and is implemented by Drug Abuse Prevention Division of Social Welfare Bureau.

### Programme Content

The programme focuses on four main areas: body knowledge, food nutrition, drug education and social skills. The programme was designed, according to the need of children's growth, to nurture gradually the students' concept of healthy life and the correct attitude of taking drugs. When facing drug temptation, they are full of confidence to say "NO" to drugs.

### Classroom Design

It includes illuminated models, body systems, a talking brain, the giraffe "Harold" (programme mascot) that can sing, audiovisual equipment, etc. It is also equipped with Augmented Reality (AR) and Kinect teaching technology systems to bring a new experience for students.

### Programme Activities

Under educator's guidance, students can learn happily through games, discussions, role play, etc. The programme builds up students' problem solving and social resistance skills, helps them to establish a healthy life style and stay away from drugs.

### Harold Fans Club

It is an online platform. After registered as members, students can participate in related activities and to be more aware of information concerning healthy life style and drug abuse prevention.



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## YEAR 2 FOOD FOR LIFE

The Introduction of Healthy Life Education Programme

Content Pg. 1

Theme of the Healthy Life Education Programme Pg. 2

Activity 1 Digest! Digest! Pg. 3

Activity 2 The Food Journey Pg. 4

Activity 3 Help Zelda! Pg. 5

Activity 4 Balanced Diet Pg. 6-7

Activity 5 Harold's Food Diary Pg. 8

Activity 6 The Amount of Food Consumed Pg. 9

Activity 7 How to Store Food in the Refrigerator Pg. 10

Activity 8 My Choice Pg. 11

Activity 9 Zelda's Medicine Pg. 12

Harold Song: Balanced Diet



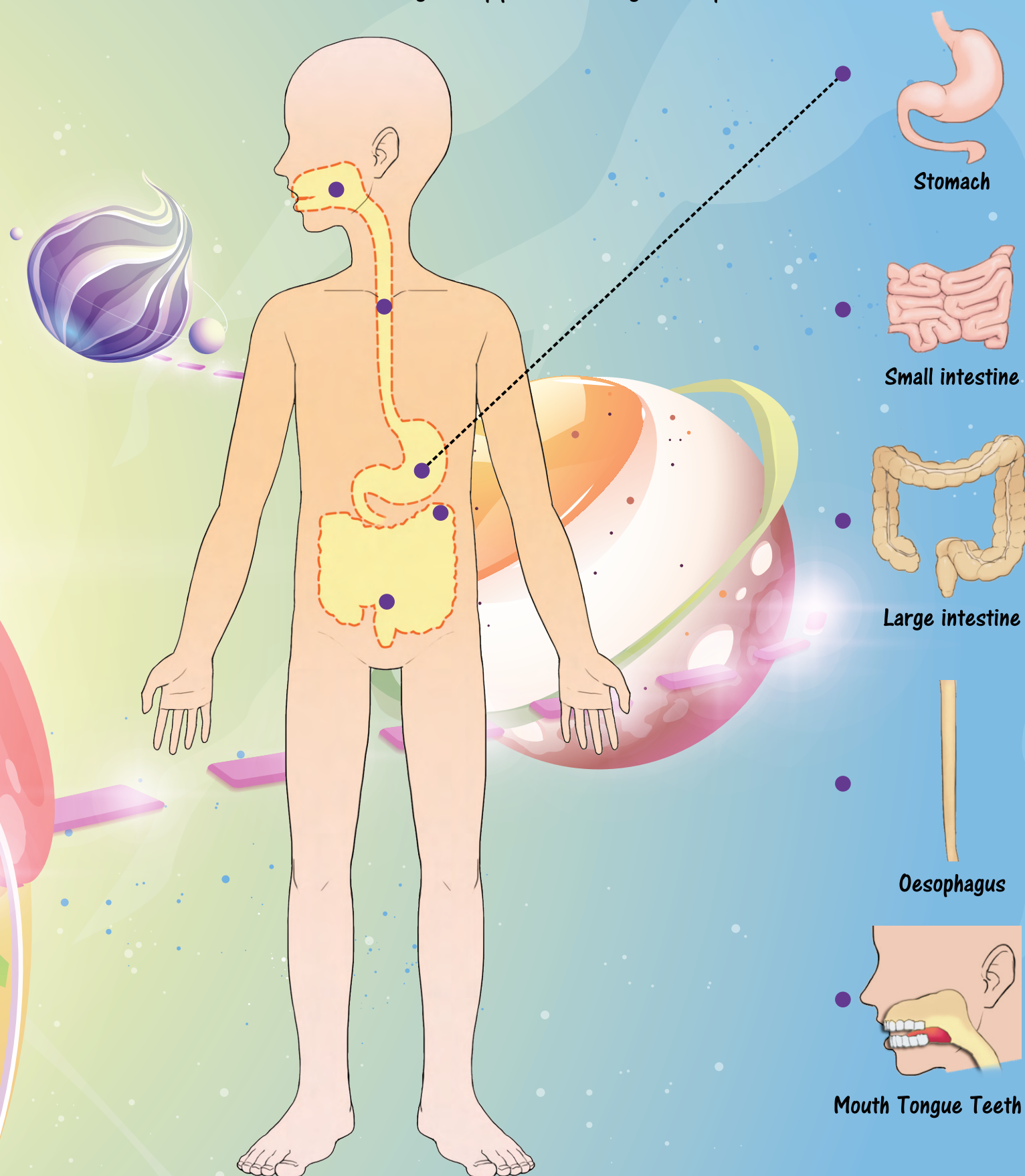


## The Healthy Life Education Programme

| Level        | Theme           | Main Content                                                                                                                                                                            | Duration          |
|--------------|-----------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------|
| Kindergarten | Harold's Picnic | Functions of different body parts (brain, heart and lungs). The importance of the brain. Necessity of a varied diet. Safe use of medicines and self-protection.                         | 1 hour            |
| Year 1       | Air to Live     | Five elements for healthy living especially fresh air. Functions of lungs. How to avoid passive smoking. Communication among friends.                                                   |                   |
| Year 2       | Food for Life   | Digestive system. Balanced diet and choice of snacks. Media influence. Proper use of medicines.                                                                                         |                   |
| Year 3       | Great to be Me  | Circulatory system. Pharmacists' role; path of medicines into the body and safe use of medicines. The importance of accepting and helping friends.                                      | 1 hour and 20mins |
| Year 4       | Body Network    | Nervous system. Effects of medical / non-medical drugs and alternatives. Sources of stress and ways of handling them. Comforting a friend. Decision-making skills. Effects of alcohol.  |                   |
| Year 5       | Clear the Smoke | Physical, social and financial effects of smoking. Analysis the sources of information. Critical thinking. Peer pressure and training of refusal and assertiveness skills.              |                   |
| Year 6       | My Choice       | Effects of psychotropic drugs. Reasons for and effects of bullying, the role of bystanders. Actions that victims of bullying can take. Challenges of peer problems; respecting friends. |                   |

### Activity 1 Digest! Digest!

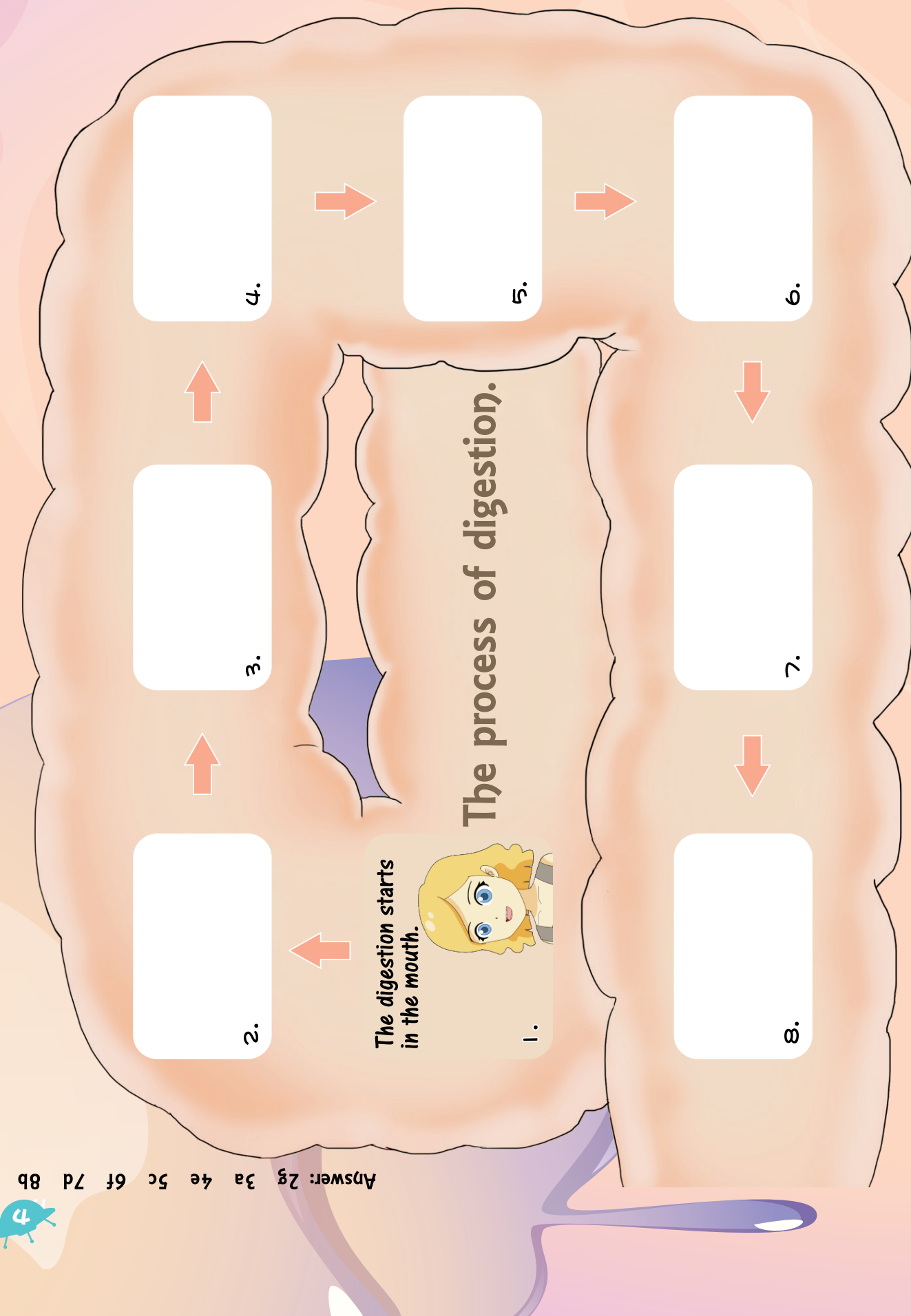
Connect the names with the right body parts in the digestive system.





## Activity 2 The Food Journey

Find out how food journeys through the body and paste the stickers in order.



Answer: 2g 3a 4e 5c 6f 7d 8b

## Activity 3 Help Zelda!

Zelda sent a message back to earth, sharing what she had learnt about the different food groups. Decode the following passage using the key below.

Humans get their food from different plants and animals.

\_\_\_\_\_ give them \_\_\_\_\_  
          

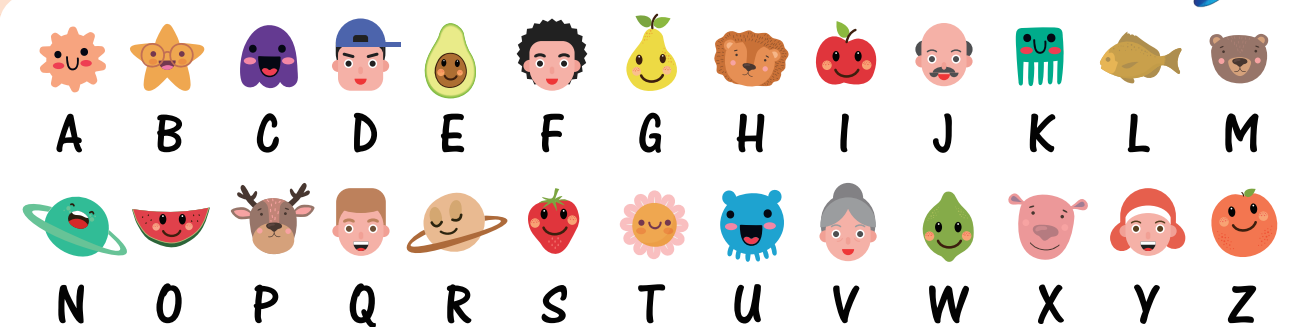
and \_\_\_\_\_ them up in meals. Vegetables and fruits give them  
   

\_\_\_\_\_ from illnesses.  
         

and \_\_\_\_\_ products help them grow.  
        

Oh zip-zap-a roony! I almost forgot, humans need a

\_\_\_\_\_ diet to keep healthy!  
       





## Activity 4 Balanced Diet

Different foods provide our bodies with different nutrients. Eating a balanced diet and exercising help our bodies stay healthy.

- A** Paste the stickers to label the Eatwell Plate. Then colour in a different colour.

Paste here

Did you know that many root vegetables, such as potatoes and taros are also considered starchy food?



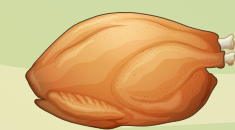
Paste here

# Eatwell

# Plate

Paste here

- B** Now, draw the foods found below in their correct groups on the Eatwell Plate.



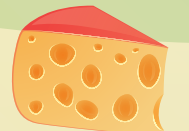
Chicken



Ice Cream



Banana



Cheese



Rice



Potato

- C** Can you draw two more foods in their correct groups on the Eatwell Plate?

Paste here

Paste here





## Activity 5

## Harold's Food Diary



Look at what Zelda and Harold had for their meals yesterday. Do you think they each ate a balanced diet according to the Eatwell Plate? Place a ✓ in the box below if you think they had a balanced meal, or ✗ if you think they did not.

Plan out three meals for yourself that will give you a balanced diet, and draw them in the boxes below.



Yourself

|                          |  |  |  |
|--------------------------|--|--|--|
| Breakfast                |  |  |  |
| Lunch                    |  |  |  |
| Dinner                   |  |  |  |
| Is this a balanced diet? |  |  |  |

A balanced diet includes a variety of food, providing a wide range of nutrients the body needs. It is not good for the body to take in too much salt, sugar or fat from our diet.



## Activity 6

## The Amount of Food Consumed

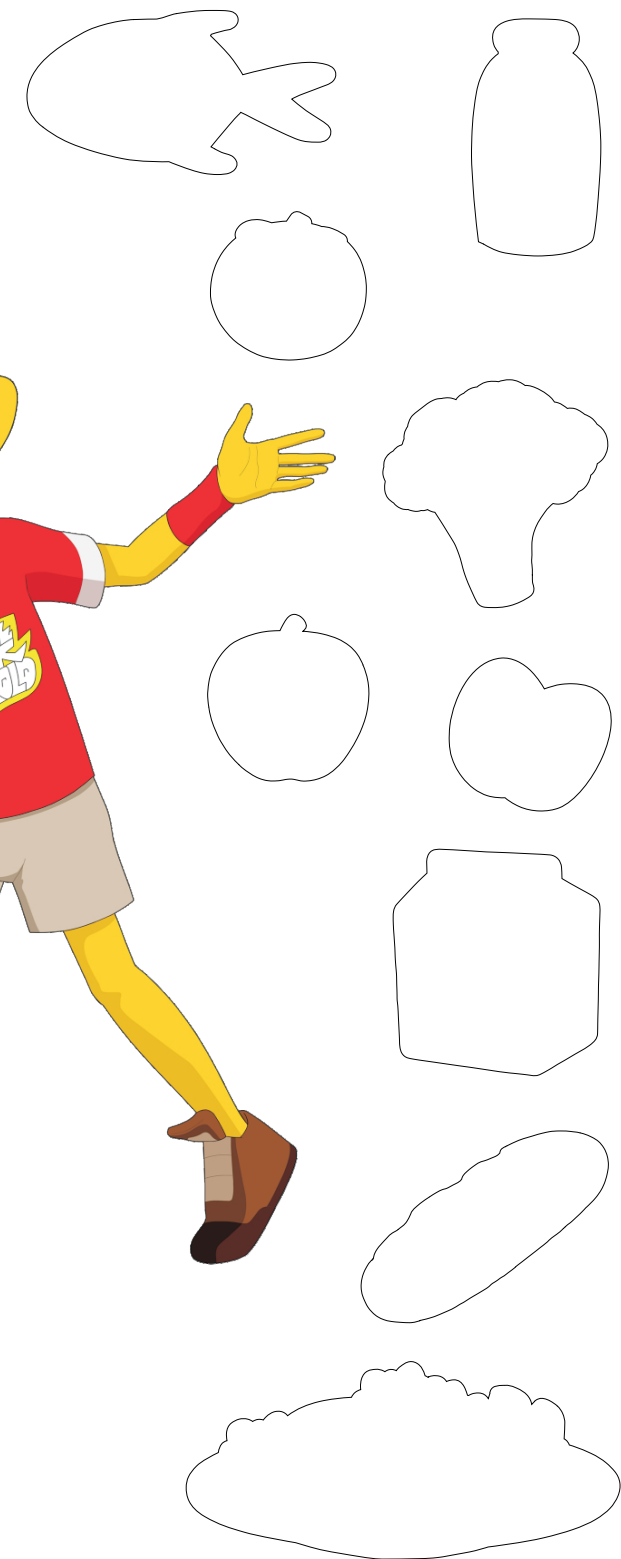


Please paste the food in the proper place.

Eat Less

Please paste the food in the proper place.

Eat More





## Activity 7 How to Store Food in the Refrigerator

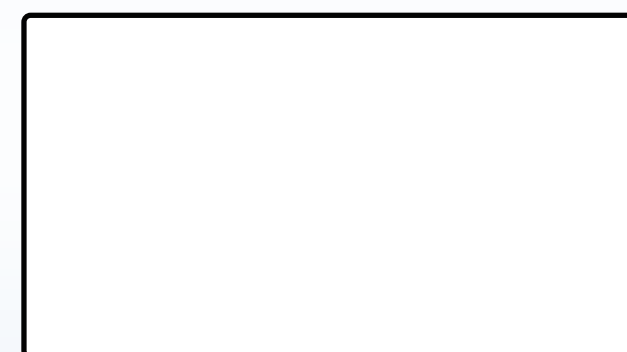


## Activity 8 My Choice

Answer the following questions by pasting pictures cut out from magazines, drawing out your ideas or writing them down in words.



What snacks do your friends eat?



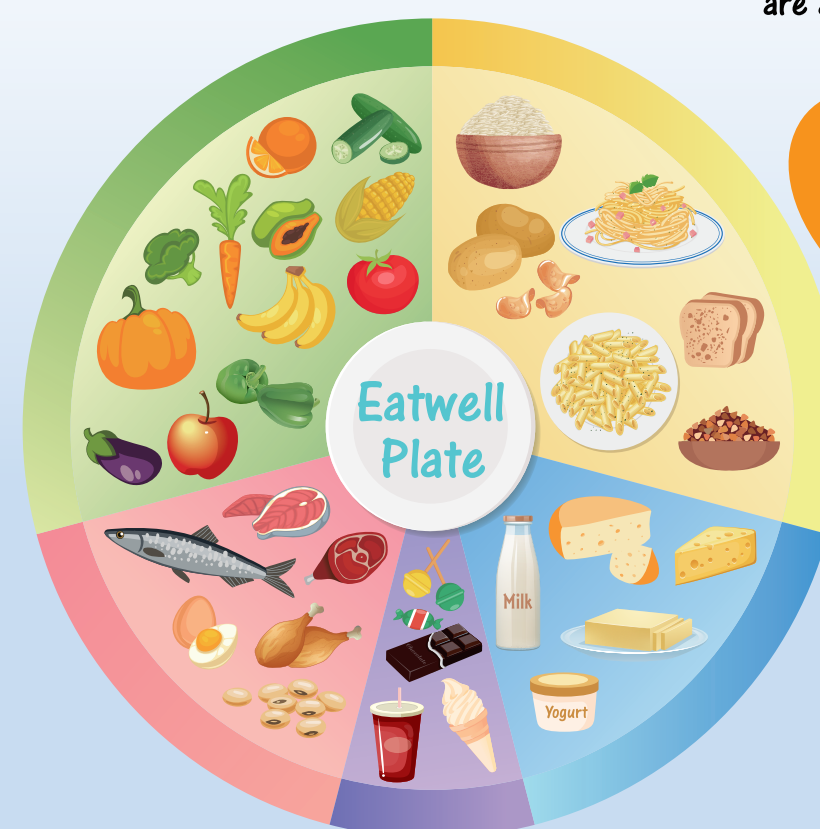
What snacks would you choose and why?



What snacks do your family members prepare for you?



On TV, posters and in magazines, what snacks are advertised?



Different people influence our choices of snacks, but if we'd like to keep our bodies healthy, we'll need to be smart about our choices.





## Activity 9 Zelda's Medicine



Zelda is sick. Her doctor gave her some medicine. Paste the information that should be found on the medicine label.

Medicine should be kept high up on the shelf away from the reach of young children.

To use medicine safely, one should only take their own medicine and study the label carefully before using it.

Patient's Name:

## Harold Song

## Balanced Diet

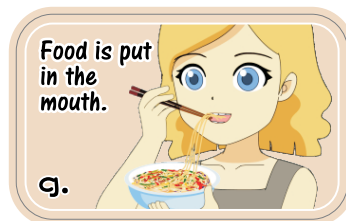
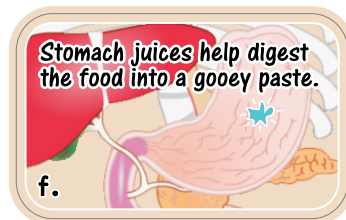
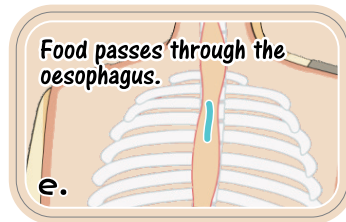
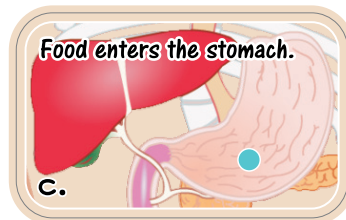
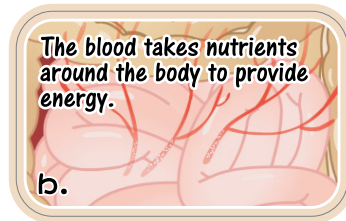
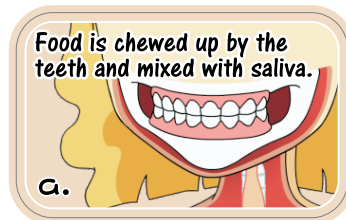


If you wanna look good  
You gotta feel good  
You wanna feel good  
You gotta eat good  
Cuz the food you eat gives you energy  
And so be good to your body and  
only give your body good food

That's a balanced diet  
You really ought to try it  
If you're good to your body then  
only give your body will be good.  
That's a balanced diet  
You really ought to try it  
If you're good to your body then  
your body will be good to you.



## Activity 2



## Activity 4

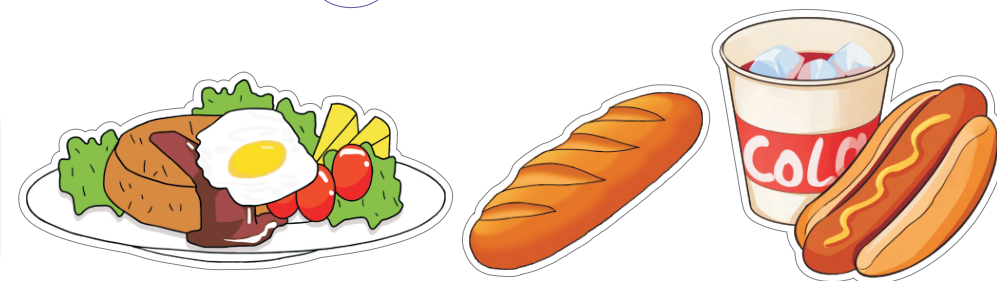
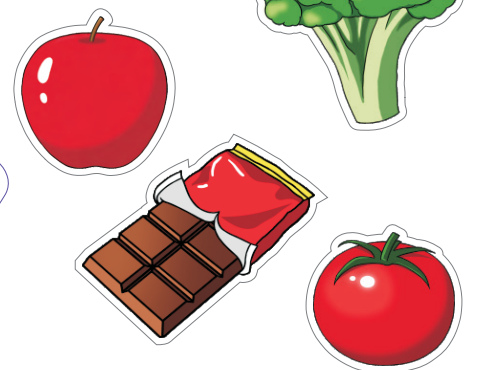
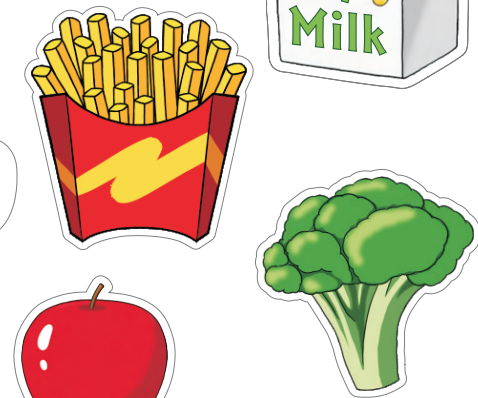
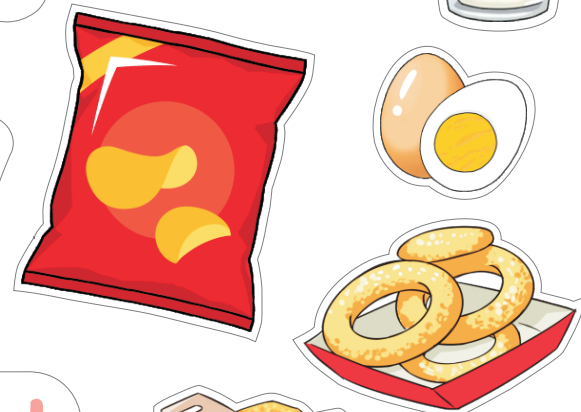
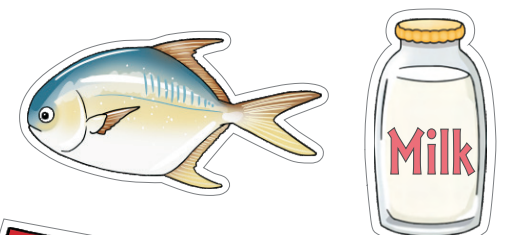
Fruit and Vegetable

Starchy Food

Meat, Fish, Eggs, Beans

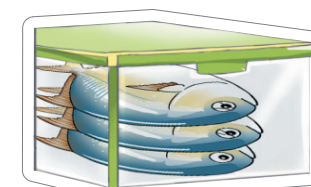
Milk and Dairy Foods

Foods High in Fat and/or Sugar

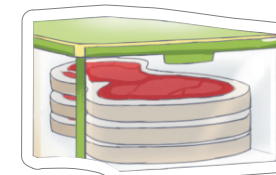


## Activity 6

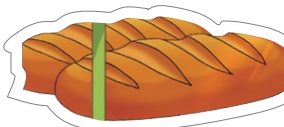
## Activity 7



Frozen fish



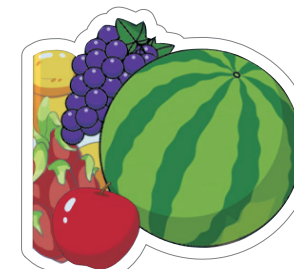
Frozen steak



Bread



Leftovers

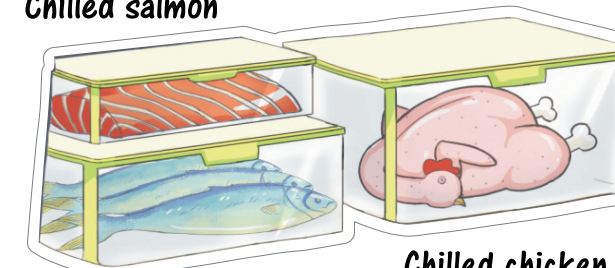


Fruit



Vegetables

Chilled salmon



Chilled fish

Chilled chicken

## Activity 9

Directions

Student number

Doctor's name

Expiry date

Class

Ingredients

Indications

Medicine name

Warning

Teacher's name

Dosage

Doctor's phone number



