



WhiteWater World's Healthy Habit Attack

Student Name:

School :.....

Healthy Food Habits

MISSION

You have the chance to put on your detective hat and ride the wave of excitement at WhiteWater World. Together you and your class mates will be part of the **ACTIVE WHITEWATER WORLD CHALLENGE** and investigate ways in which we can live more healthy lives.

GET INVOLVED, BE ACTIVE AND HAVE FUN!!!

PRE - TRIP EXERCISE

Obesity is now one of the most serious health issues facing Australia. The Australian Medical Journal reports that the number of overweight Australian children has doubled and the number of obese children has trebled in the past ten years.

People who are overweight, and particularly those who are obese, have a higher chance of developing specific medical conditions including: cardiovascular disease, high blood pressure, Type 2 diabetes, sleep apnoea, osteoarthritis and psychological problems.

Theme Parks are traditionally known for their fried foods, fizzy drinks and sugar loaded treats. We want you to investigate the truth of these thought and make some useful suggestions that will encourage visitors to adopt healthy eating choices.

- 1) a) List all the different kinds of food that you think you can buy at WWW?

- b) Number the foods you have selected from your most favourite to least favourite. Explain your choices.

- c) Were the choices you made healthy options? Explain your answer.

EXTENSION ACTIVITY– Using the above questions, conduct a survey of 10 of your classmates and examine the results in reference to question b) and c).

-What was the most popular option?

- Was the most popular option healthy?

-If not why do you think it was the most popular option?



AT WHITEWATER WORLD



Put on your detective hat and get ready to investigate the food options offered at WhiteWater World.

- 1) Do you think the types of foods that people eat at WhiteWater World is different from the foods they might eat at regular meals? Why?

- 2) a) At WhiteWater World we have introduced 'healthy option' meals alongside other menu options. In the table below list as many healthy and less healthy food options that you see on the menus at WhiteWater World.

Food Outlet	Healthy Food Options	Less Healthy Food Options
Bite Me Cafe		
Sandman's Café and Bar		
Salty's Kiosk		

3) After investigating the food choices offered at WhiteWater World do you think enough healthy food options are offered? Explain your answer

 **POST-TRIP EXERCISE**



1) Guests visit WhiteWater World to experience a day of fun and excitement. Your task is to design a new Healthy WhiteWater Menu for a new food outlet opening next to The Shell. Your challenge is to create a tasty healthy menu that is appealing to visitors. Make sure you include the cost of each item. Be creative in your selections.

MENU TITLE

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SNACKS	PRICES
MEALS	
DRINKS	

2) Explain why you selected the food? Why are they healthy options?

3) Do you think guests would want to purchase the healthy options you selected during their visit to WhiteWater World? If not why?

EXTENSION ACTIVITY.

The CEO has asked you to investigate whether or not visitors would like WhiteWater World to only offer healthy food options. Prepare a 100 word statement outlining whether you agree or disagree with this proposal. Develop a SWOT (strengths, weaknesses, opportunities and threats) analysis to help you brainstorm ideas for your argument using the table below.

Some things to consider:

Why people visit WhiteWater World? How often people visit WhiteWater World?

SWOT ANALYSIS

STRENGTHS

WEAKNESSES

OPPORTUNITIES

THREATS
