

Superhero Fuel

(Year 3 - Ages 8-9):

Lesson 6 of 9

Lesson Summary

This lesson explores how our bodies get the energy they need, framed as providing "Superhero Fuel" for our team of organ heroes. Students will learn that the healthy foods we eat act as power-ups for characters like Harriet the Heart and Larry the Liver. Through a fun "Fueling Station" sorting game and a creative activity where they design a "Power-Up Meal," students will understand the connection between nutrition and organ health. The lesson gently reinforces that keeping our superhero team strong and healthy is the best way we can care for the precious gift of our bodies.

Learning Intentions

Students will

- Understand that healthy food provides fuel for their organs to work properly.
- Identify different types of "Superhero Fuel" (food groups) and which organs they help most.
- Recognise that making healthy choices is a way of being kind to their own bodies.

Success Criteria

Students can

- Name a healthy food and explain how it acts as "Superhero Fuel."
- Explain why a balanced meal is important for the whole superhero team.
- Design a "Power-Up Meal" that includes different types of healthy foods.

Lesson Details

Time:	30 minutes
Year Level:	Year 3 (Ages 8-9)
Unit:	This is Lesson 6 of 9 in the series.
Educational Partner:	This lesson is adapted from resources provided by Donatelife

General Capabilities

Personal and Social Capability, Health and Physical Literacy, Critical and Creative Thinking.

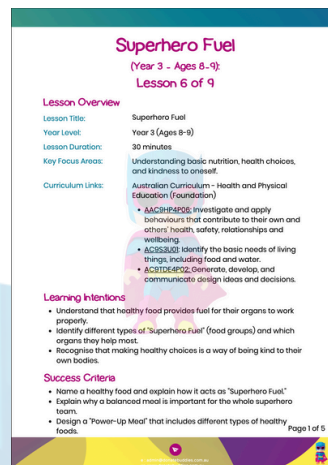
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Lesson Guides and Printables

Lesson Plan

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(Year 3 - Ages 8-9):
Lesson 6 of 9

Lesson Overview

Lesson Title: Superhero Fuel
Year Level: Year 3 (Ages 8-9)
Lesson Duration: 30 minutes
Key Focus Areas: Understanding basic nutrition, health choices, and kindness to oneself.
Curriculum Links: Australian Curriculum - Health and Physical Education (Foundation)
• AACBP4P56: Investigate and apply behaviours that contribute to their own and others' health, safety, relationships and wellbeing.
• ACSSU02: Identify the basic needs of living things, including food and water.
• ACSD4P02: Generate, develop, and communicate design ideas and decisions.

Learning Intentions

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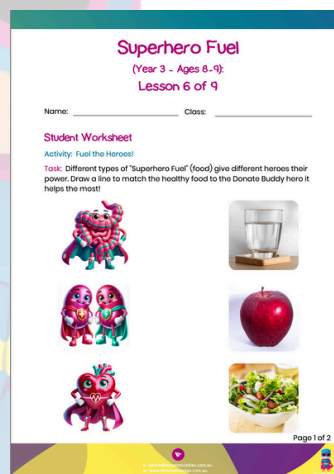
Success Criteria

- Name a healthy food and explain how it acts as "Superhero Fuel".
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Student Worksheet

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Name: _____ Class: _____

Student Worksheet

Activity: Fuel the Heroes!

Task: Different types of "Superhero Fuel" (food) give different heroes their power. Draw a line to match the healthy food to the Donate Buddy hero it helps the most!

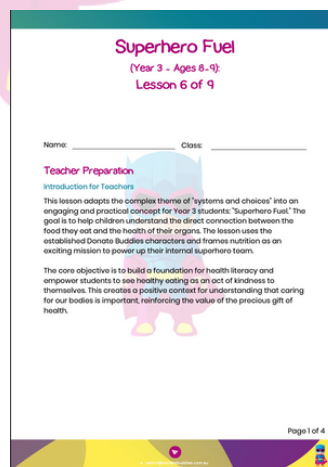


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Teacher Content Info

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Name: _____ Class: _____

Teacher Preparation

Introduction for Teachers

This lesson adapts the complex theme of "systems and choices" into an engaging and practical concept for Year 3 students: "Superhero Fuel". The goal is to help children understand the direct connection between the food they eat and the health of their organs. The lesson uses the established Donate Buddies characters and frames nutrition as an exciting mission to power up their internal superhero team.

The core objective is to build a foundation for health literacy and empower students to see healthy eating as an act of kindness to themselves. This creates a positive context for understanding that caring for our bodies is important, reinforcing the value of the precious gift of health.

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Curriculum Mapping and Links

Australian Curriculum (v9.0)

Subject	Strand	Content Descriptor
Health and Physical Education	Personal, Social and Community Health	<u>AC9HP4P06</u> : Investigate and apply behaviours that contribute to their own and others' health, safety, relationships and wellbeing.
Science	Biological sciences	<u>AC9S3U01</u> : Identify the basic needs of living things, including food and water.
Design and Technologies	Processes and Production Skills	<u>AC9TDE4P02</u> : Generate, develop, and communicate design ideas and decisions.

Queensland Curriculum (QCAA)

Subject	Syllabus	Content Description
Health and Physical Education	Year 3	Describe and apply strategies that promote their own and others' health, safety and wellbeing.
Science	Year 3	Living things have basic needs, including food and water.
Design and Technologies	Year 3	Generate and develop design ideas.



Resources Required

- A collection of food pictures or plastic food items.
- "Fueling Station" labels (e.g., "Super Strength," "Brain Power," "Energy Boost").
- The Donate Buddies character cards (from previous lessons).
- A "Power-Up Meal" worksheet for each student.
- Markers, crayons, and coloured pencils.

Skills

- Health literacy (nutrition)
- Critical thinking (sorting/classifying)
- Decision-making
- Creative design
- Self-management

Teacher Preparation

- Prepare the food pictures and "Fueling Station" labels for the sorting game.
- The core of this lesson is the "Superhero Fuel" metaphor. It transforms the often-dry topic of nutrition into an exciting mission: powering up a team of heroes. This approach provides a strong internal motivation for students to understand and appreciate healthy eating, connecting it directly to the wellbeing of the characters they have come to know.

Additional Information

This lesson has been created as part of Donate Buddies, a program designed to help young children explore kindness, sharing, and the importance of helping others. By introducing these concepts in a fun, age-appropriate, and engaging way, children begin to understand the power of kindness and how their actions can make a big difference.

Organ, eye, and tissue donation is a real-life example of this kindness, where one person can help save the lives of many others. While most people can donate tissue, only a small number of people who pass away in hospitals can become organ donors. One organ donor alone can save up to seven lives and help many more people through eye and tissue donation.

