

# Superhero Fuel

(Year 3 - Ages 8-9):

## Lesson 6 of 9

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.



## Key Concepts & Language for Teachers

- **The "Superhero Fuel" Metaphor:** This is the central theme. Introduce it as the secret to the heroes' powers.
  - **Say:** "We've met our amazing superhero team, but have you ever wondered how they get their energy? They need special 'Superhero Fuel' to power their incredible abilities! And the amazing thing is, YOU are the chef who provides it!"
- **Defining "Types of Fuel" (Food Groups):** Help students connect different foods to different superpowers, using the Donate Buddies characters.
  - **Say:** "Izzy the Intestine loves 'Super Fibre Fuel' from fruits and vegetables to keep the digestion system moving smoothly. Harriet the Heart needs 'Vitamin Power-Ups' from colourful foods to keep her pumping strong. And every hero on the team needs 'Hydration Power' from water to do their job!"
- **Connecting Fuel to Teamwork:** Emphasise that a balanced meal powers the whole team.
  - **Say:** "What would happen if we only gave our team one type of fuel? If we only gave them fuel for Lenny the Lungs, then Larry the Liver might run out of energy! A balanced meal with lots of different colours is like a feast for the whole headquarters, making sure every single hero gets the power they need to work together."
- **Connecting to the Bigger Idea:** Frame healthy choices as an act of stewardship for a precious gift.
  - **Say with a caring and appreciative tone:** "Our body's superhero team is the most incredible gift we will ever have. Choosing to give them the best 'Superhero Fuel' is how we say thank you. It's an act of kindness to ourselves. When we keep our own heroes strong and healthy, we are caring for that gift. And when a person makes the amazing promise to be an organ donor, they are sharing the gift of a strong, well-cared-for superhero to help another team."

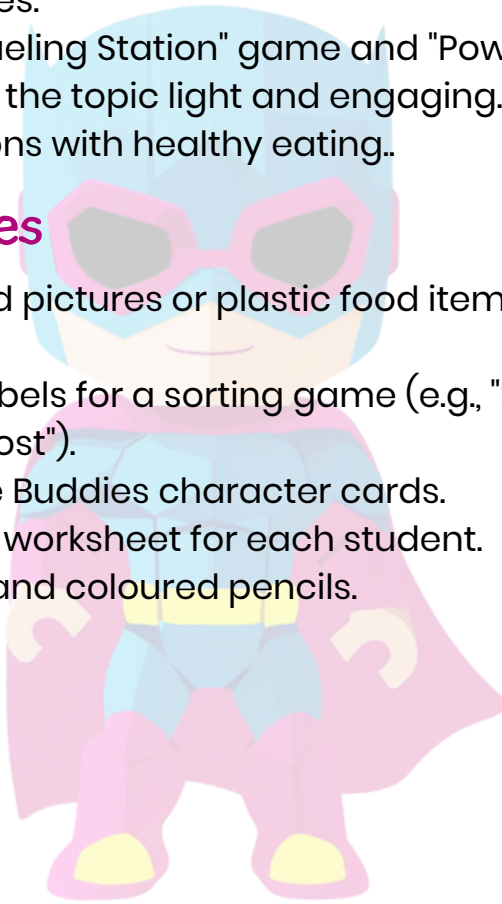


## Safety and Sensitivity Considerations

- **Focus on Positive Choices, Not Restriction:** The lesson should be about the wonderful things healthy foods do for our bodies, not about "bad" foods to avoid. Keep the language positive and focused on adding "power-ups."
- **Be Aware of Diverse Diets:** Children come from families with different food cultures, allergies, and economic situations. Keep the food examples broad and inclusive (e.g., "colourful vegetables," "strong proteins," "healthy grains") rather than specific, and be sensitive to students' home lives.
- **Keep it Fun:** The "Fueling Station" game and "Power-Up Meal" design are key to keeping the topic light and engaging. The goal is to build positive associations with healthy eating..

## Teacher Resources

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



## Magical Body Facts for Year 3 (Ages 8–9)

- Your heart pumps around 7,500 litres of blood through your body every day! ❤️
- If all your blood vessels were stretched end-to-end, they could go around the Earth two and a half times! 🌍
- Your brain sends messages to your body at speeds of up to 430 km/h – faster than a Formula 1 car! 🏎️
- Your stomach gets a new layer of mucus every few days so the acid inside doesn't eat through it. 🤢
- The strongest muscle in your body (for its size) is your jaw muscle – perfect for biting into an apple! 🍏
- You blink around 15–20 times every minute, which means over 10 million blinks a year! 👁️
- Earwax isn't "yuck" – it's a special waxy shield that protects your ears from dust, germs, and water. 🧠🛡️
- Your bones are constantly being broken down and rebuilt – every 10 years you have a brand-new skeleton! 💀✨
- The acids in your stomach are strong enough to dissolve metal – but don't worry, your body is built to handle it! 🧪
- Your fingerprints are completely unique – no one else in the world has the same ones as you, not even identical twins! 🔍

