



## Poster

**Approach:** Station

**Focus:** Thinking critically about the intentions of visual messages.

**Resources:** Poster, 3 stickers.

**Level:** Year 4 and year 8

**Questions/instructions:**

Look carefully at the poster. It gives important messages.

What messages is the poster trying to give?

Try to think of 3 key messages it is telling you.

Write each message on a sticker.

When you have finished stick the stickers on the black and white poster.

**Key messages relating to balance:**

important to balance diet/foods we eat	10	40
important to balance food and exercise	1	4

**Other messages:**

food and exercise affect our heart	1	2
exercise matters	36	58
food matters	50	69
exercise is fun	1	1
food is fun	0	0
exercise gives energy	0	0
food gives energy	0	2

<b>Total score:</b>	4-11	4	15
	3	4	22
	2	29	38
	1	23	16
	0	40	9

**Commentary:**

Most year 4 students and many year 8 students missed the focus on balance entirely. Those who did focus on balance tended to mention only balancing foods eaten, not balancing food and exercise.



**STUDENT EXAMPLES**

Do lots of exercise that will keep you not getting fat.

Eat right foods like fruit & vegetables & meat.

Exercise and keep fit. Go out for a run once in a while. But have FUN.

It is telling you to have a balanced diet buy eating things like milk, watermelon, cheese and meat.

Keep healthy but still have fun in your life.