EAT AND PLAY
THE HAWTHORN WAY

Hawks eWorkbook

Move Well Eat Well
Tassie Hawks are excited to work with the **Move Well Eat Well** program that offers primary schools across Tasmania support and recognition for healthy eating and physical activity. Content in this eWorkbook supports **Move Well Eat Well** messages and will have you feeling fit and healthy in no time!

To find out more about the **Move Well Eat Well** program, visit [movewelleatwell.tas.gov.au](http://movewelleatwell.tas.gov.au)

Many Tasmanian primary schools are **Move Well Eat Well** schools, encouraging their students to enjoy eating well and being active every day.

Is your school a **Move Well Eat Well** school? Ask your teacher.

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Visit your local **Bupa** retail centre:
- **Launceston** 68 St John Street
- **Hobart** 130 Collins Street
- **Eastlands** Shop G34, Eastlands Shopping Centre
- **Burnie** Priceline Pharmacy, 35-37 Mount Street
- **Glenorchy** Shop 55, Northgate Shopping Centre

Call us on **134 135** or visit [bupa.com.au](http://bupa.com.au)
My name’s Hudson ‘Hawka’ Knights and I’m the coolest mascot in the AFL!

I would love for you to meet my friend Bluey the Bupa mascot. He’s an AFL rookie, so I’ll be giving him a few tips on how to improve his game. He loves running around and kicking the football, so I think he’s going to be a fast learner.

This eWorkbook is full of fun activities for you to do that will help you learn important information that superstars like ‘Hodgey’ and Cyril also need to know.

There are a number of opportunities to win some great prizes throughout the eWorkbook, so make sure you keep an eye out for these as you go.

Have fun and I hope to see you next time the Hawks are in Tassie, whether it’s at an Aurora Stadium home game or around the state during community visits.

Hawka

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About Me

This is my friend Bluey the Bupa mascot. We have filled out our profiles below so you can get to know us. Once you have read ours, fill out your own profile.

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Name: Bluey  Hair colour: Blonde  Eye colour: Brown
When I grow up I want to be: Healthy  Most admired AFL player: Luke Hodge
Favourite food: Apples  Favourite song: We are the Champions
Favourite TV show: Sports, sports and more sports
Favourite holiday: Trips to the beach or the mountains
Favourite subject at school: Sport
Likes: Keeping fit and hanging out with my friends
Dislikes: Spiders

Name: Hudson ‘Hawka’ Knights  Hair colour: Blonde  Eye colour: Brown
When I grow up I want to be: An AFL footballer
Most admired AFL players: Brad Sewell and Grant Birchall
Favourite food: Pasta (especially after a big match!)  Favourite song: Hawthorn theme song
Favourite TV show: HawksTV
Favourite holiday: Visiting Launceston when Hawthorn plays there
Likes: Hawthorn Football Club, kick-to-kick and watching the Hawks train
Dislikes: Anyone touching my hair

Now it’s your turn to fill out a profile.

Name: ________________  Hair colour: ________________  Eye colour: ________________
Favourite TV show: ____________________________
Hair colour: ____________________________  Eye colour: ____________________________
When I grow up I want to be: ____________________________
Dislikes: ____________________________
Most admired AFL player: ____________________________
Likes: ____________________________
Favourite food: ____________________________
Favourite subject at school: ____________________________
Favourite song: ____________________________
Favourite holiday: ____________________________

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Put a photo or a drawing of yourself here.
Eating healthy food and being active every day is really important for maintaining a healthy body. A healthy body means you feel good and have loads of energy to do the things you want to do like kick a ball and have fun with your friends.

Some foods are better than others at fuelling our bodies. Bread, vegetables, fruit, yoghurt, cheese, fish, meat and baked beans are good choices for eating everyday. Foods like biscuits, cakes, lollies, chocolates, chips and burgers are ‘occasional’ foods. They are not for eating every day.

When you are thirsty, water is the best drink. Milk is also great and keeps our teeth and bones strong. Cordial, soft drink, sport drinks and juice have a lot of sugar in them, so only drink these occasionally.

Try not to spend too much time in front of the TV or computer. Be as active as you can, get outdoors with your friends and you will feel great!

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**TAKE THE LUNCHBOX QUIZ**

Eating a variety of healthy foods is really important to fuel our bodies with energy so we can stay healthy and active. If we don’t eat the right food, our bodies will not have enough energy to grow up fit and strong! Every day you should try to eat a variety of vegies and fruit. Check out my awesome Lunchbox Quiz to help you work out what foods you should be eating every day!

1) Tick the foods below that you think are examples of everyday foods:
- [ ] Chicken
- [ ] Yoghurt
- [ ] Nuts
- [ ] Doughnuts
- [ ] Apples
- [ ] Carrots
- [ ] Fish
- [ ] Chocolate cake

2) Different kinds of fruits and vegies give us lots of different nutrients so we need to eat a rainbow of coloured fruits and vegies to make sure we don’t miss out on any! Can you name one fruit for each colour listed below?
- Red: ........................................
- Yellow: ...................................
- Orange: ....................................
- Green: ......................................
- Purple: .......................................
- White: ......................................

Can you name one vegetable for each colour listed below?
- Red: ........................................
- Yellow: ...................................
- Orange: ....................................
- Green: ......................................
- Purple: .......................................
- White: ......................................

3) Hawthor n players drink water every day and need extra during training and when playing matches. Why is it important to drink water every day?

4) List three foods an AFL player needs to eat every day to be healthy?

5) List three activities the Hawks players do to keep fit and healthy?

6) Biscuits, cakes and lollies are ‘occasional’ foods. Why?

7) What foods and drinks keep our body healthy?

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**BUPA FUN FACT!**

Ensure you get a good night’s sleep and a healthy and nutritious breakfast. That will help you concentrate well at school and play well at sport.
**WHY IS IT IMPORTANT TO BE ACTIVE?**

Being active every day is good for lots of reasons. It helps keep your body strong, and your heart, lungs, muscles and bones healthy.

Ask someone at home to be active with you by taking you to the park or playing different games with you. And most importantly, pick activities that you enjoy... it's much more fun!

When you have found the right activity, make sure you have the right equipment and safety gear. Warm up before you start, stretch properly and cool down when you finish. It's also important to make sure you’ve got plenty of water to drink.

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**BUPA FUN FACT!**

Limit the time you spend watching television, using a computer or playing video games to less than two hours per day.

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**BUPA FUN FACT!**

Don’t forget your mouth guard while playing contact sports. Brushing your teeth twice a day helps keep your teeth strong and clean.

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**HOW MUCH PHYSICAL ACTIVITY IS ENOUGH?**

Did you know that young people should do at least one hour of physical activity every day?

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**GET MOVING**

**Take the six week physical activity challenge!**

See if you can complete at least 60 minutes of physical activity every day for six weeks. Keep a record of your activities and how much time you spend doing them. Invite other family members to take up the challenge too!

**Why not take up this challenge as a class activity?** Brainstorm a list of possible activities you and your class mates could do. Create a display in your classroom, survey members of the class to identify favourite activities and graph the results.

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Meet some of the Hawks team and learn what they love to eat and the activities they like to do outside of footy.

**Coach:** Alastair Clarkson  
**Favourite food:** Seafood  
**Favourite physical activity:** Golf

**Player:** Grant Birchall  
**Favourite food:** Ravioli  
**Favourite physical activity:** Basketball

**Player:** David Hale  
**Favourite food:** Seafood  
**Favourite physical activity:** Golf

**Player:** Isaac Smith  
**Favourite food:** Thai beef salad  
**Favourite physical activity:** Surfing

**Player:** Paul Puopolo  
**Favourite food:** Berry smoothies  
**Favourite physical activity:** Swimming

**Player:** David Hale  
**Favourite food:** Seafood  
**Favourite physical activity:** Golf

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**TOP SCORING MATCH**
Watch a football match. Every time a point or points are scored, look at the player who kicked the points and find the number on the back of his jumper. Multiply (times) that number by the number of points he scored. For example... Sam Mitchell, number 5, kicks a goal which is worth 6 points. So 5x6=30. Compare your score with the actual scores at the end of the game. Did the same team win? Why or why not?

**COMPARING CHAMPS**
Compare the statistics of five Hawthorn footballers. Create a graph to illustrate an interesting statistic comparison.

**FOOTY POLL**
Create a poll asking your classmates to vote for their favourite footballer. Present the results to your class, outlining the poll you designed, the results and how you collected them.

**WIN AN ARGUMENT WITH STATISTICS**
Hawthorn is claimed to be the most successful AFL Club over the past 50 years. Is this true? Present an argument for or against this claim. Your argument must be based on data.
Muesli biscuits (makes 12)

**Ingredients**
- 1 cup oats
- ½ cup wholemeal plain flour
- ½ cup shredded coconut
- ½ cup dried fruit/nuts of your choice (e.g. sultanas, apricots, dates, macadamia nuts, walnuts)
- 50g margarine
- 2 tablespoons honey
- ¼ teaspoon bicarbonate soda
- 1 egg (lightly beaten)

**Method**
1. Preheat oven to 180°C. Spray two baking trays lightly with oil.
2. Place margarine and honey in a small saucepan and melt over low heat. Remove from heat, stir in bicarbonate soda and leave to cool slightly.
3. In a bowl, mix together oats, flour, coconut and dried fruit/nuts. Make a well in centre.
4. Add margarine/honey mixture and egg to dry ingredients and mix with a wooden spoon until well combined.
5. Place tablespoons of mixture onto trays and slightly flatten with the back of a fork. Allow room for spreading.
6. Bake for 10-15 mins or until golden brown. Stand biscuits for 5 mins before transferring to a wire rack to cool.

Be sure you have an adult helping you – especially when using the oven or hot plates!

Beetroot dip

**Ingredients**
- 1 x 450g can baby beetroot, drained, roughly chopped
- 250g (1 cup) reduced fat Greek-style yoghurt
- 2 tablespoons fresh lemon juice
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- Pepper (optional)

**Method**
1. Combine all ingredients in a bowl and mix well.
2. Pack a small container of beetroot dip in your lunchbox with:
   - Vegie sticks – try carrot, celery, capsicum, snow peas or cucumber
   - Wholemeal crackers
   - Pita chips – cut pita bread into triangles, sprinkle with grated cheese and bake in a hot oven (160°C fan forced) until crispy. Store in an airtight container.

Don’t forget an ice-pack to keep your beetroot dip cold and safe to eat.
Water is the best drink for your body. Do you know three quarters of your body is made up of water? To keep your body working well and to protect your teeth, you must drink plenty of water each day.

Your school may have taps to refill water bottles in each classroom. Have you refilled your water bottle today?

All Hawthorn players choose water as their main drink. Is water your main drink?

Fruit and vegetables have lots of vitamins, minerals and fibre that your body needs for healthy bones, teeth, skin, eyes and hair. These ‘everyday’ foods help fight off illness and keep your insides working well.

Do you know eating a rainbow of different coloured fruit and vegetables every day will help your body get all the goodies it needs?

So Plant Fruit and Veg in your Lunchbox every day! Your class may have a daily fruit and vegetable break and you can also enjoy fruit and vegetables at recess, lunch and after school.

What fruit and veg would you like in your lunchbox?

Foods like chips, chocolates and lollies don’t have the goodies your body needs to be healthy and grow well.

Do you know when you eat ‘occasional’ foods you are less likely to eat the ‘everyday’ foods that your body needs? As a result, your body misses out.

By Limiting ‘Occasional’ Foods and eating more ‘everyday’ foods like fruit, vegetables, bread, cheese, yoghurt, meat, fish, eggs and legumes, you will have more energy to play sport and be active with your friends every day!

What ‘everyday’ foods are for sale in your canteen?

Football players might eat ‘occasional’ foods to celebrate after a big win. What special occasions do you celebrate with ‘occasional’ foods?
Being physically active is a great way to have fun with friends. It can also help you learn, get fit and build strong and healthy bones and muscles.

Do you know your body needs to be active every day to keep healthy and function well?

Kids aged 5-12 years need to do at least one hour of physical activity each day that makes them huff and puff. So Move, Play and Go! Your class may have PE lessons each week and fun daily fitness activities that get your heart pumping. Give it a go and try something new!

Football players Move, Play and Go a lot. Do you?

Walking, riding, skating and scooting are great ways to be active.

When you Stride and Ride to and/or from school your body gets fitter and stronger. It also helps you learn to be safe on the roads and means fewer cars around the school gate, making it safer for everyone.

Can you walk all, or part, of the way to school? If not, where can you walk during the school day?

Have you got free time after school? Swap inside for outside – talk to the grown-ups in your family about where you can walk safely after school.

Less time watching TV and playing computer games means more time for active play with friends and family.

Do you know it’s best if kids aged 5-12 limit their screen time to less than two hours a day?

So Turn Off, Switch to Play! Your school may have a sports equipment shed where you can borrow equipment at lunchtime, or you could suggest new active games to play with your friends. After school, give yourself a challenge - swap TV time for active play.

What’s your favourite way to be active and have fun?

To find out more about the Move Well Eat Well program, visit movewelleatwell.tas.gov.au
GET CREATIVE AND ACTIVE — SET UP AN ORIENTEERING COURSE!

Being active can be fun - why not enjoy this team activity with your class?

Divide the class into two teams. Each team selects an area on school grounds where they will plan and set up an orienteering course.

WHAT DOES EACH GROUP NEED TO DO?

• Create a team name
• Think about different areas for your course and decide the best one
• Draw a poster size map of the area
• Mark some clue points/stations on the map (don’t reveal this to the other group until they have completed the course)
• Decide on the start and finish stations
• Record the number of steps and direction between each station
• Write clue cards. Each clue needs to give the approximate number of steps and direction to the next station e.g. from station B take 50-60 steps towards the fence, turn left and take a further 20-30 steps to look for the clue at station C
• Set up the course and attach the clue cards to each station
• Ask the other team to get into smaller groups and try the course
• Time each group with a stopwatch and have a healthy eating prize for the winning group from each team

WHY NOT TRY:

• Use pedometers or distance measuring equipment (like a trundle wheel) to plan and set up the course
• Plan and run the activity over a few weeks

SCIENCE

What information can you find about the hawk? What type of bird is it? What does it eat? Where does it live? Are there any hawks in your area? What helps protect a hawk? Why would Hawthorn have chosen a bird such as the hawk as its emblem? What information can you find about the birds other AFL teams have chosen as their emblem? For example: magpies, eagles and crows.
HELP MARKET YOUR SCHOOL CANTEEN

Select one of the activities below to help your school canteen manager think of new ways to market the school canteen.

ACTIVITY 1: DESIGN A NEW, HEALTHY CANTEEN MENU

TASKS:

• Use recipe books, magazines or the internet to find three healthy meals or snacks (make sure these include fruit and/or vegetables). Print or photocopy the recipes. Remember not to choose recipes high in fat and/or sugar.

• Invent your own catchy names for the meals that will persuade people to choose them. Think about what your friends like to eat and try and make the names appeal to them. Use a joke or humour to make the menu fun. e.g. Barney Banana Smoothie

• Select one of the three dishes/snacks and create an argument for why students should choose that healthy option. For example: it contains more fruit and veg or its tastier. Write down a couple of points about why healthy foods like fruit or vegetables are good choices.

• Write a letter to your school canteen manager outlining the new healthy dishes/snacks, why they should be included in the menu and why one particular dish/snack is good for our health. Make sure you attach the recipes.

• Stuck for ideas? What about Soup Day, Fruit Friday, Taco Tuesday or Jacket Potato Week?