



Dreamworld'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 Dreamworld. Together you and your class mates will be part of the **ACTIVE DREAMWORLD CHALLENGE** and investigate ways in which we can live more healthy lives.

GET INVOLVED, BE ACTIVE AND HAVE FUN!!!

Healthy Food Habits



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 behind this 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 Dreamworld.

- 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 among 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 DREAMWORLD

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

- 1) Do you think the types of foods that people eat at Dreamworld are different from the foods they might eat at regular meals? Why?
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- 2) a) At Dreamworld 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 Dreamworld.

Food Outlet	Healthy Food Options	Less Healthy Food Options
Market Place		
Central Café		
Snack Attack Food Bar		
Bengal Tea House		
Yummy Yummy Food Outlet		
Fast Food		
Kakadu Café		
Billabong Buffet Restaurant		

b) Did you notice any difference in the healthy food options offered at the *Yummy Yummy Food Outlet* compared to *Fast Foods*? If so, what and why?

 **POST-TRIP EXERCISE**



- 1) Guests visit Dreamworld to experience a day of fun and excitement, to share in a day full of treats and delights. Your task is to design a Healthy Dreamworld Menu for one of the themed worlds for example Nick Central or Wiggles World. Keeping with the theme of the selected World, 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.

THEMED WORLD

MENU TITLE

SNACKS	PRICES
MEALS	
DRINKS	

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

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

3) Explain how you have incorporated the theme of the world you have selected into your menu choices?

EXTENSION ACTIVITY 1.

Dreamworld's Online Marketing Manager has asked you to design a ***Dreamworld Big Day Out Healthy Choice Menu*** that could be displayed on the website for visitors to access before their visit.

You have been told that you must include:

1. Morning tea, lunch and afternoon tea including food and drink.
2. The price of the items and the food outlet they are to be purchased from.

Select one of the groups below. Ensure that you take into consideration the specific dietary requirements of that particular group, the cost of the combined meals and make sure the selected food is a tasty healthy option that people will enjoy.

- A group of four young people including two vegetarians
- Muslim family of four (*hint: no pork, Halal accredited meal*)
- Family with two adults and two children under four years of age

<u>SELECTED GROUP</u>
<u>CATCHY MENU TITLE</u>
<u>MORNING TEA</u>
<u>LUNCH</u>
<u>AFTERNOON TEA</u>

EXTENSION ACTIVITY 2.

The CEO has asked you to investigate whether or not visitors would like Dreamworld 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 do people visit Dreamworld? How often do people visit Dreamworld?

SWOT ANALYSIS

STRENGTHS

WEAKNESSES

OPPORTUNITIES

THREATS
