

By promoting healthy eating habits in the classroom students will gain a greater understanding of healthy food behaviours, which will work towards improving their physical health and ability to concentrate and learn.



Looking for new ways to teach healthy eating in your classroom? Here's a collection of engaging teaching resources and reliable health websites to develop students' knowledge and skills around food and nutrition, in line with the Australian Health and Physical Education curriculum, Foundation – Year 10.

Topics include classroom resources, programs, CALD resources, healthy lunchbox ideas and reliable health sites.

Classroom resources

Primary school specific resources and activities

ACT Government: Good Habits for Life website

- Resources to help teachers with talking about healthy eating habits in the classroom. They are sorted under four categories- 'Eat well', 'Move more', 'Get into life', and 'Other'.
- Activities include an eat well tracker, 'My healthy lunchbox', seasonal fruit lists, and a shopping list helper and meal planner.

<https://goodhabitsforlife.act.gov.au/new-resources-view>

Fresh tastes: Healthy food at school

- Resources to assist teachers to grow vegetables and fruit at school.
- Provides curriculum resources in line with the Australian Curriculum.
- Has 'classroom ideas' and links to useful websites and resources for teachers.
- Provides 'success stories' so teachers can read how the program has worked elsewhere.

<https://goodhabitsforlife.act.gov.au/fresh-tastes/growing-food-little-things%E2%80%A6>

Nutrition Australia ACT's Food&Me

- Has four nutrition education units, linked to the Australian Curriculum, and aligned with the Australia Dietary Guidelines for K- Year 6.
- Teachers can download for free, once they have registered.

<https://goodhabitsforlife.act.gov.au/fresh-tastes/foodme%E2%84%A2-%E2%80%93-tasty-resource-teachers>



Phenomenom!

- A fresh approach to food literacy and nutrition education, including videos and resources, designed to slip more serves of vegetables into every classroom.
- Combining the history of cuisine and agriculture with lessons about art, maths, psychology and science, the classes are designed to be integrated into existing lessons for Years 3-6.
- A teacher can search by Australian Curriculum code, subject and theme.

<http://phenomenom.com.au/>

Foundation to Year 10 resources and activities

Healthy Kids Association

Provides a list of teaching resources to promote healthy eating in the classroom and canteen. For healthy eating and living lesson plan ideas and resources that complement the Victorian curriculum, especially *Unit 1- Food and Nutrition*.

<https://healthy-kids.com.au/teachers/teaching-resources/>

Foodbank's Superhero Foods HQ

Superhero Foods is an online resource providing teachers and health educators with access to a host of highly engaging nutrition education resources including:

- Free downloadable lesson plans and resources linked to the Australian Curriculum for all ages (Foundation to Year 10).
- A number of nutrition resources available for download or purchase including recipe booklets, placemats, game/collector cards, storybook, colouring-in pages and clipart.

<https://www.superherofoodshq.org.au/home/>

Refresh.ED

Edith Cowen University

Refresh.ED is a website that contains food and nutrition resources for Years Foundation-10, based on the Western Australian and Australian Curricula.

<http://www.refreshedschools.health.wa.gov.au/>

Healthy Active Kids

This website has curriculum activities ready for teachers to use with students. Along with the teaching units there are webinars, recipes, games and videos.

<https://www.healthyactivekids.com.au/teachers/victoria/>

Nutrition Australia ACT's IYM Food & Me

- Nutrition Australia ACT have developed these nutrition-focused education resources to support schools.
- Four nutrition education modules, linked to the Australian Curriculum, and aligned with the Australian Dietary Guidelines for Years 7-8.
- Teachers can download for free, once they have registered.

<http://www.health.act.gov.au/healthy-living/healthy-children-and-young-people/its-your-move/iym-foodme-nutrition-learning>



Student Wellbeing Hub

The Student Wellbeing Hub provides information and resources for students, teachers and parents to assist them to create and maintain a safe and welcoming school environment. This website has key information and classroom resources (aligned with the Australian Curriculum) ready for teachers to use with students. The resources are broken up based on Primary and Secondary groups. The *'Healthy Minds and Bodies'* wellbeing topic is where healthy eating activities can be found.

<https://www.studentwellbeinghub.edu.au/>

Programs

Healthy Eating Advisory Service

Nutrition Australia Vic

The Healthy Eating Advisory Service is a free service that is funded by the Victorian Government to support schools to provide healthier foods and drinks in line with the Victorian Government's School Canteens and Other School Food Services Policy. They provide a telephone and email advice line, online menu assessments with FoodChecker, training on the School Canteens and Other School Food Services Policy, and more.

<http://heas.health.vic.gov.au/schools>

Crunch&Sip

Cancer Council WA

The Crunch&Sip program is an easy way to help kids stay healthy and happy! Crunch&Sip is a set time during the school day to eat vegetables and fruit and drink water in the classroom.

The Crunch&Sip website contains helpful hints and tips for teachers which can help improve students' focus, fruit and vegetable intake and general food knowledge.

<http://www.crunchandsip.com.au/crunchsip-in-action/teachers>

Stephanie Alexander Kitchen Garden Program

Stephanie Alexander Kitchen Garden Foundation

Stephanie Alexander Kitchen Garden Foundation provides the inspiration, information, professional learning and support for schools to deliver pleasurable food education, in conjunction with educators, partners and the wider community.

The Stephanie Alexander Kitchen Garden website contains information for teachers on how to implement the program into schools. If your school is not a part of the program they also have some freely accessible resources such as recipes and garden activity ideas.

There are also ideas for teachers to implement in the classroom that promote both fruit and vegetable consumption and overall positive relationships with food.

https://www.kitchengardenfoundation.org.au/uploads/000_2014-file-uploader/free-resources/garden-activities/usingoursenses.pdf

The Healthy Schools Achievement Program

Cancer Council Victoria

The Achievement Program gives you a simple, evidence-based framework to support the health and wellbeing of everyone in your school. Help students develop to their full potential and boost staff productivity. At any age — healthy people perform better.

<https://www.achievementprogram.health.vic.gov.au/healthy-places/schools>

Foodbank's School Breakfast Program

Foodbank

The School Breakfast Program aims to deliver a wholesome, nutritious breakfast to students every day. There are also resources such as case studies and books that can be found on the website to showcase the benefits that using this program can create.

<https://www.healthyfoodforall.com.au/school-breakfast-program/>

Food Sensations

Foodbank

This is a nutrition education initiative that aims to improve knowledge, attitude and skills around healthy foods, involving topics such as:

- Healthy eating
- Food budgeting
- Food preparation
- Cooking skills (including recipes).

<https://www.healthyfoodforall.com.au/food-sensations/>

Q4:H2O

NSW Government

Q4:H2O is a one week initiative for families and schools that promotes making healthy drink choices, particularly water as the drink of choice.

http://www.healthpromotion.com.au/H2O/H2O_Home.htm

Culturally and linguistically diverse (CALD) resources

These resources are particularly designed to assist students from culturally and linguistically diverse backgrounds.

Bush Tucker Tips

For culturally sensitive information on health and chronic disease, recipes, and fruit and vegetable ideas for Aboriginal peoples.

http://www.healthinonet.ecu.edu.au/uploads/resources/14519_14519.pdf

Health Equity and Access

For details on healthy drinking/eating, school lunchboxes and different food/cultural profiles, this website can provide information in many different languages.

<https://metrosouth.health.qld.gov.au/multicultural-nutrition-resources>

Reliable health sites

The following sites provide reliable evidence-based information that you can use with your students for projects that require research on chronic disease, healthy eating, and other food related issues.

Healthy eating guidelines and resources

- Australian Dietary Guidelines <https://www.eatforhealth.gov.au/guidelines> (Note: here you can print or order posters of the Australia Guide to Healthy Eating).
- [Indigenous Guide to Healthy Eating](#)
- FoodChecker, to assess canteen menus and catering items <http://foodchecker.heas.health.vic.gov.au/>
- Dietitians Association of Australia <https://daa.asn.au/smart-eating-for-you/smart-eating-fast-facts/>
- Food Standards Australia New Zealand (FSANZ), for food labelling information <http://www.foodstandards.gov.au/Pages/default.aspx>
- Veggycation is a website that contains an abundance of information on the benefits of eating vegetables <http://www.veggycation.com.au/>

Trusted health sites

- Better Health Channel <https://www.betterhealth.vic.gov.au/>
- Live Lighter <https://livelighter.com.au/>
- The Heart Foundation <https://www.heartfoundation.org.au/>
- Diabetes Victoria <https://www.diabetesvic.org.au/Home>
- Cancer Council Victoria <https://www.cancervic.org.au/living-with-cancer/nutrition>
- Nutrition Australia <http://www.nutritionaustralia.org/>

Interactive sites for children on healthy eating

- Eat for Health, *Food Balance* game. <http://www.eatforhealth.gov.au/nutrition-calculators/food-balance>
- *Fresh for Kids* is a fun and interactive site to promote fruit and veg. Visit the 'kid's corner' for games, activities, competitions; and more. www.freshforkids.com.au/
- *Go for Your Life* fun and interactive lunchbox game. <http://www.goforyourlife.vic.gov.au/hav/articles.nsf/html/index.html>

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