



## FOOD AND NUTRITION INFORMATION WEBSITES FOR TEACHERS

Accessing the internet for teaching resources related to food, nutrition and health can be very efficient. However, judging the credibility of the information on the internet can be confusing and take a lot of time. Much of the information is not peer reviewed in a traditional scientific manner. Inaccurate nutrition information, nutrition-related myths and misconceptions flourish.

Online information along with print resources should be evaluated for relevance, currency, reliability and accuracy. The sites listed below were active as at November 2011 and have been assessed by Nutrition Australia as being of a high standard and relevant to the school curriculum.

### *ABC Science – Lesson Plans*

<http://www.abc.net.au/science/surfingscientist/lessonplans/>

Nutrition information and lesson plans and activities for various ages and ability including “Science Experiments about Food and Nutrition.” Of particular interest are:

Lesson Plan 13 – Food, Exercise and Energy (Years 4-10)

Lesson Plan 21 – Taste Illusion (Primary and Secondary school students)

### *ACT Health: NOURISH – The Facts*

<http://www.health.act.gov.au/c/health?a=sendfile&ft=p&fid=2019184067&sid=>

Teacher resource list - Later Childhood, Years 2 – 6 (age 6 – 11yrs)

This table lists resources for teachers interested in incorporating nutrition into their teaching. The resources selected are predominantly Australian with a positive nutrition focus to support Nourish –The Food in ACT Schools Guidelines.

### *ACT Health: FOODWIZE*

<http://health.act.gov.au/health-services/community-health/community-health-services/nutrition/nutrition-education-resources>

School Nutrition: These resources are designed to help teaching staff, parents, canteen workers, other school staff and volunteers to promote appropriate nutrition to children and young people.

### *Australian Government*

<http://www.health.gov.au/internet/main/publishing.nsf/content/health-publth-strateg-food-index.htm>

Resources, national healthy eating guidelines as well as new guidelines (to be released soon).

### *Australian Indigenous Health Info Net*

<http://www.healthinfonet.ecu.edu.au/?gclid=CMTtqZ75xq0CFYM3pAodJm5xjA>

Information and resources about nutritional health among Indigenous people. Contains health promotion resources plus a recipe book; *Feeding your mob with fruit and veg: bush tucker tips*. Resources suitable for primary and secondary school students.

### *Crunch And Sip<sup>®</sup>*

<http://www.crunchandsip.com.au/default.aspx>

Crunch&Sip<sup>®</sup> is a set break to eat fruit (or salad vegetables) and drink water in the classroom. Students 're-fuel' with fruit or vegetables during the morning or afternoon -assisting physical and mental performance and concentration in the classroom. See how to implement this in your classroom.

### *Dietitians Association of Australia (DAA)*

<http://daa.asn.au/for-the-public/smart-eating-for-you/>

DAA is the peak body of dietetic and nutrition professionals providing strategic leadership in food and nutrition through empowerment, advocacy, education, accreditation and communication. The public section of this site includes nutrition information, tips and recipes to help you eat well. All information has been written by Accredited Practising Dietitians (APDs), and is reviewed regularly.

### *Dairy Australia*

<http://www.dairyaustralia.com.au/Education-and-Careers/Primary-School-Resources.aspx>

Dairy Australia offers a number of resources designed to engage and educate students about the ways dairy farmers contribute to our community and our lives.

### *Department of Agriculture and Food*

[http://www.agric.wa.gov.au/PC\\_90047.html?s=1570538343](http://www.agric.wa.gov.au/PC_90047.html?s=1570538343)

Focus is on plants, animals and crop nutrition as well as other related topics. Resources are suitable for Primary and Secondary school students.

### *Food Insight: Your Nutrition and Food Safety Resource*

<http://www.foodinsight.org/Home.aspx>

The International Food Information Council Foundation provides food safety, nutrition, and healthful eating information to help you make good and safe food choices.

### *Fresh For Kids*

<http://www.freshforkids.com.au/index2.html>

The Sydney Markets Limited Fresh for Kids program aims to help school aged children achieve a healthy lifestyle by encouraging them to eat plenty of fresh fruit and vegetables and by participating in physical activity. Resources include worksheets, activity sheets and posters.

### *Food Standards Australia And New Zealand*

<http://www.foodstandards.gov.au/>

FSANZ is a bi-national Government agency whose main responsibility is to develop and administer the Australia New Zealand Food Standards Code (the Code), which lists requirements for foods such as additives, food safety, labelling and GM foods. This site also contains fact sheets for public use.

### *Fun Not Fuss with Food*

[http://www.health.qld.gov.au/health\\_professionals/food/funnotfusswithfood.asp](http://www.health.qld.gov.au/health_professionals/food/funnotfusswithfood.asp)

This is a tool for health staff to provide information to parents about nutrition for children. Information includes tips for child friendly meals, food activities and games, healthy snack and drink ideas, information about the amounts and kind of food for children. This site contains fact sheets, a power point presentation and facilitators manual.

### *Go Grains*

<http://gograins.com.au/wp-content/uploads/2011/04/Go-Grains-Teaching-Resource.pdf>

This is a teaching resource for upper primary school discussing where grains come from, how they become food and the benefits of including grains in our daily diet.

### *Go for 2&5<sup>®</sup>*

<http://www.gofor2and5.com.au/>

There are many fun ways to find out about food. Challenges, activities and recipes for lower, middle and upper primary school students

### *Government Of South Australia – Right Bite for Schools and Preschools*

<http://www.decd.sa.gov.au/eatwellsa/pages/eatwell/rightbite/?reFlag=1>

Interactive website links, healthy lunchbox ideas, curriculum suggestions and healthy eating guidelines for preschool and primary school aged children.

### *Healthy Active Classroom – AIS Teaching Resource Online*

<http://www.healthy-active-classroom.com.au/>

The Australian Institute of Sport and Nestlé Australia have created *Healthy Active Classroom* - a Health and Physical Education Resource. This is suitable for Primary students K-6.

### *Healthy Kids – Eat Well Get Active*

<http://www.healthykids.nsw.gov.au/teachers-childcare/nutrition-primary-school.aspx>

This section provides teachers and out of school hours teachers (both Primary and Secondary) with access to teaching resources, easily accessible guidelines and links to nutrition related materials.

### *Home Economics Institute Of Australia*

<http://www.heia.com.au/>

HEIA is the peak body for the home economics profession in Australia. Benefits of membership include: professional development, HEIA journals, HEIA newsletters, quality resources, conferences, representation and much more.

### *National Heart Foundation*

<http://www.heartfoundation.org.au/Pages/default.aspx>

Heart health information, food and nutrition facts and Heart foundation tick program.

### *NOURISH INTERACTIVE – Teaching Nutrition in the Classroom*

[http://www.nourishinteractive.com/hco/food\\_nutrition\\_teachers\\_tools\\_schools\\_games\\_class\\_room\\_technology](http://www.nourishinteractive.com/hco/food_nutrition_teachers_tools_schools_games_class_room_technology)

A set of interactive nutritional tools as well as lesson plans, nutrition worksheets and family nutrition handouts.

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[www.nutritionaustralia.org](http://www.nutritionaustralia.org)

## *Nutrition Australia*

<http://www.nutritionaustralia.org/>

This site contains fact sheets and resources covering general nutrition issues as well as a section on packing school lunchboxes for primary school children. Posters, DVD's and books can also be purchased from the online shop.

## *Nutrition for Children and Teens*

[http://helpguide.org/life/healthy\\_eating\\_children\\_teens.htm](http://helpguide.org/life/healthy_eating_children_teens.htm)

Good nutrition information and tips on encouraging healthy eating early in children's lives.

## *Queensland Government – Healthy Schools Website*

<http://www.health.qld.gov.au/healthyschools/>

The Healthy Schools website has been developed as a resource to support health professionals and school communities across the state in the work that they are doing to create schools that are healthy places to learn, work and play. Information, resources and links on a variety of topics including the internationally recognised best practice Health Promoting Schools approach, specific health issues and key policy documents can be found on the site.

## *Stephanie Alexander's Kitchen Garden Program*

<http://www.kitchengardenfoundation.org.au/index.php>

Kitchen Garden Schools commit to a dynamic and innovative model that sees kitchen and garden classes run weekly, enabling skills-based learning that extends across the entire school curriculum. As participants in the Kitchen Garden Program, eight to twelve year-old children spend time in a productive veggie garden and home-style kitchen each and every week. There they learn skills that will last them a lifetime, and discover just how much fun it is to grow and cook their own seasonal vegetables and fruits.

## *Swap It Don't Stop It*

<http://swapit.gov.au/>

*Swap It* is a national campaign running across TV, Print, Online and Radio. The campaign is focused on promoting the simple, everyday changes you can make to improve your health. This site offers resources and fact sheets and is suitable for primary and secondary school students.

## *WIRLIT – Free Teaching Resources K-3*

[http://www.wirlit.com.au/main/page\\_themes\\_resources\\_from\\_farm\\_to\\_table.html](http://www.wirlit.com.au/main/page_themes_resources_from_farm_to_table.html)

From farm to table: Teachers notes, websites and resources suitable for Years K-3.



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