

Nutrition Websites for K – 6

The following websites provide useful information and/or resources for students/teachers on food and nutrition.

Australian Guide to Healthy Eating

<http://www.health.gov.au/internet/main/publishing.nsf/Content/health-pubhlth-publicat-document-fdcons-cnt.htm>

Dietary Guidelines for Children and Adolescents

<http://www.nhmrc.gov.au/publications/synopses/dietsyn.htm>

Nutrition Australia

www.nutritionaustralia.org

Dietitians Association of Australia

<http://www.daa.asn.au>

Diabetes information for schools - School information pack

http://www.diabeteskidsandteens.com.au/teachers_and_schools.html

Interactive website on fruit and vegetables

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

Teacher section linked to PDHPE syllabus

<http://www.woolworths.com.au/supermarketsafari/>

Website about lunchboxes- has teacher/parent section

<http://www.meerilinga.org.au/Nutrition/LunchBoxWorld.aspx>

Crunch & Sip classroom activities

<http://www.healthy-kids.com.au/page/88/crunch-and-sip-resources>

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