

Go to http://www.healthpromotion.com.au/Documents/HPSPS/Nutrition_Resources_Classroom.pdf to access these links

Nutrition Resources for the Classroom

Early Stage 1 & Stage 1 (yr. K – 2)	Stage 2 (yr. 3 – 4)	Stage 3 (yr. 5 – 6)
<p>1. The Magic Lunchbox - resource for teachers http://www.healthpromotion.com.au/Magic_Lunchbox/MagicLunchbox_Index.html A story book which teaches students about packing a healthy lunchbox for school. Look under the 'Magic Lunchbox Resources' tab to find free education resources.</p>	<p>1. Q4:H₂O - resource for teachers http://www.healthpromotion.com.au/H2O/H2O_Home.htm Q4: H₂O is a one week school and family based project to promote healthy drink choices to children and their parents/ carers. Look under the 'Teacher Information & Classroom Activities' tab for lesson plans.</p>	<p>1. Eat for Health (Food Balance Game) - resource for students and parents http://www.eatforhealth.gov.au/nutrition-calculators/food-balance Encourage students to choose healthy meals and snacks across the day through this online, interactive game. There is also nutrition information available for parents through the 'Food Essentials' tab.</p>
<p>2. Meerilinga Lunch Box World (WA) - resource for teachers http://www.meerilinga.org.au/health-wellbeing/nutrition/lunch-box-world/for-teachers/early-childhood-units Curriculum support materials using the lunch box as a context for learning. "Early Childhood Units of Work & Learning Activities (4 – 8yrs)"</p>	<p>2. Meerilinga Lunch Box World (WA) - resource for teachers http://www.meerilinga.org.au/health-wellbeing/nutrition/lunch-box-world/for-teachers/middle-childhood-units Curriculum support materials using the lunch box as a context for learning. "Middle Childhood Units of Work & Learning Activities (8 – 12yrs)".</p>	<p>2. Meerilinga Lunch Box World (WA) - resource for teachers http://www.meerilinga.org.au/health-wellbeing/nutrition/lunch-box-world/for-teachers/middle-childhood-units Curriculum support materials using the lunch box as a context for learning. "Middle Childhood Units of Work & Learning Activities (8 – 12yrs)".</p>
<p>3. Fresh for Kids - resource for teachers and students www.freshforkids.com.au/index2.html - Kids games and activity sheets - Curriculum-based educational resources (organised into stages) developed with help from DEC (free registration).</p>	<p>3. Fresh for Kids - resource for teachers and students www.freshforkids.com.au/index2.html - Kids games and activity sheets - Curriculum-based educational resources (organised into stages) developed with help from DEC (free registration).</p>	<p>3. Fresh for Kids - resource for teachers, and students www.freshforkids.com.au/index2.html - Kids games and activity sheets - Curriculum-based educational resources (organised into stages) developed with help from DEC (free registration).</p>
<p>4. Kids' Health Website - resource for students www.cyh.com/HealthTopics/HealthTopicCategories.aspx?&p=284 Developed by Children, Youth & Women's Health Service (SA Health). This website is designed for 6-12 year olds and includes information on a wide range of food and nutrition topics e.g. A healthy lunchbox, breakfast, and food label reading.</p>	<p>4. Kids' Health Website - resource for students www.cyh.com/HealthTopics/HealthTopicCategories.aspx?&p=284 Developed by Children, Youth & Women's Health Service (SA Health). This website is designed for 6-12 year olds and includes information on a wide range of food and nutrition topics e.g. A healthy lunchbox, breakfast, and food label reading.</p>	<p>4. Kids' Health Website - resource for students www.cyh.com/HealthTopics/HealthTopicCategories.aspx?&p=284 Developed by Children, Youth & Women's Health Service (SA Health). This website is designed for 6-12 year olds and includes information on a wide range of food and nutrition topics e.g. A healthy lunchbox, breakfast, and food label reading.</p>



Developed for the Central Coast PDHPE Network Meeting (August 2011); updated February 2014.
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www.healthpromotion.com.au



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Early Stage 1 & Stage 1 (yr. K – 2)	Stage 2 (yr. 3 – 4)	Stage 3 (yr. 5 – 6)
<p>5. Healthy Kids - resource for students and teachers www.healthykids.nsw.gov.au Provides information, resources and ideas on physical activity and healthy eating for children and young people. Specific section for school teachers.</p>	<p>5. Healthy Kids - resource for students and teachers www.healthykids.nsw.gov.au Provides information, resources and ideas on physical activity and healthy eating for children and young people. Specific section for school teachers.</p>	<p>5. Healthy Kids - resource for students and teachers www.healthykids.nsw.gov.au Provides information, resources and ideas on physical activity and healthy eating for children and young people. Specific section for school teachers.</p>
<p>6. Crunch and Sip Resources - resource for teachers http://healthy-kids.com.au/teachers/crunchsip/ Click on 'Teaching Resources' for curriculum materials for Early Stage 1 and Stage 1.</p>	<p>6. Crunch and Sip Resources - resource for teachers http://healthy-kids.com.au/teachers/crunchsip/ Click on 'Teaching Resources' for curriculum materials for Stage 2.</p>	<p>6. Crunch and Sip Resources - resource for teachers http://healthy-kids.com.au/teachers/crunchsip/ Click on 'Teaching Resources' for curriculum materials for Stage 3.</p>
<p>7. Go for 2 & 5 - resource for parents and kids www.gofor2and5.com.au Go to the 'Kids Only' section to find colouring in veggie characters, challenges, activities and recipes grouped into lower, middle and upper primary.</p>	<p>7. Go for 2 & 5 - resource for parents and kids www.gofor2and5.com.au Go to the 'Kids Only' section to find colouring in veggie characters, challenges, activities and recipes grouped into lower, middle and upper primary.</p>	<p>7. Live Outside the Box - resource for students & teachers http://www.healthpromotion.com.au/Q4_LOTB/LOT_Passport_Mini_Passport.htm A passport activity where students record breakfast, fruit, veg, water, sometimes foods, TV/computer time & physical activity in their passport. There is a resource for teachers with information and activities to support the passport activity.</p>
<p>8. Nude Food Day - resource for teachers www.nudefoodday.com.au/schools/ Colouring sheets, Nude Food Day Super Quiz, Resources & lesson plans for schools (need to register) (unsure of level of quiz or lesson plans)</p>	<p>8. Healthy Active Kids - resource for teachers www.healthyactivekids.com.au/ 8 teaching units developed by the Australian Institute of Sport and Nestle Australia. Teachers need to register to access these free lessons.</p>	<p>8. Foodcents Program - resource for students Check out the virtual supermarket at http://supermarket.foodcentsprogram.com.au/. Test your label reading skills. Read the information on each product, and rank them from best to worst.</p>
<p>9. Weigh up your Lunch Game - resource for students www.goforyourlife.vic.gov.au/hav/articles.nsf/html/index.html?Open Students can drag food items into a lunchbox. When they're done the program weighs-up their lunch to see how healthy it really is.</p>	<p>9. Weigh up your Lunch Game - resource for students www.goforyourlife.vic.gov.au/hav/articles.nsf/html/index.html?Open Students can drag food items into a lunchbox. When they're done the program weighs-up their lunch to see how healthy it really is.</p>	<p>9. Weigh up your Lunch Game - resource for students www.goforyourlife.vic.gov.au/hav/articles.nsf/html/index.html?Open Students can drag food items into a lunchbox. When they're done the program weighs-up their lunch to see how healthy it really is.</p>



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