

Nutrition Resources for the Primary School Classroom



Resource	Stage			
	ES1	S1	S2	S3
<p>The Magic Lunchbox is a story book which teaches students about packing a healthy lunchbox for school. Look under the 'Magic Lunchbox Resources' tab to find free supporting classroom resources.</p> <p>http://www.healthpromotion.com.au/the-magic-lunchbox/</p>	✓			
<p>Vege Adventure is a one week activity to promote fruit and vegetables as part of the Crunch&Sip® break at primary school.</p> <p>http://www.healthpromotion.com.au/vege-adventure/</p>	✓	✓		
<p>Q4:H₂O is a one week activity to promote healthy drink choices to children and their parents/ carers. Look under the 'Teacher Information & Classroom Activities' tab for lesson plans.</p> <p>http://www.healthpromotion.com.au/the-q4h2o/</p>			✓	
<p>How RU travelling? is a one week activity to promote health behaviours including active travel to school, Crunch&Sip® break at school, vegetable consumption, and replacing screen time with physical activity.</p> <p>http://www.healthpromotion.com.au/how-ru-travelling/</p>				✓
<p>Eat for Health (Food Balance Game) - resource for students and parents.</p> <p>Encourages students to choose healthy meals and snacks across the day through the online, interactive game. There is also nutrition information available for parents through the 'Food Essentials' tab.</p> <p>http://www.eatforhealth.gov.au/nutrition-calculators/food-balance</p>				✓
<p>Fruit and Veg Month Resources</p> <p>Easy to use classroom activities (ES1 – S3) with cross-curricula outcomes</p> <p>https://healthy-kids.com.au/teachers/fruit-veg-month/</p>	✓	✓	✓	✓
<p>Crunch&Sip® School Resource Pack</p> <p>Food and nutrition focused classroom activities that fit within the NSW primary schools PDHPE curriculum and also meet other cross-curricula outcomes</p> <p>https://healthy-kids.com.au/teachers/crunch-sip/</p>	✓	✓	✓	✓
<p>Healthy eating curriculum for South Australian primary schools</p> <p>All lessons have suggested year levels, although they can often be adapted for other age groups.</p> <p>https://www.decd.sa.gov.au/teaching/projects-and-programs/eat-well-sa/healthy-eating-curriculum-south-australian-primary</p>	✓	✓	✓	✓
<p>Discover Dairy</p> <p>Tools and resources for teachers and students that are linked to the curriculum including nutrition focused modules e.g. a healthy balanced diet and those describing the dairy industry e.g. farm to plate.</p> <p>http://www.dairy.edu.au/DiscoverDairy</p>	✓	✓	✓	✓

Resource	ES1	S1	S2	S3
<p>Fresh for Kids provides teachers with curriculum-aligned resources focusing on the benefits of consuming fresh fruit and vegetables.</p> <p>The K-2 video series are aligned with the curriculum and are supported by lesson plans and classroom activities. There is also a Farm to Plate program in the 'For Teachers' tab.</p> <p>http://www.freshforkids.com.au/</p>	✓	✓		
<p>Nude Food Day lesson plans that aim to build greater understandings about the effect food choices have on our health and the effects of rubbish/waste on the health of our environment.</p> <p>https://www.nudefoodday.com.au/wp-content/uploads/2016/08/LESSON-PLAN-BOOKLET.pdf</p>	✓	✓	✓	✓
<p>Weigh up your Lunch Game</p> <p>An interactive lunchbox resource. Students drag food items into a lunchbox. The program then weighs-up their lunch to see how healthy it really is.</p> <p>http://www.goforyourlife.vic.gov.au/hav/articles.nsf/html/index.html?Open</p>	✓	✓	✓	✓
<p>Healthy Lunch Box website</p> <p>Cancer Council NSW website features an interactive lunch box builder that enables parents and students plan a healthy lunch box.</p> <p>https://healthylunchbox.com.au/</p>	✓	✓	✓	✓
<p>Refresh.ED Edith Cowan University, WA has developed teaching and learning materials for K – 10 to help teachers introduce food and nutrition in their classrooms.</p> <p>http://www.refreshedschools.health.wa.gov.au/</p>	✓	✓	✓	✓
<p>Rethink Sugary Drinks Critics' Choice is a year 5 – 10 school initiative coordinated by Rethink Sugary Drink, a partnership between 18 health and community organisations.</p> <p>http://www.rethinksugarydrink.org.au/critics-choice/</p>				✓

Websites for General Nutrition Information

Healthy Kids Association

An organisation which supports families and school canteens in providing healthy foods for children. There are resources and tools available to members.

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

Nutrition Australia

Nutrition Australia is a multi-disciplinary organisation, offering expertise in Dietetics, Public Health Nutrition, Health promotion, Education, Science, Medicine and Sports and Recreation.

Fact sheets and teaching resources available here: <http://www.nutritionaustralia.org/>

Healthy Kids

This website aims to support teachers, parents, carers, coaches, health professionals, kids and teens to make healthy choices by providing a "one stop shop" of current and credible information, resources and support materials about healthy eating and physical activity. This website is a joint initiative between the NSW Ministry of Health, NSW Department of Education, Office of Sport and the Heart Foundation (NSW Division).

<https://www.healthykids.nsw.gov.au>

LiveLighter is a program developed in Western Australia which aims to encourage Australian adults to lead healthier lifestyles - to make changes to what they eat and drink, and to be more active.

<https://livelighter.com.au/About/>