# Resources:

The resources outlined in the first section of this document align with the Australian Curriculum. They provide inspiration on teaching and learning activities that can be used to teach students about nutrition, eating, food and sustainability. School Food Matters encourages schools to consider the following when choosing food-based classroom activities:

* focus on creating positive experiences with food
* provide an environment where students can be exposed to foods they haven’t tried before
* use neutral language wherever possible and avoid activities that involve classifying foods as good/bad or healthy/unhealthy
* avoid activities that are likely to trigger feelings of body dissatisfaction or an excessive focus on food intake e.g. food and exercise diaries
* keep messages consistent with the broader school environment, e.g. promoting eating a variety of everyday foods.

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| Resource | Target audience | Description |
| **Taste & Learn TM**  [www.research.csiro.au/taste-and-learn/](https://research.csiro.au/taste-and-learn/)  Developed in 2020.  Developed by CSIRO Agriculture & Food in collaboration with CSIRO Education & Outreach and CSIRO Health & Biosecurity. | Kinder – Year 6 | An evidence-based program that supports student learning and fosters enjoyment of vegetables to positively impact children’s health and wellbeing.  Focuses on sensory education, not nutrition education:   * theoretical framework based on scientific insights on development of vegetable acceptance in children and sensory education * large emphasis on experiential learning and vegetable tastings in structured activities * focuses on fun, enjoyment and being a food adventurer * does not emphasise health.   Aligned to the Australian curriculum:   * cross-curricular unit aligns to Key Learning Areas including English, Science and Mathematics, general capabilities and cross-curricular priorities (Asia and Australia’s engagement with Asia and Sustainability).   Easy to use teacher materials:   * three units of work for Foundation – Year 2, Year 3 – 4 and Year 5 – 6 * each unit consists of five one-hour lessons * fully written lesson plans with student worksheets and electronic whiteboard support * implementation manual and digital teacher training module.   Schools are encouraged to implement Taste & Learn™ in the whole school, across different year levels to reinforce learning and encourage student vegetable acceptance. |
| **Phenomenom**  [www.phenomenom.com.au/](https://phenomenom.com.au/)  Developed in 2018.  Created by Alice Zaslavsky (MasterChef 2012 and teacher) with funding from Hort Innovation and the Vegetable Fund. | Years 3-6 | A free digital food education program for primary schools designed to change the conversation around vegetables, with an emphasis on exploration, cooperation, tactile experience and taste.  It includes:   * 26 Phenomenom videos and 8 Nomcast podcasts which come with a suite of Australian Curriculum aligned learning resources. Combines the history of cuisine, agriculture with lessons about art, maths, psychology and science. The classes are designed to be integrated into existing lessons for year 3-6. * A comprehensive [teacher guidebook](https://phenomenom.com.au/wp-content/uploads/2019/07/Ph-Teacher-Guidebook.pdf) that lists all of the episodes, podcasts and resources, an Australian Curriculum reference matrix and a listing of all the learning resources by year level and Learning Area. |
| **Food Lab**  [www.uq.edu.au/bens-food-lab/learning-resources](http://www.uq.edu.au/bens-food-lab/learning-resources)  Developed in 2018.  Created by Ben Milbourne (MasterChef 2012 and secondary science teacher) in partnership with the University of Queensland. | Years 5-10 | A series of free online educational resources to complement the television series, Food Lab. They provide learning and teaching tools to support students learning Science, with the resources being centred around the Chemistry strand of the Australian Curriculum. They include engaging edutainment clips and suggested supporting activities that teachers can weave into their lesson plans. The suggested learning activities support a wide range of learners to help them acquire the relevant information, apply the information in an authentic setting, and evaluate their learning at the end of the unit.  The activities are in the form of Blackline Masters, investigations and learning prompts. They are organised into the 5E inquiry model for teaching and learning science, and follow a sequence of engage, explore, explain, elaborate and evaluate. |
| **Move Well Eat Well**  [www.health.tas.gov.au/mwew](http://www.health.tas.gov.au/mwew)  Updated in 2017.  Developed by Move Well Eat Well and the Tasmanian Department of Education. | Kinder – Year 6 | Includes four curriculum units that link to the achievement standards of the Australian HPE Curriculum. They include:   * Let’s Eat Well! Kinder Prep – learn about fruits and vegetables and the senses. * Play Well. What do I need? Years 1 and 2 – learn about which foods are best for a healthy active body. * More Variety! Years 3 and 4 – learn about the importance of variety in food and in activity (including sleep and screen time). * Choices! Choices! Years 5 and 6 – learn who and what influences our choices, including media advertising. Understand the potential role of local health service providers and the role of health promotion.   Please note: the MWEW curriculum units are available only to MWEW member and award schools. To become a member school go to: [MWEW](http://www.health.tas.gov.au/mwew)  If your school is already a MWEW member or award school, you can find the MWEW curriculum units by following these steps:   * Login to the MWEW website using your school login details * Click on the primary schools icon * Click on the health promoting school icon * Click on the curriculum dropdown box. |
| **The Health Eating Curriculum Kit for South Australian Primary Schools**  [www.education.sa.gov.au/teaching/projects-and-programs/eat-well-sa/healthy-eating-curriculum-south-australian-primary](http://www.education.sa.gov.au/teaching/projects-and-programs/eat-well-sa/healthy-eating-curriculum-south-australian-primary)  Developed in 2013.  Developed by the South Australian Department for Health and Ageing and the Department of Education and Child Development. | Kinder – Year 7 | Provides teaching and learning activities designed to promote positive attitudes towards healthy eating and fruit and vegetables among primary school-aged children and to reinforce the healthy eating message across the curriculum.  Lesson activities have been grouped within six themes:   * Healthy choices * Food labelling * Food preparation * Growing food * Media * Cultural, religious, spiritual influences.   These themes are presented in three sections: Kinder (Reception) – Year 2, Years 3-5 and Years 6-7. |
| **Waste Education**  [nre.tas.gov.au/environmental-management/education-and-awareness-about-waste/schools](https://nre.tas.gov.au/environmental-management/education-and-awareness-about-waste/schools)  Revised in 2022.  Developed by the Department of Natural Resources and Environment, Tasmania. | Kinder – Year 5 | Teaching resources on general waste issues, with a focus on food waste for older Years. Food-related lessons include:   * Packaging (Year 4, lesson 3) * Packaging-free lunch (Year 4, lesson 4) * Packaging at home (Year 4, lesson 4, extension 1) * Bottled water (Year 4, lesson 6) * The impacts of food production (Year 5, lesson 1) * Food kilometres (Year 5, lesson 2) * How much food do we waste? (Year 5, lesson 3) * Schoolyard waste and litter audit (Year 5, lesson 3, extension 1) * Is food packaging good or bad? (Year 5, lesson 3, extension 2) * How do we waste food? What can we do? (Year 5, lesson 4) * Food waste snakes and ladders (Year 5, lesson 5) * Leftover makeover (Year 5, lesson 5, extension 1) * Composting inside or outside the classroom (Year 5, lesson 6) * Keeping chickens (Year 5, lesson 6, extension 1) |
| **Feast TM**  [www.education.ozharvest.org](http://www.education.ozharvest.org)  Developed in 2019.  Developed by OzHarvest. | Year 5 – Year 6 | A STEM curriculum package combining food education and sustainability training. It is designed to be delivered across 10 weeks and can also be delivered as an online course.   * Access to the curriculum package is $100 (including GST). * The package includes lesson plans and accompanying resources, including recipes and a video resources library. * Online training designed specifically for teachers is also available. This is at an additional cost. |
| **Stephanie Alexander Kitchen Garden Program**  [www.kitchengardenfoundation.org.au](http://www.kitchengardenfoundation.org.au)  Launched in 2001, updated regularly.  Developed by the Stephanie Alexander Kitchen Garden Foundation. | Kinder – Year 6 | The Kitchen Garden Program provides a package of professional development, educational resource and support, including educational resources that help build and integrate the kitchen garden program with all aspects of the curriculum.   * Focuses on nurturing positive food behaviours and building practical life skills. * Pricing options start from $330 per year. |
| **Healthy Eating Advisory Services**  <https://heas.health.vic.gov.au/schools/classroom/curriculum-resources>  Developed by Nutrition Australia Victoria Division. | Kinder – Year 10 | 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. |

## Health on the Shelf

[Health on the Shelf](https://www.health.tas.gov.au/healthykids/health_on_the_shelf) was created as a partnership between the Tasmanian Department of Health and Libraries Tasmania. It is a collection of suggested picture books for children (birth to eight years) and fiction books for young readers (five to 12 years) that explore ideas about healthy living. There are books about:

* growing, cooking and eating foods
* active play and having fun outdoors
* looking after your body
* self-esteem and self-respect
* managing emotions and feelings
* appreciating diversity in our society
* building relationships with friends and family.

The collection is a resource that parents and educators can use in shared or group reading with children, or for young readers to enjoy independently. Health on the Shelf titles are primarily engaging stories that include a basic health message; they are not information books.

**Further information**

The following organisations and programs provide credible, evidence-based information and resources around various health and wellbeing topics, including nutrition, food and eating.

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| Website | Description |
| Better Health Channel  [www.betterhealth.vic.gov.au](http://www.betterhealth.vic.gov.au) | Victorian Government website that provides reliable information, blog posts and videos on various health, wellbeing and medical topics. |
| Butterfly Foundation  [www.butterfly.org.au](http://www.butterfly.org.au) | The Butterfly Foundation provides information and support to people affected by eating disorders and negative body image. The website provides information, personal support and ways to support positive body image. |
| Cancer Council Tasmania  [www.cancertas.org.au](http://www.cancertas.org.au) | Cancer Council Tasmania works to minimise the incidence and impact of cancer on all Tasmanians. |
| 24 Carrot Gardens Project  [www.24carrot.mona.net.au](http://www.24carrot.mona.net.au) | A project of Mona, the Museum of Old and New Art, which establishes gardens in schools and communities where children learn to grow, cook and eat healthy produce. |
| Diabetes Tasmania  [www.diabetestas.org.au](http://www.diabetestas.org.au) | Diabetes Tasmania works with the Tasmanian community to prevent and reduce the impact of diabetes. |
| Eat for Health  [www.eatforhealth.gov.au](http://www.eatforhealth.gov.au) | Includes the Australian Dietary Guidelines and Australian Guide to Healthy Eating, which provide advice about the amount and kinds of foods that we need to eat for good health and wellbeing. |
| Eat Well Tasmania  [www.eatwelltas.org.au](http://www.eatwelltas.org.au) | Eat Well Tasmania champions healthy eating and promotes opportunities to eat healthy Tasmanian grown, produced and value-added food. The website provides information on what foods are in season, recipes and eating tips. |
| Families Tasmania  [www.familiestasmania.org.au](http://www.familiestasmania.org.au) | Families Tasmania (formerly CHAT) is a statewide organisation who support and connect local families and the wider community. |
| Food Standards Australia New Zealand (FSANZ)  [www.foodstandards.gov.au](http://www.foodstandards.gov.au) | FSANZ develops food standards for Australia and New Zealand that aim to protect the health and safety of consumers. The website provides information on food labelling, food safety, food additives, food technologies and other food issues. |
| Healthy Kids Toolkit  [www.health.tas.gov.au/healthykids](http://www.health.tas.gov.au/healthykids) | Tasmanian Government website that provides fact sheets, resources and other information to support the health of children and young people. |
| Healthy Lunch box  [www.healthylunchbox.com.au](http://www.healthylunchbox.com.au) | Lunch box inspiration, ideas and recipes that are family-friendly, simple and use budget-friendly ingredients. |
| Healthy Tasmania  [www.health.tas.gov.au/healthytasmania](http://www.health.tas.gov.au/healthytasmania) | The Healthy Tasmania Portal provides Tasmanians and their communities the information and tools needed to make positive and healthy changes to their lives. The website provides links to resources on a range of topics, including eating well, moving more, being a healthy weight and being smoke-free. |
| Healthy Young People (HYP) Program  [www.health.tas.gov.au/mwew](http://www.health.tas.gov.au/mwew) | HYP is a free resource promoting positive body image, adequate sleep, healthy eating, water consumption, physical activity and reduced sedentary time. The website provides resources aimed at secondary school students, teachers and school staff, youth workers and social workers who work with young people. |
| Heart Foundation  [www.heartfoundation.org.au](http://www.heartfoundation.org.au) | The Heart Foundation works to improve heart disease prevention, detection and support for all Australians. |
| Move Well Eat Well  [www.health.tas.gov.au/mwew](http://www.health.tas.gov.au/mwew) | Move Well Eat Well is a free program available to Tasmanian early childhood services and primary schools. It encourages a commitment to creating an environment which enables children to enjoy healthy eating and physical activity every day. |
| Oral Health Services Tasmania  [www.health.tas.gov.au/oralhealth](http://www.health.tas.gov.au/oralhealth) | Oral Health Services provides dental and denture services for all eligible Tasmanians and provides oral health education and promotion in the Tasmanian community. |
| Public Health Services: Food Safety  www.health.tas.gov.au/health-topics/food-safety | Tasmanian Government website that provides food safety information for consumers, businesses and community organisations. |
| School Food Matters  [www.schoolfoodmatters.org.au](http://www.schoolfoodmatters.org.au) | School Food Matters began as the Tasmanian School Canteen Association in 1994. The not for profit organisation promotes, facilitates and supports schools to provide nutritious and healthy food services in school canteens. |