



Refresh.ED

Online Food and Nutrition Teaching Resources

Hi,

Welcome to another issue of the Refresh.ED Newsletter, in which we focus on new information and ideas to help you teach about the food supply and food production

- [Understanding food energy](#)
- [Talking about digestion](#)
- [How do our bodies react to caffeine?](#)
- ['The Country Life' show](#)

[Understanding food energy](#)

Our bodies use energy from foods and drinks to fuel our bodies to perform everyday metabolic activities such as digestion and pumping blood around the body. This energy comes from macronutrients in our food including carbohydrates, fats and proteins. The kilojoule (kJ) is the official measure of food energy in Australia, although kilocalories are used in some other countries (1 kilocalorie=4.2 kilojoules).

A person's food energy needs are defined by many factors including their height, weight, gender, age and level of physical activity.

To learn more about food energy needs, [click here](#) to watch a TED-Ed video on '*What is a calorie*' by Emma Bryce. For relevant Refresh.ED units, please see the [Year 6: A closer look at nutrients and energy unit](#) and the [Year 10 Exploring energy sources unit](#).



Talking about digestion

We encourage children to eat healthy and nutritious foods and snacks from a very young age, but as they get older it helps to make the connection between food and the role it plays in developing and maintaining healthy bodies. During this period, it is important to talk about digestion and to help students understand the function and parts of the digestive system. [Click here](#) to access fun and interactive resources to learn more about the human digestive system.

See also "A closer look at digestion" which can be accessed at Refresh.ED [Year 7: A closer look at digestion](#).



How do our bodies react to caffeine?

Caffeine is a chemical substance with stimulant and diuretic effects, produced in the leaves and seeds of numerous plants. Mention 'caffeine' and our first thought is usually coffee and tea. Yet, caffeine is found naturally in or added to many other foods and beverages such as energy drinks, soft drinks and chocolate. In Australia, safe levels of caffeine consumption have not been set, but [Food Standards Australia and New Zealand](#) note adverse effects of daily consumption above 2 cans of cola, one can of energy drink or 3 cups of instant coffee, especially in children. Australian Dietary Guidelines recommend water and milk as the best choice of drinks for children and adolescents.

[Click here](#) to learn more about how caffeine affects our bodies. For teaching ideas, see [Refresh.ED Year 9: Know your drinks.](#)



'The Country Life' show

The "Royal Agricultural Society of WA FarmED" learning program is a newly devised program raising awareness of where our food comes from. The program uses catchy tunes, choreography, puppetry and a fun story line encouraging students to learn about a variety of farming topics.

After months of rehearsals a new play "The Country Life" written by Kathy Prosser will be performed by three talented young performers at 50 schools within the

metropolitan and country areas as far as Bunbury. "The Country Life" play is coming up on Friday 26 August 2016. Schools can attain more details and register free at RASWA FarmED. Please [click here](#) for a link to their website.



[Win \\$50 with your survey feedback](#)

You could be one of five lucky winners of a \$50 voucher for completing our annual online Refresh.ED survey. This is your chance to tell us how you are using Refresh.ED and any improvements you would like to see. Look for your e-mailed invitation sent 27 July. Also check your junk e-mail. Otherwise, you can contact us at refreshedschools@ecu.edu.au to have a new online or paper survey sent.

[Go to Refresh.Ed website](#)

[View previous newsletters](#)