



Refresh.ED

Online Food and Nutrition Teaching Resources

Hi,

It's newsletter time again!! Read about the new Health Star Rating on food labels and events coming up to celebrate in your classroom.

- [Health Star Rating](#)
- [The Great Aussie Crunch \(14-18 September\)](#)
- [World Food Day \(16 Oct\)](#)



Health Star Rating

The Australian Health Star Rating (HSR) front-of-pack labeling system is now running across the country. The HSR system was developed by the Australian state and territory governments in collaboration with industry, public health and consumer groups. It aims to help shoppers easily compare similar packaged foods to help them make healthier choices. If you'd like to find out more about HSR, click [here](#).

You can also integrate this with *Refresh.ED* units from [Year 5 Limiting salt, fat and sugar unit](#) and the [Year 9 Food labels exposed](#).



The Great Aussie Crunch (14-18 September)

Whilst gains have been made in vegetable consumption in recent years, school-aged children and adolescents still do not meet the recommended daily intake. [Crunch&Sip](#) plans to change that with The Great Aussie Crunch. Get your class, or even school involved in this exciting event, which aims to get WA children eating more vegetables- while having fun! Schools can choose a time that suits them. The week of **14-18 September** (week 9) is the official event, but you can do it anytime. Gather as many students as you can - a small group, a class, or the whole school! Click [here](#) to find resources and more information.



World Food Day (16 Oct)

World Food Day is more than celebrating the diversity in food across the world. World Food Day is a day of action against hunger. On October 16, people around the world come together to declare their commitment to eradicate hunger in our lifetime. Visit [Foodbank WA](#) to find out more of what is being doing locally to eradicate hunger.

First established in 1981, World Food Day has since been observed in almost every country by millions of people. As hunger could happen to anyone, World Food Day helps nurture young minds to not only appreciate food from other cultures, but also be advocates for social, ethical and sustainable actions in preserving the environment and food production processes.

You can integrate this with *Refresh.ED* units from Year 4 Food and Environment and the Year 9 Taste of Asia.

[Go to Refresh.Ed website](#)

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Enjoy the rest of the term!

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A joint Australian, State and Territory Government initiative under the National Partnership Agreement on Preventive Health