



Refresh.ED

Online Food and Nutrition Teaching Resources

Hi,

It's newsletter time again! Here are some interesting topics in this issue.

- [Harmony Day \(21 March\)](#)
- [Easter Egg Breakfast Popsicle](#)
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Harmony Day (21 March)

Harmony Day is a day for Australians to embrace and celebrate cultural diversity. The central message is that “everyone belongs” and the importance of respect and inclusiveness. Education is a key focus for Harmony Day and teachers can help communicate the importance of cultural diversity. For some teaching ideas on Harmony Day, see Refresh.ED teaching Units: [Year 2- Food Practices and Traditions](#), [Year 4- Breakfast Around the World](#) or [Year 9- Taste of Asia](#). For more information on Harmony Day and how your school can participate, click [here](#).



Easter Egg Breakfast Popsicle

Easter is almost here! There are many ways to include healthy food options which children will love and enjoy. One idea is Easter egg breakfast popsicles.

Ingredients:

- 500g low fat, low sugar yoghurt (Refer to our [Reading a Food Label](#) teacher information sheet)
- Handful of granola
- Handful of berries (blueberries, raspberries, or strawberries)

Equipment:

- Egg shaped silicone mould
- Popsicle sticks

Method:

1. Fill each silicone mould 1/3 full with yoghurt.
2. Add granola and berries.
3. Place a popsicle stick into each mould, laying it as flat as possible.
4. Fill each mould to the top with yoghurt, making sure it covers all of the fruit and the popsicle stick.
5. Place the mould into the freezer for at least 2 hours.
6. Once frozen, pop out the mould and serve immediately.
7. Eat and enjoy!

Teaching students food preparations can be fun but not all schools have kitchen facilities, view our [Cooking Without a Kitchen](#) teacher information sheet for some ideas.

Refresh.ED Poll

Your opinions really matter to us and this month we would like to hear from you about how you would like to receive Refresh.ED updates and news. Click on your answer below to register your vote. What is the best media to receive updates and news from Refresh.ED?

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We'll be back with more news and updates in Term 2!

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