

Refresh.ED Links to The Arts Learning Area

Refresh.ED has a number of units which teach food and nutrition through music and arts, these can be linked back to the Western Australian curriculum: https://k10outline.scsa.wa.edu.au/home/teaching/curriculum-browser/the-arts/arts-overview/The-Arts_P-10_Scope-and-Sequence_December_2016.PDF.

Nutrition can be taught through song, colour, design, texture and shape; our units have been designed to incorporate these learning outcomes whilst informing about various aspects of food.



Kindy/ Pre primary

Food from Nature and Nurture

<https://www.refreshedschools.health.wa.gov.au/curriculum-materials/food-from-nature-and-nurture/>

Learning task 4. **Music to grow by (Music)**

Through the use of music and dance, this activity allows students to creatively interpret Spring time.

Safe in the Kitchen

<https://www.refreshedschools.health.wa.gov.au/curriculum-materials/safe-in-the-kitchen/>

Learning task 2- **Wash Away (Music)**

In this learning task, students are introduced to the importance of food safety and hygiene. A fun nursery rhyme 'This is the way we wash away' and an art activity whereby students create a bubble print are used to help teach these key messages.

Learning Task 3. **Our Kitchen Rules (Art)**

This learning task teaches students about things they should and should not do when preparing and eating food.

Year 1

Ready To Cook

<https://www.refreshedschools.health.wa.gov.au/curriculum-materials/ready-to-cook/>

Learning task 3. **Germs get around (Art)**

Through a hands on activity involving talcum powder and a class discussion, this learning task seeks to demonstrate to student how easily germs can be spread. This learning task concludes with students creating either a poster or a fridge magnet with a message on it about washing hands when handling and preparing food.

Year 2

To grow, be healthy and active

<https://www.refreshedschools.health.wa.gov.au/curriculum-materials/grow-healthy-active-2/>

Learning Task 1. **To grow, be healthy and active (Music)**

This learning task introduces students to what it means 'to grow, be healthy and active'. To introduce this concept, a word splash is conducted. A 'word splash' is similar to a brainstorm where students are given a topic, statement or question to consider and generate a range of responses in a nominated time. This learning task also involves students learning the 'Veggie rap'.

Learning task 2. **Possum magic (Art)**

Through the use of the popular children's book 'Possum magic', this learning task introduces students to the concept of foods to eat every day or sometimes, in small amounts. An arts and crafts activity is also included to help deliver this nutrition message.

Learning task 3. **Tap into water (Music)**

This learning task introduces students to the importance of drinking water through using the storybook 'Tiddalik the frog'. Creating a visual display of how much water can be held in different sized water bottles is also suggested in this learning task and students are provided the opportunity to learn about body signals for thirst and hunger. At the end of this learning task, students are to write an acrostic poem on the provided 'Water' Activity sheet.

Planet to Plate

<https://www.refreshedschools.health.wa.gov.au/curriculum-materials/planet-to-plate/>

Learning task 6. **Time to think (Art)**

In this learning task, students are required to create an advertisement encouraging people to move to a new planet. The advertisement must provide details on what food and water sources exist on the planet and what plants can be grown there.

Year 3

Eating for Variety

<https://www.refreshedschools.health.wa.gov.au/curriculum-materials/eating-variety/>

Learning task 4. **Musical health (Music)**

In this learning task, students have the opportunity to create a song about anything they have learnt about food throughout this unit.

Year 4

Unpacking Foods

<https://www.refreshedschools.health.wa.gov.au/curriculum-materials/unpacking-foods/>

Learning task 4. **Musical health (Music)**

In this learning task, students work in small groups to write a rap song about choosing healthy food.

Year 10

Sustainable food systems

<https://www.refreshedschools.health.wa.gov.au/curriculum-materials/sustainable-food-systems/>

Learning task 4. **Spreading the word on sustainability (Art)**

As a reflection activity, students design a print media campaign to promote one of seven key practices for a sustainable food system.

Healthy Canteens

<https://www.refreshedschools.health.wa.gov.au/curriculum-materials/healthy-canteens/>

Learning task 3. **Product promotion (Art)**

Students design and present a poster, flyer, media advertisement or jingle promoting their proposed new canteen product.

Additional Links

Dying fabric with vegetable scraps

<https://www.popsugar.com/smart-living/Homemade-Natural-Dyes-31861660>

How to draw fruits and vegetables

http://www.hellokids.com/r_694/drawing-for-kids/drawing-lessons-for-kids/how-to-draw-fruits

Painting with fruits and vegetables

<https://www.wikihow.com/Paint-With-Fruit-and-Vegetables>

Vegetable Orchestra

<http://salfordacoustics.co.uk/vegetable-instruments>

<https://www.citylab.com/life/2016/09/vegetable-orchestra/502256/>

Artists working with food to create art

<https://www.wikiart.org/en/giuseppe-arcimboldo>

