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# Refresh.ED

Online Food and Nutrition Teaching Resources

Hi,

Welcome to term 2! In this issue, we highlight some resources that can help you and your students make healthy food choices.

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## Making healthier choices

LiveLighter is a program developed in Western Australia which aims to encourage Australians to lead healthier lifestyles - through making changes to what they eat and drink, and being more active. Its latest campaign with a focus on reducing junk food is now featured in TV ads, social media and online. Click [here](#) for self assessment tools, recipes, TV ads and more.

## How much junk food do we eat?

The latest resource from LiveLighter is its junkfood calculator. This can be used in classrooms to help student assess their food choices. Click [here](#) to access the calculator. This can be used with RefreshED Year 10 unit: [Exploring energy sources](#) or Year 5 unit: [Limiting salt, fat & sugar](#). These lessons will enable teachers to guide students in making healthier food choices.



## What does research say?

A study conducted in Victoria surveyed nine fast food chains and found that there was limited nutritional information and kilojoule labelling. There is evidence that providing clear kilojoule information at the point of sale in chain food outlets, along with public education, causes consumers to purchase fewer kilojoules overall. To read more about this study, click [here](#).



## More about labels

From July 1 2016, the Australian Government is introducing new food labels to make it clearer where the products you buy are produced, grown, made or packed. Information on the origin and production of food enable children to develop a better understanding of environmental impacts and sustainability. To read more about these labels, click [here](#). In the classroom, this can be coupled with *Refresh.ED* unit [K/PP: Food from nature and nurture](#) or [Year 7: Food in Australia over time](#).

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We wish you an exciting term ahead!

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