



Refresh.ED

Online Food and Nutrition Teaching Resources

Hi << Test First Name >>,

Term 3 is well underway and we are here to provide teachers and school staff with new and exciting food and nutrition news and information.

- Dental Health Week August
- Mandurah Schools Network Conference
- NEW lesson plans linked to the Curriculum
- Action on Nutrition Professional Development day
- Test your nutrition knowledge

Dental health week August 6 – 12th 2017

Dental Health Week run by the Australian Dental Association takes place in the first full week of August. The theme is Oral Health for Busy Lives and its aim is to educate Australians about the importance of maintaining good oral health in every aspect of their lives.

Diet and Nutrition is a feature, given the known link with tooth and gum health. Key messages are:

- Drink lots of water
- Limit snacking between meals
- Watch what (and when) you eat (and drink sugar)

- Chew sugar free gum after meals

<https://daa.asn.au/wp-content/uploads/2016/05/DAA-DHSV-Joint-Statement-Oral-Health-and-Nutrition.pdf>

Sugary drinks are a particular dental health concern for young people. Even one soft drink can per day significantly increases risk of tooth decay and erosion. Water is a better option – it has no acid, no sugar, no kilojoules and is free from the tap.

Teach this message to your students using the Refresh.ED Food, Drink and Health “Know your drinks” – Year 9 lesson. This fun and interactive lesson investigates sources of fluid including water, soft drink, diet soft drink, energy drinks and sports drinks and their nutritional value.



Mandurah Schools Network Conference

On Monday 17th July 2017, Refresh.ED participated in the Mandurah Schools Network conference.

The event was held at Hall Head College with 900+ school staff attending- including principals, teachers and specialist teachers of both primary and secondary schools from regional affiliated areas.

Refresh.ED promoted the website and resources, including unit plans, videos and professional development opportunities, which are all available FREE from the website.

If you would like us to provide a display or presentation at an upcoming event –
please email refreshedschools@ecu.edu.au

New curriculum linked lesson plans coming soon

The team at *Refresh.ED* are busily working on new and exciting lesson plans mapped to the Australian and Western Australian School Curriculum. A glimpse of the unit topics include: Food Security, Dairy, Sports Supplementation and many more.

A taster of questions answered in the unit on the topic of Dairy

- *How is cow's milk processed?*
- *How much calcium do I need per day to meet my requirements?*
- *How do milk alternatives (Almond milk, Rice Milk, Coconut Milk) compare nutritionally to Cow's milk?*
- *Which milk is best suited to me?*
- *What nutrients are in Yoghurt?*

Stay tuned...



Action on Nutrition!

Foodbank WA, Refresh.ED, Western Australian Canteen Association (WASCA), WA Health Promoting Schools Network (WASPA), Crunch&Sip and more... will be holding a combined professional development day for school staff on October 9th

2017 at ECU Mt Lawley Campus.

During this day we will all assist you to develop a plan of action to implement a food and nutrition focus in multiple areas of your school.

To find out more information please email us refreshedschools@ecu.edu.au



Newbies

TWO new staff members have joined the *Refresh.ED* team. Helen Hudson, an experienced Early Childhood Teacher and Emily Hamilton, a qualified Dietitian currently studying to become a Primary School Teacher. If you have any burning questions or feedback relating to the *Refresh.ED* teaching resource and website these two ladies are happy to help. Sadly after 5 years we say goodbye to Sam Baker who has moved on to a new position at The Kids Institute. Keep up with other news and ideas on the *Refresh.ED* Facebook page <https://www.facebook.com/refreshedschools>

How accurate is your nutrition knowledge?

Take our Nutrition Quiz

Starting next newsletter we are running a series of quizzes on different aspects of food and nutrition. You will be able to follow a link to answer the quiz and receive

immediate feedback. Here is a taste of the types of questions and format. Look out for the interactive version in the next newsletter.

If you have any challenging questions you would like to include just email them to us at refreshedschools.ecu.edu.au

Please circle T (True), F (False) or DK (Don't know) for each question.

Nutrition Quiz	True	False	Don't know
1. The Australian Guide to Healthy Eating recommends we should eat most from the Fruit and Dairy food groups			
2. Vegetables, fruits, proteins, dairy foods and oils make up the Five Food Groups			
3. The Australian Guide to Healthy Eating recommends discretionary foods can be eaten in small amounts most days			
4. As a general guide, primary school children should consume 4 cups of fluid per day			
5. Children need to limit sugary drinks to avoid consuming more energy than they need			
6. One (1) medium apple would meet a primary school child's recommended daily intake of fruit			
7. 250 ml (1 cup) of milk would meet a primary school child's recommended daily intake of dairy foods			
8. Cheese sandwich, celery sticks, energy drink, and creamed rice dessert would be a healthy lunch for a primary student			
9. Chicken is a healthier option than ham to help reduce salt intake			
10. It is important for children to eat regularly so they can concentrate in the classroom			

Answers: (1. F), (2. F), (3. F), (4. T), (5. T), (6. T), (7. F), (8. F), (9. F), (10. T)

Input caption text here. Use the block's Settings tab to change the caption position and set other styles.

Have a good week!



Copyright © 2017 Edith Cowan University All rights reserved.

Our mailing address is: refreshedschools@ecu.edu.au
[unsubscribe from this list](#) [update subscription preferences](#)



Refresh.ED is funded by the Department of Health