



Refresh.ED

Online Food and Nutrition Teaching Resources

Hi,

It's Term 4 already! Here are some 'weighty' topics in this edition of our newsletter.

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Act Today to Change Tomorrow

November 14 is World Diabetes Day. The theme of the day is *Act Today to Change Tomorrow*, with the focus on prevention of the current epidemic of Type 2 Diabetes. About 1.7 million Australians are living with this condition but steps taken early can help to prevent it. Teaching children how to make healthy food choices is an important first step. *Refresh.ED* teaching unit: [Year 5- Influences on our choices](#) helps students understand the effects of peers, family and media and encourages them to choose healthy options. *Refresh.ED* teaching unit: [Year 9- Know your drinks](#), investigates fluids such as soft drinks, energy drinks and sports drinks, comparing the nutritional value and health effects of each of these. For more information on World Diabetes Day, click [here](#).



Difficult conversations?

Talking to parents about their child's weight problem can be a difficult conversation. If you wished there was some form of professional resource out there to address this, we have news for you. [Better Health Company](#), as part of the Australian, State and Territory Government initiative under the National Partnership Agreement on Preventive Health, has a free online course: *Talking with parents about children's weight*. Click [here](#) to find out more or to register. They also run a free, fun lifestyle program for kids aged 7 to 13 years old. The *Better Health Program* runs for 10 weeks during school term at various locations across Perth. Click [here](#) for more information.



Research: Expression of Interest

Are you a Year 7 or Year 8 teacher? Teach at a non-government school? Then we want to speak with you!

Samantha Baker, *Refresh.ED* Project Coordinator, is conducting a research project to develop a framework which will be used to guide the development of an early adolescence food and nutrition life skills resource. As part of this project, we are seeking to conduct a series of student focus groups and teacher interviews with Year 7-8 Health and Physical Education or Technologies (Home Economics) teachers. These focus groups and interviews will allow participants the opportunity to express their thoughts and opinions on important content to include in an early adolescence nutrition life skills resource. Their views will also be sought on how this content could be taught in an engaging way.

If you are interested in being involved, or want more information, please contact Samantha at samantha.baker@ecu.edu.au or on 0430357871



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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