



Refresh.ED

Online Food and Nutrition Teaching Resources

Hi,

Welcome to another issue of the Refresh.ED Newsletter, in which we focus on new information and ideas to help you teach about the food supply and food production

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Where does our food come from?

Food in Australia comes from a variety of sources, involving a range of people, organisations, places and processes that make up the food industry. This industry makes a significant contribution to our economy. We may not realise it, but Australia produces a wide range of foods, enough to feed 60 million people in Australia and elsewhere. To read more about this, click [here](#) for the Australian Institute of Health and Welfare report on Australia's food and nutrition. For relevant Refresh.ED units, please see [K/PP: Food from Nature and Nurture](#), [Year 1 Farm to Fork](#), [Year 2 Planet to Plate](#) and [Year 7: Food in Australia over time](#).



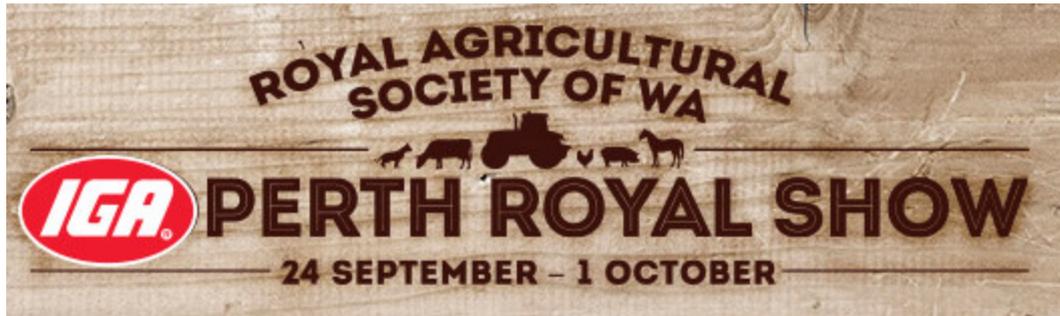
Food from other cultures

Australian meals are becoming more diverse, influenced by ingredients and interest in other countries and cultures. Besides the tantalising flavours and accessibility, diets from other cultures and countries can have health benefits. One Refresh.ED teaching idea is to look at the benefits of a traditional Japanese diet. Click [here](#) to access this. For more ideas, please look at Refresh.ED [Year 9: Taste of Asia](#). This unit introduces students to Asian food and culture, focusing on rice, the staple food in many Asian diets.



Farmers' markets

In recent times, Farmers' markets are something that are rising in popularity. A large range of markets are found in Western Australia, where you can purchase directly from local producers. Click [here](#) to read our latest nutrition notes on benefits and more information on getting local produce.



Perth Royal Show

Agriculture shows are a fun way for students to learn about food production through activities, competitions and displays. The Perth Royal Show is coming up (24 September to 1 October and regional shows run at various times (Click [here](#) for schedule). Make a point of seeing the agriculture and food education pavilions: Farm2Food, FarmTech, Discover Dirt at the Perth Royal Show. Or consider students entering some healthy recipes in the school competitions; there is a primary and a secondary baking competition, and a scarecrow craft competition. For more details see www.perthroyalshow.com.au or contact Alysia Kepert by telephone on 08 6263 3100 or email akepert@raswa.org.au.



Agriculture Education Support

Alysia Kepert is Curriculum Consultant on Agriculture Education at the WA Department of Education. She can provide a wealth of information about teachers PD, visits to farm schools, contacts, websites and teaching resources related to a wide range of agriculture and food production topics across K-12, and contact with other teachers through membership of the Agriculture Educators Association of WA. Contact Alysia by telephone (08) 9264 4187 or email Alysia.Kepert@education.wa.edu.au