



Refresh.ED

Online Food and Nutrition Teaching Resources

Hi,

Welcome to the second Term 3 *Refresh.ED* Newsletter, in which we focus on Breakfast as a way to teach children about healthy eating. You can enter your class in a Breakfast competition and also volunteer for research about motivation to teach food and nutrition.

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Better Breakfast Photo Competition

Having a nutritious breakfast helps replenish energy levels and kick-start our bodies to perform better! Eating breakfast also helps children to concentrate and can improve their academic performance throughout the morning.

In September 2016, *Refresh.ED* is running a Better Breakfast photo competition to encourage students and school communities to choose healthy breakfast options.

To enter, organise a healthy breakfast for students, class or school and send a photo with description of the event to refreshedschools@ecu.edu.au by 1 October. It's that easy! Entries will be judged on innovation and appeal as well as nutrition. The winning photos from primary and secondary schools will each receive a \$20 voucher and feature in the Term 4 newsletter!

Creating a healthy breakfast can be quick and easy with delicious foods to choose from across the food groups. Try porridge with berries, bananas with yogurt, tomatoes on toast or our delicious omelette recipe. For breakfast related teaching resources, check the Refresh.ED [Year 4 unit Breakfast around the world](#).



Foodbank WA School Breakfast Program

The Foodbank WA School Breakfast Program supplies quality food products to registered schools free of charge to ensure all children have access to a nutritious breakfast before school. The program was initiated in 2001 in response to rising awareness that 50% of WA school children were:

- not having breakfast at all
- did not eat enough for breakfast or
- consumed unhealthy foods for breakfast such as chocolate and energy drinks

In 2015, around 58,200 breakfasts were supplied to over 16,000 children in 440 schools across WA. Reported benefits of this and other school breakfast programs include:

- helps improve concentration and reduces lethargy
- boosts energy levels
- improves overall classroom engagement
- improves behaviour
- increases school attendance

To find out more about this program and how your school can join [click here](#).

Focus On Eggs



Spinach and Feta Omelette Recipe

Try this delicious, nutritious egg recipe for breakfast or anytime!

7 minutes to prepare for 2 people

Difficulty: medium

Ingredients:

- 2 large eggs
- 1/2 cup baby spinach
- 1 bunch of leaf parsley, torn
- 2 tablespoons reduced fat feta, crumbled
- 2 tablespoons pine nuts, raw or toasted (optional)
- Wholegrain bread, for serving
- Pepper to taste
- Oil spray

Preparation

Filling:

Step 1: Mix spinach, parsley, pine nuts and feta and leave a side

Step 2: Beat eggs with a pinch of salt in a medium bowl



Eggs for breakfast?

Here are a few fun facts on why eggs are not only delicious but a healthy breakfast option.

Eggs are:

1. High in folate
2. A source of 11 essential vitamins and minerals
3. A great source of Omega-3 fats
4. High in protein

Egg Hygiene

Bacteria grow well in raw eggs so egg hygiene is important. Share these safety tips with students, family and friends:

1. Check eggs are clean and uncracked before buying
2. Protect eggs in the original carton
3. Store eggs in the refrigerator for up to 6 weeks (check 'Best Before' dates on carton)
4. Cook eggs until hot through

Step 3: Heat the pan on medium heat

Step 4: Spray pan with olive oil and add eggs

Step 5: Cook, tilting and spreading for 2 to 3 minutes

Step 6: Sprinkle filling mixed in Step 1 over the eggs

Step 7: Fold eggs over the filling

Step 8: Transfer to plate

5. Beware foods containing raw egg e.g. Hollandaise sauce

6. Wash surfaces and utensils with hot soapy water after cooking with eggs

Lastly, a fun test to check for freshness is to place an egg in a bowl of water. A fresh egg will sink to the bottom, where as an old egg will float. Give it a go!

Add a slice of wholemeal bread to serve.

Buon Appetito!



What motivates you?

Do you teach year 1 to 6 in a West Australian school? Then we want to speak with you! In a telephone interview you can tell us what motivates you to teach nutrition in the classroom; what are critical barriers and the types and content of professional support teachers would use. The project will lead to a new training and professional support package available on the *Refresh.ED* website to assist primary school teachers to teach food and nutrition.

For more information or if you are interested in being involved, please contact Margaret at m.miller@ecu.edu.au. The first 10 participants will receive a \$20 gift voucher.