

Refresh.ED scope and sequence

	Phase 1: K -2	Phase 2: Year 3-4	Phase 3: Year 5-6	Phase 4: Year 7-8	Phase 5: Year 9-10
Context	Self What is food?	Peers and Family How and why we eat different food	Peers, Family, Community, Food as a source of nutrients	Wider Community Food and nutrition in systems	Global Food and nutrition challenges
Food and drink sources This theme encompasses promoting skills, knowledge and understanding of concepts relating to the nature of food, its production and availability.	<ol style="list-style-type: none"> 1. Healthy food comes from plants and animals. 2. We can grow and produce our own healthy food. 	<ol style="list-style-type: none"> 1. Our environment is important for our healthy food supply. 	<ol style="list-style-type: none"> 1. Technology can have both helpful and harmful effects on our healthy food supply. 	<ol style="list-style-type: none"> 1. Personal and community action can change availability of healthy foods. 	<ol style="list-style-type: none"> 1. Political, economic and societal complexities influence healthy food production, supply and demand in Australia and around the globe.
Food and drink choice This theme encompasses promoting skills, knowledge and understanding of concepts relating to food selection and influences, finding and interpreting nutrition information including food labels, shopping and budgeting.	<ol style="list-style-type: none"> 3. There are many different types of healthy food and drinks to choose from. 4. We need different amounts of different healthy foods. 	<ol style="list-style-type: none"> 2. Different people may choose different foods and drinks. 3. We need to make healthy food and drink choices to grow, be healthy and active each day. 	<ol style="list-style-type: none"> 2. Many factors can influence our food choices. 3. We can make healthy food and drink choices that meet nutritional, cultural, social and budget needs. 	<ol style="list-style-type: none"> 2. We can read and interpret food labels, find reliable nutrition information and budget our money to plan and select healthy, affordable food and drinks. 	<ol style="list-style-type: none"> 2. It is important to critically analyse nutrition and health information and influential factors to make well informed food and drink choices.
Food and drink experience This theme encompasses promoting skills, knowledge and understanding of concepts relating to menu planning, food preparation and cooking, food storage and food safety.	<ol style="list-style-type: none"> 6. We like foods and drinks for different reasons. 7. We need to be clean and safe when handling and preparing food. 	<ol style="list-style-type: none"> 4. We can plan and safely prepare healthy food that looks and tastes good. 	<ol style="list-style-type: none"> 4. We can plan and prepare a variety of nutritious and tasty snacks, meals and drinks in a safe, hygienic way. 5. We can reduce food and environmental waste. 	<ol style="list-style-type: none"> 4. We can plan and prepare safe, healthy food and drinks to reflect particular dietary requirements, cultural and societal influences. 	<ol style="list-style-type: none"> 3. We can prepare a variety of nutritious snacks, meals and drinks that meet personal, social, cultural, economic and environmental needs.
Food, drink and health This theme encompasses promoting skills, knowledge and understanding of how food and nutrition impacts health and wellbeing.	<ol style="list-style-type: none"> 8. We need a variety and balance of healthy foods and water to grow, be healthy and active each day. 	<ol style="list-style-type: none"> 6. We need healthy meals snacks and drinks to grow, be healthy and active each day. 7. We can eat more healthy food if we are active. 	<ol style="list-style-type: none"> 6. Foods and drinks have variable nutritional and energy value. 7. Our nutritional needs change through our lives, affecting the types and amounts of healthy food and drinks we need to live healthy, active lives. 	<ol style="list-style-type: none"> 5. The type and amount of food and drinks we eat affects our short and long term health. 6. People have different nutritional and food needs as they grow and develop. 	<ol style="list-style-type: none"> 4. Nutritional quality and energy from different types and amounts of food and drinks can affect our overall health and wellbeing. 5. We can make well-informed decisions to change our diets and lifestyles to improve our health and wellbeing.