



Refresh.ED

Online Food and Nutrition Teaching Resources

Online Professional Learning with Refresh.ED

Refresh.ED is designed to support teachers from Kindergarten to Year 10 to integrate content on food, nutrition, healthy eating and food preparation skills into a range of learning areas in the Australian Curriculum. You may have already searched the teaching units, which contain detailed lesson plans, background information, a unit overview, clear links to the Australian Curriculum, black-line masters and links to songs, stories, current affairs and online video clips. But have you checked the online professional learning?

For teachers who want to know more food and nutrition content or how to teach it, *Refresh.ED* online professional learning is also available on the website. This includes an array of general nutrition information sheets, videos and information on best-practice pedagogy.

Check out *Refresh.ED* professional learning
at <http://www.refreshedschools.health.wa.gov.au/professional-learning/>



Nutrition news

In May 2014, the Australian Bureau of Statistics (ABS) released first data from the 2011-12 National Nutrition and Physical Activity Survey (NNPAS). Key findings included:

- Over one-third (35%) of total energy consumed was from 'discretionary foods'. The proportion of energy from discretionary foods was highest among the 14-18 year olds (41%)
- Discretionary foods are those that aren't strictly necessary to provide the nutrients the body needs, but add variety to the diet. These foods often have high levels of saturated fats, sugar and salt.
- Discretionary foods favoured by young

Hands on food

Here's a simple healthy, recipe to get children involved in food preparation.



Strawberry yoghurt pops

Serves 6

Ingredients

2 small ripe bananas
3/4 cup frozen strawberries or 1 cup frozen blueberries
2 cups non-fat plain yoghurt

Cooking utensils

Cutting board
Knife
Measuring cups and spoons
Food processor or blender
Spatula
Paper cups or plastic molds
Popsicle sticks

children surveyed included biscuits, cakes or muffins, and for teenagers it included confectionery and cereal - bars.

- Fruit intake of teenagers and young adults was relatively low. Around 40 per cent of males and 50 per cent of females consumed fruit compared with 60 per cent of the whole population.

For teaching ideas using these data see:
<http://www.refreshedschools.health.wa.gov.au/k-10-curriculum-materials/using-refresh-ed/teaching-ideas/>

For more statistics from the ABS National Nutrition and Physical Activity Survey, [Click here](#)

Method

1. Peel and slice your banana and put it into a food processor or blender with the frozen berries and yoghurt.
2. Blend on a low setting until really smooth.
3. Divide the mixture between 6 paper cups or plastic molds
4. Place the pops in the freezer for 10 minutes, then gently poke a popsicle stick into the center of each one.
5. Place back in the freezer for at least 3 hours, or until frozen solid.

This recipe links to the "Safe in the kitchen" Kindergarten and Pre-primary unit. To access, please register or log in to the Refresh.ED website [here](#).

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