



Refresh.ED

Online Food and Nutrition Teaching Resources

Need help using *Refresh.ED* in the classroom?

Why not come to a **FREE** workshop for teachers to learn how these materials can be used to include food and nutrition into a range of learning areas.

These workshops will **introduce teachers to *Refresh.ED***, key **nutrition topics** and underpinning **pedagogical principles** incorporated into the developed materials.

Workshops for **primary teachers** are being held on **Monday 3 November**, and for **secondary teachers on Tuesday 4 November**.



Nutrition news

Modify recipes to improve your health

Instead of avoiding favourite foods which might not be so healthy, show students how to make them healthier, with a few easy changes!

Ways to modify recipes include:

- Use non-stick cookware to reduce the need for adding oil to foods;
- If you have to add fats, make sure



Hands on food

Here is a great example of a healthy family favourite!

Healthy Nachos

Ingredients

- 3 large corn tortillas
- Oil spray
- ¼ onion
- 1 cup low fat cheddar cheese
- 200g black beans or red kidney beans
- ¾ medium avocados
- 4 T low-fat sour cream

Salsa

- 2 large tomatoes chopped
- ½ green capsicum chopped
- ½ small red onion, chopped
- ¼ cup of coriander leaves, chopped
- 2 t red wine vinegar
- Pepper to taste

Method

1. Pre-heat oven to 180C and line 2 trays with baking paper.
2. Cut each tortilla into wedges, and lay out on trays.

- they are monounsaturated oils such as olive or canola oils;
- Replace cream with evaporated skim milk, low fat yoghurt or low fat milk in cooking;
 - Use lean meats or replace meat with fish or legumes;
 - Scrub vegetables rather than peeling them as many of their nutrients lay just below the skin;
 - Steam vegetables in the microwave to make sure they don't lose any of their valuable nutrients;
 - Taste food before adding salt;
 - Use herbs, lemon or vinegar to enhance the flavour of foods;
 - Choose low salt varieties or limit use of ingredients such as cheese, tinned soups or processed meats;
 - Try reducing the sugar content. Fruit may also be used to add sweetness to foods;
 - Steam, bake, grill or microwave foods rather than frying them.

3. Spray lightly with oil.
4. Place in oven for 15-20 minutes until crispy, then remove for oven and allow them to cool.
5. Whilst tortilla chips are cooking, mix salsa ingredients and set aside.
6. Heat grill to hot.
7. Place a layer of tortilla chips on an ovenproof plate or dish, add a light sprinkling of cheese, followed by beans and some salsa.
8. Continue to layer.
9. Place in the oven and grill for 2-36 minutes until cheese is melted and golden.

Serve with a dollop of salsa, slices of avocado and a little sour cream.

For more healthy recipe ideas see

Ask students to modify one of their favourite family recipes to make it healthier. You could cook the most popular recipes as a whole class activity, or in small groups. Refer to some of the [Refresh.ED units for ideas](#).

Our mailing address is: refreshedschools@ecu.edu.au



Department of
Health

