



# Refresh.ED

Online Food and Nutrition Teaching Resources



## Nutrition news

### Front of pack food labelling given the green light

After three years of negotiation between government, food producers and consumer groups, new front of pack labelling will soon be introduced in Australia.

The health star rating system will appear on the front of all food packaging, and is similar to that currently in use by appliances to denote energy or water efficiency.

The more stars a product displays, the healthier its contents.

The rating system was based on a calculator designed by Food Standards Australia New Zealand, and is based on the 2013 Australian Dietary Guidelines and the Australian Guide to Healthy Eating.

The labelling gives consumers a listing of the saturated fat, energy, sugars, sodium and overall nutrition of the product, and the design above is the one most favoured by consumers product testing.

The new system will be implemented over the next two years. More information can be found [here](#).

Teach students about food labels using Refresh.ED Year 4 and Year 9 Choice units.



## Hands on food

*Spring is here, celebrate with*

### ***Spicy Sweet Potato Soup with chili and coriander***

**Serves:** 4

**Preparation and cooking time:** 55 minutes.

### **Ingredients**

1L chicken stock or 1 teaspoon salt reduced chicken stock powder plus 1L boiling water  
2 teaspoons sunflower oil  
1 large brown onion, finely chopped  
1 tablespoon red curry paste  
2 carrots peeled and thinly sliced  
750g sweet potato, peeled and coarsely chopped  
2 teaspoons of lime juice  
90g natural yogurt  
1 long red chili, thinly sliced  
1 tablespoon fresh coriander

## World Food Day

October 16 is World Food Day, and this year's theme is "Family farming: Feeding the world, caring for the earth."

World Food Day was designed to commemorate the establishment of the Food and Agriculture Organization (FAO) of the United Nations and works to raise awareness about food supply and distribution, as well as hunger and poverty. Each year the FAO runs a competition for children between 5 and 17 years of age to design a poster based on the theme, with this year's theme centering on the contribution of small farms and family farms to sustainable development .

**Entries for the FAO competition are accepted until 30 September, 2014 and rules see [here](#), or you might like to run a similar contest at your school.**

**Show your students this [2 minute video](#) to get their creative juices flowing!**

## Method

1. Combine stock powder and water in a jug
2. Heat oil in a large saucepan over medium heat
3. Cook onion for 5 minutes or until soft. Stir in curry paste for 1-2 minutes or until aromatic
4. Add carrot, sweet potato and stock mixture. Bring to the boil. Reduce heat to low, and allow to simmer for 25-30 minutes. Cool slightly.
5. Blend soup until smooth.
6. Stir in lime juice.
7. Combine yoghurt, chili and coriander in a bowl
8. Serve with a swirl of yoghurt through the soup

***This recipe is included in Refresh.ED Year 8 Choice unit .***

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