



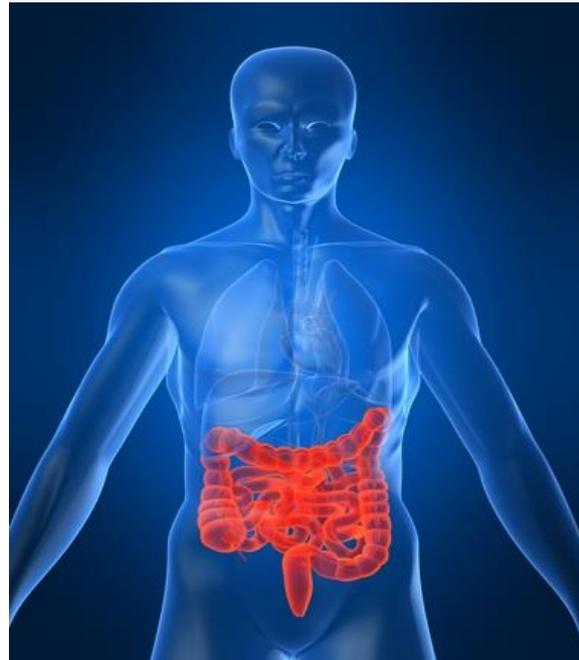
Refresh.ED

Online Food and Nutrition Teaching Resources

Red Apple Day 17 June

Part of Bowel cancer awareness month 1-30 June.

The apple and worm metaphor can be used to describe Bowel cancer. If a worm makes a small hole within an apple, and the worm is detected and removed early it can no longer cause damage to the apple. Similarly, in humans, if bowel cancer is detected early then it can be treated and people can continue enjoying a healthy life.



Why are apples good for me?

- Great source of Dietary Fibre
- Rich in Vitamin C, K, and B6
- Contains a variety of minerals including Potassium, Manganese and Calcium
- They are also delicious

Get involved

Get your school or class to take part in Red Apple day by encouraging all students and teachers to eat an apple

What is bowel cancer?

- The second most common cancer in Australia.
- Equally affecting both men and women.

on this day.

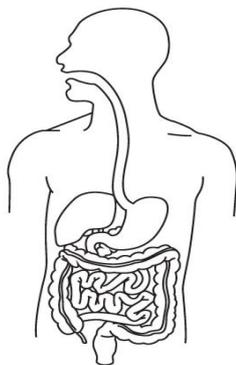
Do this by bringing an apple from home or perhaps you can seek for a donation from a local supplier.

This is a great way to not only bring awareness of prevention of bowel cancer but also to involve your school community in promoting good health.

Activity time

1. In your classroom get into groups of five and draw and create a poster of the digestive system (like the one demonstrated below).
2. Include the process that would be involved when eating an apple- for example begin with the ingestion of the apple in the mouth, through the esophagus and down into the stomach.
3. Illustrate the full process in which the apple would travel down through the digestive system.

A great example of this activity is in *Refersh.ED* Year 7- [A closer look at digestion.](#)



- Malignant growth in the large intestine.
- It can block or narrow the large intestine.
- I can lead to death if not treated early

What are the signs and symptoms?

- Persistent change in bowel habits
- Change in bowel movement appearance
- Presence of blood in the stool
- Ongoing abdominal cramping, pain and gas.
- Feeling of bowel fullness
- Unexplained weight loss, anemia, tiredness and weakness

What are the risk factors?

- Genetic
- Age
- Smoking
- Irritable Bowel Disease (IBD)
- Obesity
- Low intake of fruit and vegetables

Can it be prevented?

- Although no cancers can be completely prevented you can take steps to minimize the development of Bowel cancer:
- Having a diet rich in a variety of fruits and vegetables
- Limiting processed foods; high in saturated fat, salt and sugar
- Limiting alcoholic drinks
- Being physically active

News of Refresh.ED



We received overwhelming interest from many of the teachers and school health nurses who attended the WA Healthy Schools forum (WAHPSA) last month. Refresh.ED provided an online display- of the website and resources as well as workshops featuring learning materials from different age groups with examples of all which were a great success.

For more information on WAHPSA events, please see new [website](#).



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A joint Australian, State and Territory Government initiative under the
National Partnership Agreement on Preventive Health