



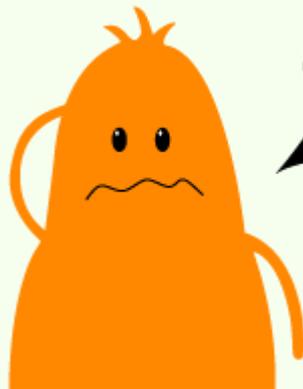
Refresh.ED

Online Food and Nutrition Teaching Resources

Hi << Test First Name >>,

We hope that your week is going well. Here's some news and ideas from *Refresh.ED*.

- [Forgotten your password?](#)
- [New Healthy Diet Pyramid](#)
- [NAIDOC Week follow-up](#)
- [Watermelon Day \(3 August\)](#)
- [More Herbs, Less Salt Day \(29 August\)](#)



**I FORGOT
MY PASSWORD**

Forgotten your password?

We've added a new feature to the website to make it easier for you to recover or change your *Refresh.ED* password. Simply go to the log-in, follow the prompts and look for an email with update details in your inbox; if not, check your junk mail. If all else fails, contact us at refreshedschools@ecu.edu.au

Win \$50 with your feedback

You could be one of ten lucky winners of a \$50 voucher for completing our online feedback survey. We have extended eligibility to **7 August**. This is your chance to tell us how you are using *Refresh.ED* and any improvements you would like to see. Look for your emailed survey invitation sent 30 June. Contact us at refreshedschools@ecu.edu.au to have a new survey sent.

New Healthy Diet Pyramid

Nutrition Australia has released a revised Healthy Eating Pyramid. This popular nutrition education tool has been updated to align with the latest Australia Dietary Guidelines. Read about it [here](#). *Refresh.ED* uses government endorsed Australia Guide to Healthy Eating, which employs a circle rather than a pyramid to present the same healthy eating messages.

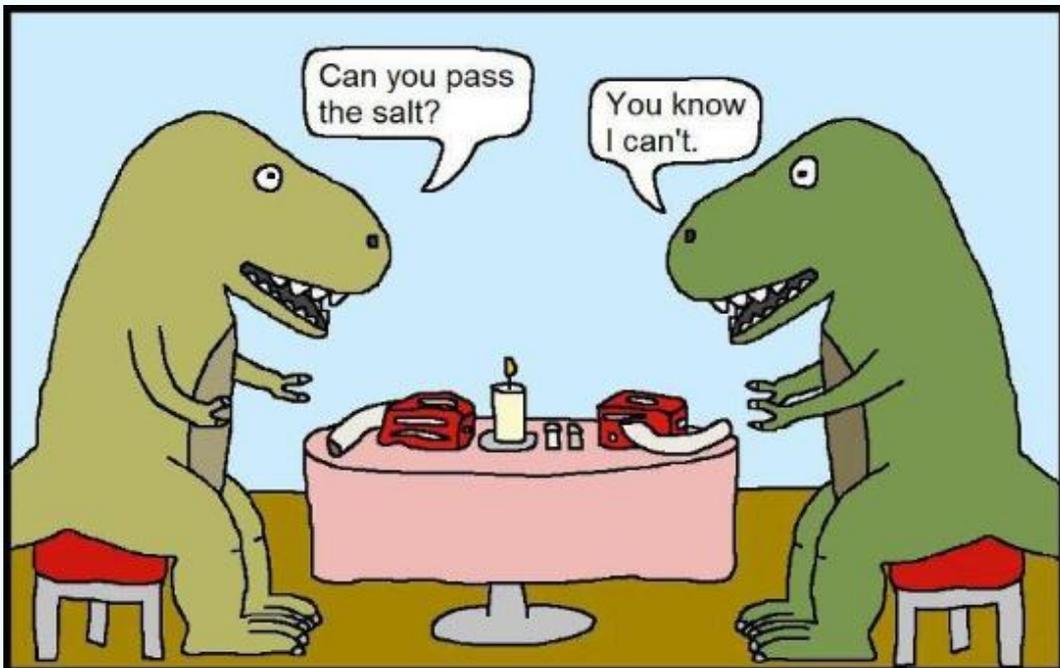
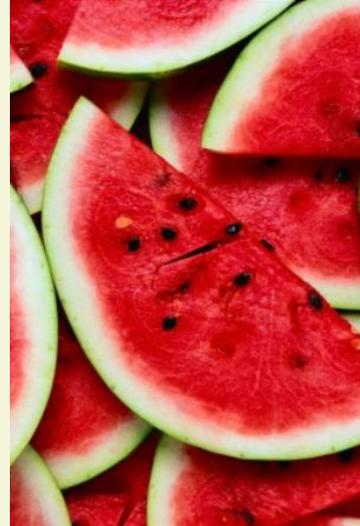


NAIDOC Week follow-up

NAIDOC week 2015 (5-12 July) was during the school holidays, but it's not too late to talk about Bush Tucker. Bush Tucker is food that is native to Australia and traditionally used by our original Aboriginal Australian inhabitants. The *Refresh.ED* Year 7- [Food in Australia over time](#) will help you and your students explore traditional Aboriginal foods, with recipes to cook some modern adaptations such as kangaroo burger and fresh damper.

Watermelon Day (3 August)

It's sweet, refreshing and is over 90% of water, aptly called 'watermelon'. Not only do they rehydrate you, but watermelons also provide significant levels of vitamins, minerals and antioxidants. Did you know watermelons are in season somewhere in Australia all year round? They are also grown in over 96 countries in the world. For more interesting facts about watermelons, and come teaching ideas to celebrate this fruit, see *Refresh.ED* teaching unit: Year 1- [Farm to fork](#). We can also use this fruit to teach children about fractions in the Year 3 unit- [Eating to needs](#).



More Herbs, Less Salt Day (29 August)

One of the recommendations of the Australian Dietary Guidelines is to enjoy

more herbs and spices while limiting salt and added sugar. We think that's a great idea. Not only do herbs add a burst of flavour to your food, they are also rich in essential vitamins and nutrients. Take a look at our *Refresh.ED* Year 6- [A closer look at nutrients and energy](#) to help kids identify the negative effect of a diet in high salt and ways to reduce and replace it.

[Go to Refresh.Ed website](#)

[View previous newsletters](#)

We wish you an exciting semester ahead!