



# Refresh.ED

Online Food and Nutrition Teaching Resources

Hi,

We are back in action for 2016! Here are some topics to help you kick start the year.

- [Starting the year with Refresh.ED](#)
- [Water Facts](#)
- [Professional Learning](#)
- [Recruitment: Expression of Interest](#)



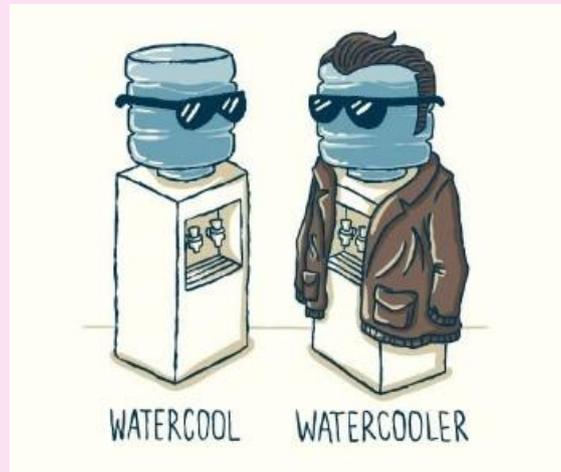
## Starting the year with Refresh.ED

New students, new staff members, school changes and so much planning to do!

We know the start of the school year can be a pretty frantic time. *Refresh.ED* aims to make life a bit easier for you through easy access to our ready to go food and nutrition teaching resources. [Refresh.ED](#) teaching units include sequential learning tasks, worksheets, black-line masters and links to songs, stories, and online video clips. All [Refresh.ED](#) units come complete with a list of required materials, teacher information and links to the Australian Curriculum.

Need for some ideas on how to incorporate current food and nutrition issues

into a lesson plan? Click [here](#) to check our teaching ideas section which is regularly updated with nutrition topics and controversies in the news.



## Water Facts

Did you know that humans are about 60% water by weight? Did you know you begin to feel thirsty when your body has lost 1% of its water? Did you know that just breathing uses more than half a litre of water everyday? Water is vital to our bodies and health. With temperatures soaring on summer days, it is important for teachers and students to remain well hydrated. Being dehydrated can zap your energy and make you feel tired, and that's no fun. This term is a good time to introduce [Refresh.ED K/PP Food and My Body unit](#) which teaches that our bodies need water, the best drink especially when we are thirsty. For older students [Refresh.ED Year 9 Know Your Drinks unit](#) explores *Australian Guide to Healthy Eating* advice to 'drink plenty of water' while comparing the nutritional and health effects of different sources of fluid.

## Professional Learning

Our first Professional Learning sessions for 2016 will be conducted in February and March via Polycom (video-conference) through the Catholic Education Office.

Below is a list of our scheduled sessions:

*(please note that there has been a change of date and time in the February session since our last newsletter)*

**19 February (Friday) 11.00am -12.30pm:** *Refresh.ED* online food and nutrition resources K-Year 6

**04 March (Friday) 8.30 -10.00am:** *Refresh.ED* online food and nutrition resources  
Year 7- 10

[Contact us](#) via email to enroll. Information on other sessions will be posted on the website and in upcoming newsletters. However, expressions of interest in attending any of our professional development events can be sent to [refreshedschools@ecu.edu.au](mailto:refreshedschools@ecu.edu.au)

## Recruitment: Expression of Interest

**Are you a Year 7 or Year 8 teacher? Teach in a Western Australian Catholic school? Then we want to speak with you!**

Samantha Baker, *Refresh.ED* Project Coordinator, is conducting a research project to develop a framework which will be used to guide the development of an early adolescence food and nutrition life skills resource. As part of this project, we want to conduct student focus groups and teacher interviews with Year 7-8 Health and Physical Education or Technologies (Home Economics) teachers.

These focus groups and interviews will allow participants to express their view, thoughts and opinions on important content to include in an early adolescence nutrition life skills resource and how this content could be taught in an engaging way.

For more information or if you are interested in being involved, please contact Samantha at [samantha.baker@ecu.edu.au](mailto:samantha.baker@ecu.edu.au) or on 0430 357 871



We wish you an exciting term ahead!

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**Our mailing address is:** [refreshedschools@ecu.edu.au](mailto:refreshedschools@ecu.edu.au)  
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A joint Australian, State and Territory Government initiative under the National Partnership Agreement on Preventive Health