



# Refresh.ED

Online Food and Nutrition Teaching Resources

Hi,

Welcome back to school for 2017. In this first issue of the Refresh.ED Newsletter for the year, we offer new information and ideas to help you teach about food and nutrition across the curriculum.

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## [What's new on the website](#)

Each term, the Refresh.ED team adds new *Nutrition Notes* and *Teaching Ideas* to the website. *Nutrition Notes* are intended to update your knowledge of nutrition issues. New additions this term will inform you about organic food, sugar in drinks, and the FODMAP diet. Follow this [link](#) to find these topics and many more.

*Teaching Ideas* draw on current events to create teaching activities that students can link with the world around them. This term we focus on sustainable fishing in WA, providing links to videos, educational resources and class discussion points. To find this topic and others [click here](#).

## [New links to WA Curriculum](#)

All *Refresh.ED* teaching units are now updated to show their links to both the Australian and the latest Western Australian curriculum strands, sub-strands and content

descriptions for specific learning areas. Units are designed for teaching mainly in Health and PE or Design and Technologies, although many also have demonstrated links to Sciences and can be taught as a theme in other learning areas. In addition, a table within each unit shows how the learning tasks align with each of the seven general capabilities required to be taught across the curriculum.

### [Teaching about food waste](#)

We need to halve food waste! That's one of the 17 United Nations Sustainable Development Goals for our planet by 2030. The UN urges all countries to ensure that people everywhere have the relevant information and awareness to achieve this goal. Schools are a great place to start and what better time than a new year. Engage and educate students by vermicomposting food scraps and/or recycling food packaging as described below. Refresh.ED provides relevant teaching units in years 4 and 6 and several *Teaching Ideas* for older students.



Vermicompost bins don't take up too much space and are ideal for use in schools.

### [Vermicomposting](#)

Vermicomposting is a process of using red worms that feed on food scraps, garden trimmings and other organic matter to produce a nutrient-rich humus, from worm castings. A worm bin is suitable for small places and is usually done indoors, which means its perfect for schools. It can be filled with vegetable or fruit scraps, tea bags, and coffee grounds. On average, a worm will recycle 450 grams of organic matter in a day! It's a natural process that can turn waste into useful compost and help recycle food and other organic waste. Household waste can be reduced up to 40%!

How can vermicomposting be incorporated in school nutrition education?

TED video [click here](#)

Please click link to learn more at Refresh.ED [Year 4: Food and environment](#)



### [Recycle Right WA](#)

The method by which waste is handled can be advantageous to our environment and the community. Without adequate waste control and recycling, waste would result in contamination of water, soil, land and air.

Recycling materials is a way of reducing waste, that otherwise would end up as landfill. Processing used materials for re-use as new materials helps reduce the need for use of raw materials. Material waste that can be recycled are paper, plastics, glass and organic waste matter. For example, your aluminium cans can be re-used and will take about 60 days to re-appear in shops as new cans containing drinks.

Recycle right is a campaign which helps residents and the community in Western Australia re-think waste management.

A simple way to help make a difference is to remember the 3 R's - reduce, reuse and recycle.

For more information on how to recycle right please [click here](#).

Don't forget to review the Refresh.ED Year 6: Food Safety for Health & Environment resources on this [topic](#).

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