



Refresh.ED

Online Food and Nutrition Teaching Resources

Hi << Test First Name >>,

Hi everyone!

The end of term 3 is fast approaching and we're here to provide you with a snippet of the latest food and nutrition information and coming events. We are particularly excited to share with you our Action on Nutrition Professional development day for primary teaching staff – an event not to be missed!

- Action on Nutrition Professional Development Day
- Growing Tomatoes
- Thick “n” Chunky Salsa Recipe
- World Food Day October 2017
- Nutrition knowledge Questionnaire #2

ARE YOU READY TO TAKE ACTION ON NUTRITION - FINAL CALL

We are calling all primary school staff to attend a nutrition focused professional development day **9 October 2017**.

[Refresh.ED](#), [Foodbank WA](#), [Cancer Council Western Australia](#), [WA School Canteen](#)

Association Inc., and WA Health Promoting Schools Association are combining forces to bring you a jam packed day to help you take action on food and nutrition in your school.

RSVP extended **as we have a few spots available**. Secure your place at refreshedschools@ecu.edu.au



Action on Nutrition

Save the Date: Monday October 9th 2017

Primary Principals, Teachers, EA's, School Health Nurses, Admin Staff

Food and nutrition agencies in WA invite you to attend a professional development day to help you **take action** on food and nutrition in your school. The day will include:

- Tools to assess your school needs and priority areas
- Hands on workshops with WA based nutrition organisations
- Guest speakers and case studies
- Funding school nutrition initiatives
- Nutrition activities and free resources
- Peer support and networking opportunities

9am—3pm Cost: \$10 (delicious healthy catering will be provided)

Edith Cowan University—Mt Lawley Campus

Submit your EOI to refreshedschools@ecu.edu.au by **8th September** as places are limited.

This event is a collaborative effort between :



It's officially Spring!



What a great reason to take students out into the sunshine and plant some vegetable seedlings.

By teaching students the basic skills related to growing foods such as planting, tending and harvesting students learn where fresh foods come from.

Why not try growing tomatoes?

They're inexpensive, sweet, juicy and packed with vitamin C. One medium tomato counts as one whole serve of our daily veg requirements. There are many types of tomatoes, try planting a variety of cherry, heirlooms, red, and yellow.

On average, seeds take 5 – 10 days to sprout and 16 weeks to harvest. Plant some mature seedlings as well for students to enjoy tomatoes earlier. Other easy vegetables to grow from seeds include beans, peas, radishes, cucumber, and zucchini. Click here to search more vegetables to plant in spring.

For more food production teaching ideas see **Refresh.ED** teaching units: Kindergarten- *Food from nature and nurture*, Year 1- *Farm to fork*, Year 2- *Planet to plate*, Year 3- *Knowing and growing our food* and Year 4 - *Food and environment*.

Thick “n” chunky tomato salsa

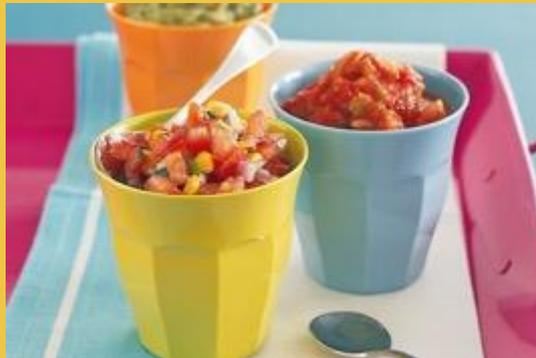
Celebrate students’ gardening successes and learning by making this delicious homemade salsa. (Makes 1.5 cups)

Ingredients:

- 500g tomatoes, diced
- 1 tablespoon olive oil
- 1 brown onion, finely chopped
- 1 small red capsicum, finely chopped
- ½ cup fresh or canned corn kernels (no added salt)
- 1 tablespoon tomato paste

Directions:

1. Heat oil in saucepan over medium heat. Add onion and cook, stirring, for 3-4 minutes or until soft. Add capsicum. Cook until tender. Stir in tomato paste and tomatoes.
2. Serve with crusty fresh bread



World Food day 16th October



The food and Agriculture Organisation (FAO) celebrate World Food Day (WFD) each year on the 16th October with events organised in over 150 countries to promote worldwide awareness and action for those who suffer from hunger and food insecurity. **Zero Hunger by 2030 is United Nations Sustainable Development Goal #2**

Some hard facts about world hunger:

- The world produces enough food to feed everyone, yet, about **800 million people** suffer from hunger. That is one in nine people. 60% of them are women.
- About **80%** of the world's extreme poor live in rural areas. Most of them depend on agriculture.
- **One third** of the food produced worldwide is lost or wasted.

The focus for WFD in 2017 is **Change the future of migration. Invest in food security and rural development.**

To find out how your school can be involved visit [World Food Day](#)



Through our Refresh.ED facebook page, we share the latest news and

teaching ideas on all things food, nutrition and, healthy eating. We hope that you like, share and comment any of these materials with your fellow teachers and school staff.

Follow us today @ [Refreshedschools](#)

How accurate is your nutrition knowledge? Nutrition Quiz #2

This is the second of our nutrition quizzes on different aspects of food and nutrition – this one relates to food sustainability in view of World Food Day 2017.

If you have any challenging questions you would like to include just email them to us at refreshedschools.ecu.edu.au

Answer T (True), F (False) or DK (Don't know) for each question.

Nutrition Quiz	True	False	Don't know
1. Of all foods, meat takes the most natural resources such as land and water to produce.			
2. Eating locally produced food does nothing to reduce the environmental footprint of eating.			
3. In industrialised countries like Australia, meat, fruit and bread are the foods most likely to be wasted at household level			
4. Worm farms are an effective way to reduce greenhouse gas emissions from waste.			
5. One third of the food produced worldwide is wasted.			

Answers: (1. T), (2. F), (3. T), (4. T), (5. T),

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Enjoy your weekend!



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