



# Refresh.ED

Online Food and Nutrition Teaching Resources

Hi Everyone,

As the end of year approaches we feel it is a time to celebrate all the achievements of 2017 including the successes of your students, school and yourself therefore we are providing you with some healthy eating class party ideas. In this addition, we also want to acknowledge some of Refresh.ED's achievements whilst also providing a sneak peak of what's to come for 2018. Plus we provide you with an opportunity to test your nutrition knowledge with Questionnaire #3.

- Action on Nutrition... Reflection
- Healthy Class and Staff party ideas
- What would you spend \$100 on?
- Refresh.ED 2017/2018
- Nutrition Knowledge Questionnaire #3

## **ACTION ON NUTRITION... Reflection**

Last month [Refresh.ED](#) took Action On Nutrition, alongside [Foodbank WA](#), [Crunch & Sip](#), [WA Health Promoting Schools Association](#), [WA School Canteen Association Inc.](#) and [Cancer Council Western Australia](#).

The Professional Development day draw interest from a diverse range of interested parties. High School and Primary School Teachers and staff, School Nurses, Regional Community Leaders, P & C School members and a representation from the Association of Independent Schools.

Professor Mathew Byrne opened the event by speaking about the importance of nutrition for wellbeing and the creation of a supporting learning environment.

The School Audit tool (nutrition focused area) was introduced together with group activities.

Case studies were presented from Pearsall Primary School and Mount Lawley Senior High School to demonstrate how their schools have introduced a whole school approach to nutrition.

Each agency gave a presentation on their organisation/resources and how they could assist the various attendees in taking Action On Nutrition.

Catering on the day was provided by the WA School Canteen Association. The buffet style menu also demonstrated how nutritional food can be served and presented. Lunch was enjoyed by all on the day.

There were trade displays and demonstrations during the lunch break, where attendees had access to additional free resources and information.

The final group activity for the day looking into the barriers, supports and motivators to assist attendees to make an action plan on how they could take Action On Nutrition into their schools and organisations.

We were thrilled with the positive response from our attendees and look forward to presenting more Professional Development Days to promote nutrition.

The Refresh.ED team



## Healthy Class and Staff party ideas

Not long till Christmas and there many good things to look forward to. One idea to celebrate is by offering healthy food options at class and staff parties. These pita tree snacks are colourful and easy to prepare. Or perhaps, try the cute Santa's hats. Enjoy!

### Pita Tree Snacks

- 4 flavoured or plain pita folds or pita (pocket) breads (about 6 inches in diameter)
- 16 thin pretzel sticks, halved
- ½ cup fat-free sour cream
- ½ cup guacamole
- 2 tablespoons finely chopped parsley
- ¼ teaspoon garlic-pepper blend
- ¼ cup very finely chopped red bell pepper.



### Steps

1. Cut each pita fold into 8 wedges. Insert a pretzel stick half into centre of bottom of each wedge to form the "tree trunk."
  2. In small bowl, mix sour cream, guacamole, parsley and garlic-pepper blend. Spread about 1 teaspoon of sour cream mixture on each pita wedge.
  3. Blot each bell pepper with paper towel to remove excess moisture. Sprinkle about ¼ teaspoon bell pepper on each wedge or arrange to form a garland. If desired, cover and refrigerate for up to 8 hours before serving.
- Sourced from: <https://www.bettycrocker.com/>

## Strawberry Santas

### Ingredients:

- 1 x punnet strawberries
- 1 x banana
- ½ cup cottage cheese
- 1 x black gel icing pen.

### Steps:

1. Take the top off a strawberry (i.e. the leaves)
2. Slice a second slice from the top of the strawberry
3. Slice a disc from the banana
4. Spread one side of the banana with cottage cheese (relatively thickly, as this will become the “beard”)
5. Place the strawberry slice on the serving plate
6. Add the slice of the banana on top, cottage cheese side down
7. Take the gel icing pen and add 2 dots on the edge of the banana slice as “eyes”
8. Place the remaining part of the strawberry on top as the “hat”
9. Repeat for as many Santas you wish to make.



Sourced from: <https://www.pinterest.com.au/pin/656892295621059512/>

Both recipes can be tied in with the lesson plan Year 6 - *keeping it low*. This learning task requires students to think critically about how they can reduce the amount of saturated fats, salt and sugar in their diet. Further information on healthy ideas for class parties can be found here:

<https://www.healthykids.nsw.gov.au/downloads/file/teacherschildcare/Healthyfoodideasforclassparties.pdf>

## How accurate is your nutrition knowledge? Nutrition Knowledge Questionnaire #3

This is the third of our nutrition quizzes on different aspects of food and nutrition. Why not have a go?

If you have any challenging questions you would like to include just email them to us at:  
[refreshedschools.ecu.edu.au](mailto: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. Cooking time for brown (wholegrain) rice and white rice are about the same?			
2. The main reason for children to eat plenty of fruits and vegetables is to stop them feeling hungry.			
3. The main reason for children to eat plenty of whole grain foods is to give them energy			
4. The main reason for children to eat plenty of dairy products like milk is to increase intake of natural sugars.			
5. Vegetables, fruits, proteins, dairy foods and oils make up the Five Food Groups			
6. One (1) medium apple would meet a primary school child's recommended daily intake of fruits			
7. Natural yoghurt is a healthier option than plain ice cream to help limit added sugar intake			
8. As a general guide, primary school children should drink at least 4 cups (total of 1 litre) of fluid per day, including water.			

Answers: (1. F), (2. F), (3. F), (4. F), (5. F), (6.F), (7. T), (8. T)

### Refresh.ED 2017/2018

The Refresh.ED team have worked hard this year in assisting teachers to successfully deliver nutrition education with the use of the Refresh.ED resources. The team have presented to over 300 participants at a range of conferences including (including ACHPER, DOE, AISWA) and also ran hands-on workshops, university-pre-service teacher sessions and individual school sessions. This year we combined with other health organisations in WA to bring you **Action On Nutrition**. Our website subscribers continue to grow with over 3000 members and there are already 230 followers on our new Facebook group.

In 2018, we plan to continue promotions and professional learning to help teachers get the best out of Refresh.ED. We also have exciting plans for the Refresh.ED units themselves, making them even more accessible for Teachers. Stay tuned!

All upcoming professional development sessions will be posted on the website and in *Refresh.ED* newsletters early next year. Expressions of interest in attending or organising any of our professional development events can be sent to [refreshedschools@ecu.edu](mailto:refreshedschools@ecu.edu) or Facebook page @refreshedschools.

## What would you spend \$100 on?

Participate in research and be in a draw to win \$100!  
Refresh.ED manager Margaret Miller is conducting PhD research to investigate what would motivate and support new primary teachers to include nutrition in their classroom teaching.

The results will help ECU to develop more professional supports for Teachers.

Primary School Teachers are invited to complete a 15-minute online survey about this topic. The survey is anonymous and you don't need to be a nutrition expert or to have taught nutrition to be part of it. Full information on the research is available on the Refresh.ED website at:

<http://www.refreshedschools.health.wa.gov.au/participate-r.../>

Please complete the survey by 20 December to be eligible for a prize draw. One prize is drawn per 100 completed surveys.

To start the survey, click on this link, otherwise post the following in your internet browser:

[https://ecuaug.qualtrics.com/jfe/form/SV\\_1Uqkyax5eecREDH](https://ecuaug.qualtrics.com/jfe/form/SV_1Uqkyax5eecREDH)



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.

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