



Refresh.ED

Online Food and Nutrition Teaching Resources

Hi There,

Welcome to the first Term 1 *Refresh.ED* newsletter, in which we focus on Sugar, and on ways to teach children about healthy eating by looking at sugar sweetened beverages, food labels, and recipe modification. We are also helping to promote the fabulous free health program for children running throughout 2018.

- A Sugar Tax, could it happen in Australia?
- Know Your Drinks - Year 9
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- A Free, Fun Program for Kids
- Facebook page.



A Sugar Tax, could it happen in Australia?

Debate on the topic of a “sugar tax” regularly appears in the Australian media, encouraged by increasing reports of decreased sugar sweetened beverage sales in countries with such a tax. Late in 2017, the **Australian Medical Association (AMA)** proposed that a tax or levy on sugar sweetened beverages be introduced as a matter of priority to reduce sugar consumption in Australia. While far from a single solution to the rising obesity and diabetes Australian statistics, the AMA suggests the tax is a good place to start to create behaviour change.

A few interesting points from their [article](#) include:

- ABS statistics show **Australians consume nearly 10kg of free sugar** in beverages every year, So far, 26 countries have introduced a sugar tax, to increase the price of sugary drinks and influence consumer behaviour as well as encourage companies to reformulate and cut sugar
- A 20% tax on sugar sweetened drink would **reduce the number of new Type 2 Diabetes cases** by about 800 per year.
- A proposed **saving of \$1.73billion in healthcare costs** was calculated by Deakin University’s Global Obesity Centre.
- An analysis by Mexico’s National Institute of Public Health found that purchases of **sugary drinks dropped by 5.5% in 2014, and 9.7% the following year**, while purchases of untaxed drinks rose on average by 2.1% over the two years.

Read the full article [here](#):

Know Your Drinks - Year 9

This article links well with the Year 9 Know Your Drinks unit. It also addresses Australian Curriculum general capabilities of literacy, ethical understanding, intercultural understanding and critical and creative understanding.

Suggested classroom icebreaker questions include:

- *What is this article about?*
- *What do you think some of the arguments would be from the soft drink industry and its lobbyist against such a tax?*
- *How do you think we should respond to these arguments?*

Visit the [Refresh.ED website](#) to download this unit free:

Focus on Sugar

Sugar comes in many forms. It is a carbohydrate which is broken down to provide glucose, needed by our bodies for energy. However, excess amounts are detrimental to health.

In 2014, The World Health Organisation (WHO) released a guideline, recommending to reduce total intake of free sugars to less than 10% of total energy intake, equating to 25g of sugar (6tsp) for adults and children in the healthy range of body mass index.

The main reasons, based on scientific evidence, are:

- **Increased risk of weight gain, and increase risk of non-communicable diseases, like diabetes**
- **Increase in dental caries.**

WHO separates sugars into two categories;

Intrinsic sugars: found in intact fruit and vegetables is excluded from the new guidelines and should not be counted towards your daily tally, as these foods are the staples of a healthy diet.

Free sugars: Monosaccharides and Disaccharides that are added to foods by manufacturers and consumers, as well as sugars that are naturally present in honey,

syrops, fruit juices and fruit concentrate. This is where sugar sweetened beverages fall. And are recommended by WHO to be reduced.

“A single can of sugar-sweetened soda contains up to 40 grams (around 10 teaspoons) of free sugars”. (WHO, 2015)

Read the full report [here](#)



How can you recognise the amount of sugar in foods?

Take a look at our **Teacher Information Sheet – “Reading a Food Label”** with steps to read a food label and to know which foods can be classified as high or low in sugar. It also explains other names to look out for which are used for sugar.

<https://www.facebook.com/refreshedschools/>

A few other tips and tricks on sugar

- Often the sugars in a recipe can be **reduced by a third** or even by half without affecting the final product. Sometimes it works well to reduce the amount gradually and let taste buds adapt more slowly.
- Reducing the sugar content will also mean **fewer kilojoules**.
- **Adding fruit** to a recipe can add sweetness and flavour and reduce the need to add sugars.
- It's important to remember that honey, raw sugar, brown sugar and golden syrup are some of the alternate names for sugar and have similar kilojoules to sugar.

Visit [Eat for Health](#) for further information and recipe modification tips

The following diagram provides some helpful tips for understanding and using nutrition information panels and ingredients lists.

Nutrition Information		
Servings per package – 16		
Serving size – 30g (2/3 cup)		
	Per serve	Per 100g
Energy	432kJ	1441kJ
Protein	2.8g	9.3g
Fat		
Total	0.4g	1.2g
Saturated	0.1g	0.3g
Carbohydrate		
Total	18.9g	62.9g
Sugars	3.5g	11.8g
Fibre	6.4g	21.2g
Sodium	65mg	215mg
Ingredients: Cereals (76%) (wheat, oatbran, barley), psyllium husk (11%, sugar, rice, malt		

Energy

- Check kJ per serve.
- 'Discretionary' or 'Sometimes' foods have 600kJ per serve.

Total fat

- Generally, choose less than 10g per 100g.
- For milk, yoghurt, icecream, choose less than 2g per 100g.
- For cheese, choose less than 15g per 100g.

Saturated fat

- Choose the lowest per 100g.
- Less than 3g per 100g is best.

Other names for ingredients high in saturated fat: Animal fat/oil, beef fat, butter

100g Column and Serving Size

- Use the per 100g column to compare similar foods.
- Use the per serve column to calculate how much nutrient or energy you will eat. Also check if your portion size and the serve size are the same.

Sugars

- Choose less than 15g per 100g.
- If higher, check that sugar (or alternative names for added sugar) is not high in the ingredient list.

Other names for added sugar: Dextrose, fructose, glucose, golden syrup, honey, maple syrup, sucrose, malt, maltose, lactose, brown sugar, caster sugar, raw sugar, sucrose.

Sodium (salt)

- Choose less than 400mg per 100g.
- Less than 120mg per 100g is best.

Other names for high salt ingredients: Baking powder, celery salt.



Fruits of the Forest Yoghurt Compote

by *Live Lighter*

This delicious recipe contains just **9.3 g sugar per 100g** and all sugars are in fact, naturally occurring; Try it out with your students!

Quick --- Snack option --- Breakfast option --- Vegetarian --- Gluten free

Preparation 5 min
Serves 2
Difficulty Easy

Ingredients

- 1 cup frozen mixed berries or blueberries
- 1 punnet strawberries, hulled and sliced
- 1 1/2 cups plain low-fat, low sugar variety yoghurt

- 3 tbs flaked almonds, roughly chopped.

Method

1. Place mixed berries or blueberries into a small saucepan and cook over medium heat, gently stirring until berries soften, approximately 3 to 4 minutes.
2. Remove from heat and stir through strawberries. Allow to cool.
3. Divide half the berry mixture between two glasses.
4. Top with layers of yoghurt, remaining berries then yoghurt.
5. Sprinkle almonds on top and serve.

Variation:

Heat berries for 2 minutes once strawberries have been added and serve on 4 slices of raisin toast or fruit bread.

Serving Suggestion:

This can also be served as a dessert, presented in a decorative long-stemmed glass.

A Free, Fun Program for Kids

The Better Health Program is a free healthy living program for kids above a healthy weight, running across the Perth Metropolitan region. This fun and interactive program helps children aged between 7 and 13, and their families, adopt a long-lasting healthy lifestyle. The program focuses on improving:

- Eating habits
- Fitness
- Teamwork
- Overall health.

Programs are led by qualified Health Professionals and take place after school, running parallel with school terms. Children and their families become fitter, healthier and happier as they have fun, meet new friends and learn new skills.

FREE, FUN KIDS PROGRAM



Join your next FREE local program at HBF Arena Joondalup

DO YOU HAVE KIDS 7-13 YEARS OLD? ARE YOU WORRIED ABOUT THEIR WEIGHT?

The Better Health Program is a fun, interactive 10 week healthy lifestyle program for families.

In a supportive and friendly environment, children become fitter, healthier and happier.

PLACES ARE LIMITED! FIND OUT MORE OR REGISTER NOW FOR TERM 1 2018:

 **Call us:** 1300 822 953
 **Text us:** 0409 745 645
 **Online:** www.betterhealthprogram.org

Starts: February 6th, 2018
Day: Tuesday
Time: 4pm – 6pm



betterhealthprogram
healthy active happy kids

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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We wish you an exciting term ahead!

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