

Refresh.ED Newsletter Issue 2 Term 1, 2018

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Refresh.ED

Online Food and Nutrition Teaching Resources

Hi

Welcome to Refresh.ED's Newsletter 2, for Term 1 in which we celebrate Australia's Cultural Diversity in view of Harmony Day 2018, with lesson activity ideas and recipes to implement with your class. We draw attention to the versatile Mushroom, and how easy this edible fungus is to grow and use as a springboard to teach about nutrition, sustainability, and life cycles. We share our recent success facilitating Refresh.ED Professional Development sessions with university students. Finally, do you use social media or other online platforms for teaching ideas and materials? We would love to hear your thoughts.

- Harmony Day 21st March 2018
- Lesson activities to celebrate cultural diversity
- Recipe: Kangaroo Burgers
- Refresh.ED at Murdoch University
- What social media platforms do you use?



Harmony Day - March 21st

Harmony Day is celebrated each year on the **21st March**. Whilst this date has passed, we believe celebrating Australia's cultural diversity, and cultural respect for everyone who calls Australia home, is worth celebrating all year around.

The message for Harmony Day 2018 is that "**Everyone Belongs**", which reinforces the importance of inclusiveness to all Australians. Since 1999, thousands of Harmony Day events have been staged in childcare centres, schools, community groups, churches, businesses and federal, state and local government agencies across Australia.

Refresh.ED suggests using the **Refresh.ED Unit – Breakfast Around the World** (Year 4) with your class or whole school. This learning task encourages students to explore, by inquiry, different foods eaten for breakfast in other countries and to celebrate with a class or whole school multi-cultural breakfast.

Key Messages:

- Different people may choose different foods and drinks.
- We need to make healthy food and drink choice to grow, be healthy and active each day.
- We can plan and safely prepare healthy food that looks and tastes good.
- We need healthy meals, snacks and drinks each day to grow, learn, be active and healthy

Resources:

- Refresh.ED *Breakfast Around the World* activity sheet
- Refresh.ED *Typical Breakfast Foods* activity sheet
- Internet access or books

Discussion questions:

- *What breakfast foods are different from those eaten in Australia?*
- *What is a breakfast food common to many cultures?*
- *Why this is breakfast eaten all over the world?*
- *What are some healthy breakfast foods found in other countries?*

WA & Australian Curriculum links

Design and Technologies - Civics and Citizenship - Health & Physical Education

Recipe

In view of Harmony Day, try this modern adaptation to traditional Aboriginal foods.

The recipe and associated activities can be found within **Food & Drink: Source**

Food In Australia Over Time (Year 7)

Kangaroo burger with beetroot relish

Preparation & cooking time:
30 minutes

Makes 4



Ingredients

Beetroot relish

- 100g pickled beetroot, finely diced
- 1 tbsp olive oil
- Sea salt and pepper

Burger

- Half onion, grated
- 500g kangaroo mince
- 2 tsp ground cumin
- ½ tsp dried oregano
- 1 tbsp olive oil
- 4 soft burger buns
- 2 tbsp low fat mayonnaise
- 4 leaves soft lettuce
- 4 thick slices tomato
- 4 slices cheese



Method

1. To make beetroot relish, mix pickled beetroot with olive oil, sea salt and pepper, and set aside.
2. Mix the onion with mince, cumin, oregano and pepper.
3. Using your hands, form mince mixture into four round burgers, using egg rings to help with the shape.
4. Brush with olive oil and pan-fry or grill for four minutes on one side. Turn and finish cooking until done to your liking.
5. Toast buns and spread lightly with low fat mayonnaise.
6. Top the base bun with lettuce leaf, tomato, meat, cheese and beetroot relish. Top with remaining half bun.
7. Serve hot.

Mushrooms

Bring the amazing world of fungi to your classroom



What are mushrooms?

Mushrooms are the reproductive fruits of a dense, root like network of cells, called “mycelium”. Mycelium grows out in all directions, breaking down its food into simpler molecules to fuel its growth. When it runs out of food, it switches into survival mode and produces mushrooms in order to release the spores into the wind to find a better place to live. Common edible mushrooms include the White Button, Portabello and Oyster.

The top 5 reason to nurture a crop of mushrooms

1. It's **educational** - a great way to teach about the fungal life cycle as you can watch the mushrooms mature right before your eyes.
2. **Nutritious** - A source of B vitamins, and dietary fibre.
3. **Sustainable** - learn how “waste” materials can be re-used and recycled to grow mushrooms.
4. Expand your **sense of taste** by exploring different methods to prepare and cook mushrooms.
5. It's **fun!**

Mushrooms can be cultivated in a kit, indoors, outdoors without a garden. Take a look at the links below for further information.

[Mushrooms Australia](#)

[Mushroom Varieties](#)

ABC Splash: [Magical Mushrooms](#)

[Fungus Facts](#)

What Social Media platforms do you use?

Win a \$50 Coles & Myer Voucher



Staff at Refresh.ED are currently investigating what Social Media platforms, online teaching networks & forums teachers use to find and disseminate resources that assist in planning, teaching and assessment. The information gathered will assist Refresh.ED in making materials more accessible for teachers and school staff.

Please complete this short survey by **18th April** to be eligible for the prize draw

https://ecuau.qualtrics.com/jfe/form/SV_9Zd2ViZmAsxdktD

Refresh.ED at Murdoch University

This month Refresh.ED facilitated tutorial sessions with education students at Murdoch University to demonstrate how nutrition education can be taught as part of many areas of the Curriculum. Over 100 budding pre-service teachers actively participated in Refresh.ED lesson activities and discussions. Refresh.ED also provides similar training at Edith Cowan University each year. We would like to thank Murdoch University, in particular Fiona Cummings and Nicole Arnold for assisting the organisation of these tutorials and we look forwards to ongoing collaboration to enhance nutrition education training of new teachers. To organise a Refresh.ED PD session with teaching staff please contact refreshedschools@ecu.edu.au





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 on these materials with your fellow teachers and school staff.

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Wishing you all a great end to Term 1, 2018!

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