

Teacher Information

Preparing for Lessons and Gathering Resources

Learning about food and nutrition is more engaging and relevant with hands on activities. Check the Unit Outline for resources needed to teach Refresh.ED learning tasks.

Suitable resources may be found in the classroom and school in addition to the wider school and business communities. The following hints may be of assistance:

Classroom resources

Take a look at your own and other classrooms which may provide:

- Left over art/craft project materials
- Left over cooking project materials
- Furniture and equipment to borrow for cooking activities

School resources

The following school areas may provide resources:

- School garden
- Canteen
- Manual, Technical & Arts departments e.g. woodwork, home economics, art.
- Physical education / sports e.g. hula hoops for games
- Maintenance department
- Library
- Left over materials from school events such as fete, craft, or bake sales

P&F Committee resources

Communicate with your school's Parents & Friends / Parents & Citizens Committee. This may be a good place to start for a list of contacts for community groups and local businesses **willing to provide resources and assistance to support the school.**

Parent resources

Communicate with parents about providing resources in the form of equipment or supplies, donations or time.

- Send a note home with students asking for low cost/ easily provided materials (e.g. surplus produce, food samples, magazines, seedlings or plant cuttings, cardboard boxes)

Community resources

Engage with local community groups and institutions such as:

- Community farmers' market
- Community garden
- Educational farm schools if nearby
- Volunteer organisations involved in food collection, preparation or distribution

Business resources

Local or parent businesses may assist in providing resources or content expertise. Some professionals may be willing to give their time to visit the school, talk with students or assist during activities.

- Plant nursery or garden centre
- Supermarket, deli or greengrocer
- Market garden and farmers' market
- Farms or farmstay
- Sporting goods store
- Food preparation or processing facility (e.g. a dairy or factory)

Local government resources

- Local recycling centre or water treatment plant if located nearby
- Environmental Health and Sustainability officers
- Library

