

Food & Nutrition Literacy

The key messages every student should know

Refresh.ED aims to support nutrition education that not only builds knowledge and understanding about food and nutrition but also develops enthusiasm and skills to select and prepare healthy foods.

Therefore Refresh.ED provides age appropriate units in four food and drink focus areas;

Source

These units relate to the nature of food, its production, technologies and availability.

Choice

These units relate to food selection, portion size, influences, finding and interpreting nutrition information food labels, shopping and budgeting.

Experience

These units relate to menu planning, food preparation and cooking, food storage and food safety.

Health

These units relate to how food and nutrition impacts on health and wellbeing.

Focus Areas



Note: These focus areas are the basis of the food and nutrition curriculum materials from Refresh.ED - Online Food & Nutrition Teaching Resources.