

# Food & Nutrition Literacy

The key messages every student should know

## YEAR 3 & 4



### Context

**How and why we eat  
different food**  
Peers and Family

### Food and drink - Source

1. Our environment is important for our healthy food supply.

### Food and drink - Choice

2. Different people may choose different foods and drinks.
3. We need to make healthy food and drink choices to grow, be healthy and active each day.

### Food and drink - Experience

4. We can plan and safely prepare healthy food that looks and tastes good.

### Food and drink - Health

5. We need healthy meals snacks and drinks to grow, be healthy and active each day.
6. We can eat more healthy food if we are active.

**Note:** These key messages are from the Scope and Sequence of Food and Nutrition education from Refresh.ED - Online Food & Nutrition Teaching Resources.