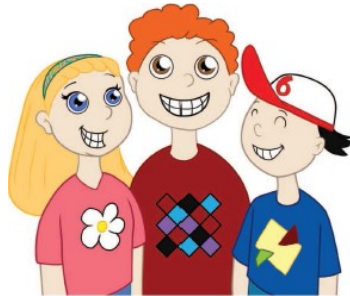


Food & Nutrition Literacy

The key messages every student should know

**YEAR
5 & 6**



Context

**Food as a source of
nutrients**

Peers, Family, Community

Food and drink - Source

1. Technology can have both helpful and harmful effects on our healthy food supply.

Food and drink - Choice

2. Many factors can influence our food choices.
3. We can make healthy food and drink choices that meet nutritional, cultural, social and budget needs.

Food and drink - Experience

4. We can plan and prepare a variety of nutritious and tasty snacks, meals and drinks in a safe, hygienic way.
5. We can reduce food and environmental waste.

Food and drink - Health

6. Foods and drinks have variable nutritional and energy value.
7. Our nutritional needs change through our lives, affecting the types and amounts of healthy food and drinks we need to live healthy, active lives.

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