

# Food & Nutrition Literacy

The key messages every student should know

## YEAR 7 & 8



### Context

**Food and nutrition  
in systems  
Wider community**

### Food and drink - Source

1. Personal and community action can change availability of healthy foods.

### Food and drink - Choice

2. We can read and interpret food labels, find reliable nutrition information and budget our money to plan and select healthy, affordable food and drinks.

### Food and drink - Experience

3. We can plan and prepare safe, healthy food and drinks to reflect particular dietary requirements, cultural and societal influences.

### Food and drink - Health

4. The type and amount of food and drinks we eat affects our short and long term health.

5. People have different nutritional and food needs as they grow and develop.

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