

Food & Nutrition Literacy

The key messages every student should know

YEAR 9 & 10



Context

Food and nutrition challenges

Global

Food and drink - Source

1. Political, economic and societal complexities influence healthy food production, supply and demand in Australia and around the globe.

Food and drink - Choice

2. It is important to critically analyse nutrition and health information and influential factors to make well informed food and drink choices.

Food and drink - Experience

3. We can prepare a variety of nutritious snacks, meals and drinks that meet personal, social, cultural, economic and environmental needs.

Food and drink - Health

4. Nutritional quality and energy from different types and amounts of food and drinks can affect our overall health and wellbeing.

5. We can make well-informed decisions to change our diets and lifestyles to improve our health and wellbeing.

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