

MATERIALS ARE
FREE TO
DOWNLOAD

QUICK BITES BY REFRESH.ED ARE SHORTER ACTIVITIES TO INTRODUCE FOOD & NUTRITION TOPICS TO STUDENTS

ACTIVITIES INCLUDE:

ESCAPE ROOM, QUIZ,
WORKSHEETS, EXPERIMENTS,
TASTE TEST, RECIPES,
FACT CARDS,
PUZZLES & MORE!

Range of commonly explored food and nutrition topics

Suitable for primary & secondary students

Activities complement existing Refresh.ED Curriculum Units

Year level & learning area aligned to curriculum - adaptable for different classroom needs to target critical life skills and understandings

