

HOME LEARNING GUIDE

LEARN HOW TO NAVIGATE THE *REFRESH.ED* WEBSITE TO EXPLORE OUR RANGE OF RESOURCES & IDEAS, ADAPTABLE FOR USE IN A HOME LEARNING ENVIRONMENT

- Lesson planning made easy with activity-based food and nutrition **Learning Units** for Kindergarten to Year 10
- 3-5 lessons per Unit to introduce, develop and consolidate key concepts
- Detailed lesson outline and step-by-step instructions
- Activities can be adapted and taught in different learning areas to provide cross-curricular approach to food and nutrition education
- All supporting Activity Sheets included

CURRICULUM MATERIALS

EXTRA ACTIVITIES

QUICK BITES

- Designed to help introduce a range of food & nutrition topics
- Shorter activities than Units in Curriculum Materials
- Recommended year level and learning area
- Activities can all be adapted for home learning

- A fun way to explore food science - in the classroom or at home!
- Variety of experiments and lessons
- Recommended for year levels Kindergarten - Year 10
- Extension activities
- Educator support materials provide detailed lesson outlines, worksheets and links to supporting resources

EXTRA ACTIVITIES SCIENCE FUN WITH FOOD



PROFESSIONAL LEARNING

Be sure to check out the Professional Learning section of the website for **background information**, **support videos** and **teaching ideas**, to help you deliver food and nutrition topics.

Information sheets that outline core food and nutrition concepts common to all Refresh.ED units and activities. These can be used by educators to check their knowledge and assist students with content.

TEACHER INFORMATION SHEETS