



### Macgregor Primary School

## Teaching nutrition with ease using Food&ME™

**Improving the way nutrition is taught in the classroom was one of the Fresh Tastes action areas Macgregor Primary School successfully implemented in 2014.**

After signing up to Fresh Tastes, Macgregor Primary School's staff undertook accredited professional training delivered by Nutrition Australia ACT.

"All staff completed the Food&ME™ training where they learnt about the curriculum, received resources and participated in the making of rice paper rolls," said Anne Esposito, the school's Fresh Tastes coordinator. "This demonstrated to staff how easy it is to prepare food with students without a kitchen or cooking appliances."

Staff then started including resources from the training in the existing curriculum, which proved to be a simple and smooth transition.

**"Macgregor has embedded nutrition education across all year levels successfully using Food&ME™ resources," said Anne. "All staff found it easy to implement and teach."**

"Students have also found these units informative and straightforward to understand, while building their understanding of applying the traffic light system to different food and drinks and being healthy individuals."

Involving parents in the journey was also crucial to the success of their efforts to change habits around eating healthy foods every day.

"We have included information on fresh foods for parents during our learning journey, where students share work they have done over the last semester with their parents," explained Anne.

"As an example, during the Year 3/4 learning journey, parents and carers could estimate the amount of sugar and fat (by using oil and sugar cubes) that were in specific food items. These included cola, a burger and other red-category food items."

This is how good nutrition can be made practical and relevant for everyone.

"The next step for our school is to include more cooking, preparing fresh foods and using the food we grow," Anne explained.

In fact, the school has chosen to focus on the Fresh Tastes Growing Food action area in an effort to integrate their approach to nutrition across the entire school.

Anne likes how Fresh Tastes can fit into most school curriculum health units with ease, and the resources can be built on or used as they are.

"I would recommend [Fresh Tastes] to schools as you also receive assistance in creating action plans for implementation and receive small financial grants to help achieve your goals in the initial years of implementation," Anne said.

*Fresh Tastes is open to all primary schools across Canberra. Contact the Fresh Tastes team for information about how your school can get involved.*