



Cook – Eat – Enjoy

National Nutrition Week • October 12-18th 2014

National Nutrition Week 2014

12th to 18th October

National Nutrition Week 2014 (NNW) will highlight the important role that preparing and enjoying wholesome healthy food has for lifelong health and social connectedness. There are plenty of things your school can do to promote this message to your school community. Below are ideas for different year levels on how to incorporate NNW activities in your school.

COOK Develop skills and confidence to cook meals from scratch.

❖ Classroom activities

- Utilise the National Nutrition Week 2013 and 2014 resources in your classroom.
<http://www.naqlid.org/nutrition-week-qld>

❖ Cooking demonstrations & workshops

- Demonstrate a quick healthy meal or snack to try at home

❖ Healthy dinners at home

- **High school:** Ask students to discuss healthy dinners they have at home. Discussions may include how the dish is prepared and served or a critical analysis of what makes a dinner “healthy”
- **Primary school:** Ask students to cut out healthy food pictures from magazines or newspapers and make a collage of their favourite healthy dinner.

❖ Healthy recipes

- Include healthy recipes in your school newsletter and Facebook page, for families to try at home. Encourage families to share photos of their healthy dinners on your school Facebook page.
- Visit www.healthyfoodhealthyplanet.org for recipe ideas.



Developed by NAQ Nutrition with funding received from the Queensland Government funded Smart Choices Initiative.



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EAT

Appreciate the tastes and textures of wholesome foods.

❖ Taste testing class – Primary Schools

- Describing the taste and texture of different fruits & vegetables in the classroom (try and include vegetables and fruits that are more common in other cultural groups).
- Discussing different uses of fruits and vegetables for example fresh vs. cooked. You could also discuss the changes in textures when you cook.



❖ “Green Light Specials” in the tuckshop

- Promote Smart Choices GREEN choices, by having daily special throughout Nutrition Week. For example ‘Thai Tuesday’, ‘Wrap it Up Wednesday’, ‘Fajita Friday’. *TOP TIP: To help manage workload in the tuckshop take pre-orders.*

❖ Promote healthy lunchboxes

Use the lunchbox resources available on the NAQ Nutrition website <http://www.naql.org/food-smart-schools/is-that-lunchbox-healthy> to promote healthy lunchboxes to families.

❖ Healthy staff lunch

Encourage staff to bring meals to share with colleagues.

❖ NNW Pledge

In the lead up to NNW, Nutrition Australia will be encouraging Australians to take the Pledge of following the Australian Dietary Guidelines over a 7-day period. <http://www.nutritionaustralia.org/national/national-nutrition-week>

Top tips for you National Nutrition Week events

1. Plan in advance & register your event with NAQ Nutrition. www.naql.org/nutrition-week-qld
2. Choose a date that does not clash with other school events such as, a sporting event or fundraiser.
3. Nominate a coordinator for the week’s activities.
4. Promote activities in the classroom, school newsletter, at P&C meetings, on the school Facebook.



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ENJOY

Experience the celebration and social/emotional connectedness that eating, preparing and sharing food together brings. This can build and strengthen family relationships around the dinner table.

❖ Class activities

- **Lower Primary School:** Use the rainbow colours and cut out pictures of different fruits and vegetables that match each colour and place on the wall. Or you could ask students to cut out pictures of fruits and vegetables that they enjoy eating and ask them to stick it on a picture of a rainbow.

❖ Poster design

- Ask students to develop a National Nutrition Week poster promoting one of the following messages:
 - o The benefits of cooking
 - o Why cooking is fun
 - o Family dinners

❖ Dress up day

- **Primary School:** Students and teachers dress in the colour of their favourite fruit or vegetable

❖ Class picnic

- Students and teachers sit and enjoy their lunch as a big group.

❖ Class debate

- Students debate if families should eat dinner together.

- ❖ **Download the National Nutrition Week 2014 posters from our website**
<http://www.naql.org/nutrition-week-qld>



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