

Theme day ideas for schools

Food Smart Schools • another naq nutrition program

For more information visit www.foodsmartschools.org or email info@foodsmartschools.org

To inspire and encourage healthy eating choices among school students hold a theme day at your school. It is important that you plan theme days well in advance, to ensure you have plenty of time to prepare and promote the events effectively. Plan a calendar of promotions at the start of each year or term.

Theme days

Cultural theme day activities could include:

- Classroom activities involving learning about the history of cultural cuisines
- Classroom activities investigating the history of particular cultural cuisines in Australia (for example the impact that immigration has had on Australia's food preferences)
- Classroom activities based around designing your own recipes
- Classroom activities involving learning about a country's major food exports
- Cooking workshops
- Specials at the tuck shop

Here are some ideas for healthy food options in your tuckshop for theme days.

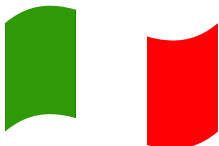
Chinese Theme Day



Menu suggestions:

- [Fried rice](#)
- Stir-fry chicken with vegetables

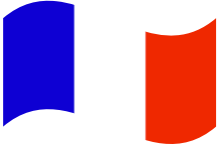
Italian Theme Day



Menu suggestions:

- [Homemade pizzas](#) with lean meat, reduced fat cheese and vegetables
- Bolognese with wholemeal pasta
- Classic roast vegetable salad

French Theme Day (Bastille Day celebrated in July)



Menu suggestions:

- French style baguettes/rolls with lean meat and salad
- Vegetarian quiche and salad

Vietnamese Theme Day



Menu suggestions:

- Phở soup
- Rice noodle salad
- Vietnamese sandwich - bánh mì

Mexican Theme Day



Menu suggestions:

- Individual taco cups
- Beef and bean burritos
- Chicken and spinach quesadillas

Under the Sea



Menu suggestions:

- Oven baked fish and salad
- Star fish shaped sandwiches (chicken, lettuce and tomato)

For information about “greening-up” your tuckshop options, view our [Recipe Modification fact sheet](#).

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Nude Food Day

Encourage students to have a healthy, nutritious and environmentally friendly lunch by choosing fresh food and eliminating all unnecessary wrapping.



Menu suggestions:

- Ploughman's lunch packed in a reusable container
- Frozen banana pop

Classroom activity:

- Learn about the impact of landfill on the environment
- Ask students to assess the amount of packaging in their lunchbox

Whole school activity:

- School waste audit
- Run a competition between classes encouraging classes to produce less waste

Go Veg Day

Encourage students to try new vegetables and learn to appreciate the taste and texture of a variety of vegetables.



Menu suggestions:

- Roast vegetable wrap
- Corn on the cob
- Veggie frittata

Classroom activity:

- Growing vegetables
- Learn about the different parts of a plant and where vegetables come from
- Vegetable taste testing