



# Food Smart Schools services for your school

Food Smart Schools • an naq nutrition program

For more information visit [www.naqlid.org](http://www.naqlid.org) or email [info@foodsmartschools.org](mailto:info@foodsmartschools.org)



## Resources & Support

- Food Smart Schools subscription
- Resources and factsheets
- Recipes
- Assistance with grant development
- Advice and support for the implementation of Smart Choices

## Creating Healthy School Communities

- Menu reviews for school tuckshops
- Gold menu award program
- Healthy school makeover program
- Food Safety Services

## Seminars, Workshops and Training

- Seminars and workshops for students, parents and the community
- Cooking workshops
- Menu planning and safe food handling training
- Creating healthy school communities



**Stay up-to date (Food Smart) by becoming a subscriber to Food Smart Schools.**

**Subscription is free!**

You will benefit from the resources provided for subscribers including:

- Monthly e-newsletters with great information and tips for the entire school community
- Free access to the subscriber only section on the Food Smart Schools website

**To subscribe visit <https://naqlid.org/food-smart-schools/>**



NAQ Nutrition (formerly trading as Nutrition Australia Qld) | [www.naqlid.org](http://www.naqlid.org)  
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# Seminars, workshops and training

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## Workshops and training for tuckshops and parent organisations

We offer a range of service and workshops for school tuckshops and parent organisations.

Workshops and training available include:

- **Safe food handling workshop**
- **Food safety supervisor course for tuckshops and canteens**
- **Food safety at school events**
- **Healthy profitable menus workshop**
- **Understanding allergies and intolerances**

For more details please refer to our services list for tuckshops or contact us.

## Nutrition seminars and workshops for your school community

Have our dynamic nutrition experts deliver an informative and interactive workshop for your school community

### ***For teachers & school staff***

#### **Understanding Smart Choices (\$440)**

*All school staff. 1 hour.*

This workshop covers the Smart Choices food classification system, label reading, classroom rewards, school events and the role of the whole school community in supporting the Smart Choices strategy.

#### **From science to healthy eating (\$550)**

*Teachers involved in teaching nutrition to students. 2 hours.*

This workshop explores:

- the Nutrient Reference Values (NRV's)
- the background to the Australian Guide to Healthy Eating
- using NRV's
- the new Australian Dietary Guidelines
- promoting food variety to students.

#### **Food & behaviour (\$440)**

*1 hour.*

This workshop will explore the role food plays in creating healthy, happy and engaged children and teenagers. We will expand on this by looking at strategies to assist teachers in communicating these messages to students and parents.



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## For parents & the community

These workshops are a popular addition to school orientation events or parent days/ expos.

### Food smart kids (\$440)

Parents of primary school children. 1 hour.

In this workshop our dietitians and nutritionists share practical tips for parents to help kids eat well to maximise their growth and development. Topics include:

- food & behaviour
- dealing with fussy eating
- food variety.

### Feeding your teens (\$440)

Parents of teenagers. 1 hour.

In this workshop our dietitians and nutritionists share practical tips for parents to help teens develop healthy eating patterns and a positive relationship with food.

### Food for school (\$440)

1 hour.

In this workshop we share with parents the top 8 food related things they can do to ensure their children are maximising their learning, concentration and behaviour to get the most out of their school day.

Practical advice includes:

- packing a lunchbox
- healthy snacks
- quick & easy breakfasts
- encouraging children to drink enough water.



### Cooking workshops (\$880)

1.5 hours.

Our cooking workshops are a great way for participants to build their skills and confidence in the kitchen. The practical skills developed in a cooking workshop help make it easier for participants to live healthier lives. Cooking workshops are also a fun team building activity for groups. We run workshops for parent groups, student groups and groups of teachers.

## For students

\$440 per workshop

\$1600 for 4 workshops at one site on one day

### Prep: I'm growing a rainbow story time

This is an interactive workshop based on NAQ Nutrition's *I'm Growing a Rainbow* storybook. Learning outcomes include:

- Students are able to identify that eating enough vegetables and a variety of fruits and vegetables promotes health and wellbeing.
- Students explore how plants are grown for food and how food is selected and prepared for healthy eating.



### Years 1 & 2: Healthy food for me

This interactive workshop is targeted to years 1 - 2.

Learning outcomes include:

- Students are able to name parts of their body and discuss how their body is growing
- Students are able to identify foods and food groups
- Students can describe how healthy foods affect our well being
- Students can identify different vegetables, how they are prepared and their sensory qualities

Hands on activities include:

- Food and our body
- Josh's superhero day
- Sugar in drinks
- Getting enough water
- Veggie taste testing

### Years 3 & 4: I'll have a rainbow for dinner

This interactive workshop is targeted to years 3 - 4.

Learning outcomes include:

- Students are able to identify foods and food groups and create a healthy eating day
- Students learn where different vegetables come from and students gain an appreciation of food production methods and technologies
- Students can identify different vegetables, how they are prepared and their sensory qualities

Hands on activities include:

- Do you know your food groups
- Food swap activity
- Josh's superhero day
- Vegetable memory game
- Guess the veggie
- Veggie taste testing



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## Years 5 & 6: Food for us

This interactive workshop is targeted to years 5 - 6.

Learning outcomes include:

- Students are able to discuss how healthy eating promotes and maintains well being
- Option 1 - Students are able to read food labels to assist with healthy eating (strategy to promote well being) and students are able to discuss how media messages affect healthy eating behaviours (includes hands on activities)
- Option 2 - Students are able to describe the role of food preparation in maintaining good health and the importance of food safety and hygiene (includes hands on activities)

## Years 7 – 12: Food for life

This workshop is targeted to years 7 – 12 and adapted accordingly.

The workshop can include:

- Exploration of why we eat what we do
- Discussion around how food influences our life
- Tackling common nutrition myths in myth busting activities
- Healthy food on a budget
- Making healthy choices
- Plenty of time for students to have their nutrition questions answered

We can tailor this workshop to meet your student group's needs. Please contact us to discuss additional topics and activities.





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## Specialised Programs and Activities

We can also tailor nutrition, menu planning or food safety activities to meet the needs of your school tuckshop or canteen, please contact us for more information and a quote.



**Would you like more information or a formal quote including travel costs where applicable?  
Contact us today.**

## **Food Smart Schools**

**Email:** [info@foodsmartschools.org](mailto:info@foodsmartschools.org)

**Phone:** (07) 3257 4393

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