



NT Schools and Canteens 2021 Training and Services List

As teachers, canteen convenors, parents and members of the school community, you play an invaluable role in our children's futures. Health and nutrition play an integral part of every child's life.



Nutrition Australia Qld | www.naqlld.org | schools@naqlld.org

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Nutrition Seminars and Workshops

FOR STUDENTS

\$440 per workshop OR **\$1600** for 4 workshops at one site on one day.
1 hour in length.

Prep: I'm Growing a Rainbow Story Time

This is an interactive workshop based on Nutrition Australia Qld's *I'm Growing a Rainbow* story book. 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

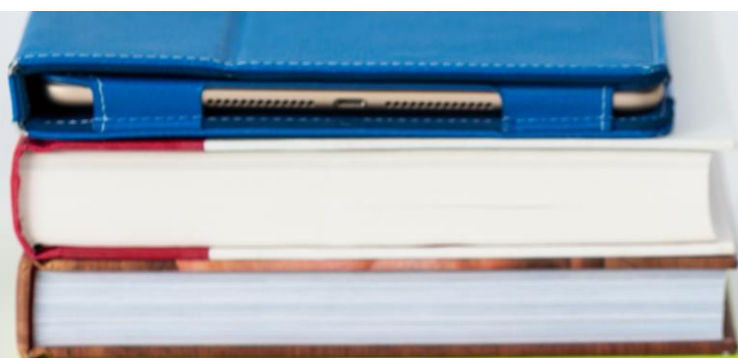
This interactive workshop is targeted to years 1 – 2. Hands on activities are included. Learning outcomes include:

- 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

Years 3 & 4: I'll Have a Rainbow For Dinner

This interactive workshop is targeted to years 3 – 4. Hands on activities are included. 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



Years 5 & 6: Food For Us

This interactive workshop is targeted to years 5 – 6. Hands on activities are included. 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 wellbeing) and students are able to discuss how media messages affect healthy eating behaviours
- Option 2 – Students are able to describe the role of food preparation in maintaining good health and the importance of food safety and hygiene

Years 7 – 12: Food For Life

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

FOR CANTEENS

Understanding School Nutrition and Healthy Eating Guidelines (\$495)

1.5 hours.

This workshop covers the food classification system of the School Nutrition and Healthy Eating Guidelines, as well as label reading, classroom rewards, school events and the role of the whole school community in supporting the guidelines.



Healthy Profitable Menus (\$550)

2 hours.

This interactive workshop is tailored to meet your schools needs and help your journey towards a successful healthy canteen menu.

FOR TEACHERS

Understanding School Nutrition and Healthy Eating Guidelines (\$440)

1 hour.

This workshop covers the food classification system of the School Nutrition and Healthy Eating Guidelines, as well as label reading, classroom rewards, school events and the role of the whole school community in supporting the guidelines.

From Science to Healthy Eating (\$550)

2 hours.

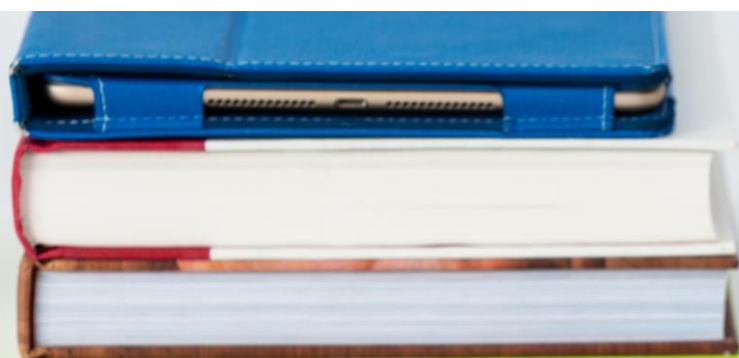
This workshop explores:

- The Nutrient Reference Values (NRVs)
- The background to the Australian Guide to Healthy Eating
- The Australian Dietary Guidelines
- Promoting food variety to students

Food and 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.



FOR PARENTS & THE COMMUNITY

Food Smart Kids (\$440)

Parents of primary school children. 1 hour.

In this workshop we share practical tips for parents to help kids eat well to maximise their growth and development. Topics include food and behaviour, dealing with fussy eating, as well as food variety.

Feeding Your Teens (\$440)

Parents of teenagers. 1 hour.

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

Food For School (\$440)

Parents. 1 hour.

In this workshop we share with parents the most important 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 and easy breakfasts, as well as encouraging children to drink enough water.

Cooking Workshops (\$880)

Parent groups, student groups or teacher groups. 1.5 hours.

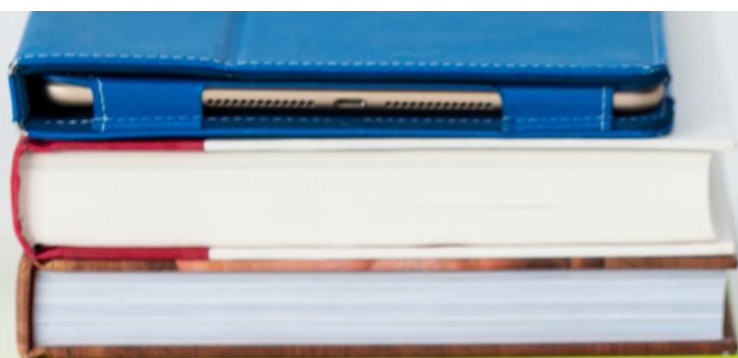
Our cooking workshops are a great way for participants to build their skills and confidence in the kitchen. Practical skills developed in a cooking workshop help make it easier for participants to live healthier lives. Cooking workshops are also a fun team building activity for groups. *Contact us for more information as participant limits apply.*

Online Training

In Safe Hands

- Safe Food Handling and Safe Knife Skills

Find courses at In Safe Hands – filter online courses ‘food safety’ or ‘safe knife skills’ www.insafehands.net.au



Menu Services for Schools

Remote Canteen Menu Assessment (\$440)

Through our menu assessment process, we provide guidance and recommendations for your school canteen to:

- Provide a menu aligned with the Australian Dietary Guidelines and the School Nutrition and Healthy Eating Guidelines
- Engage in menu planning and nutrition quality improvement activities

Our canteen menu assessment includes a full report highlighting areas of success as well as practical recommendations for improvement.

Remote Boarding School Menu Assessment (\$880)

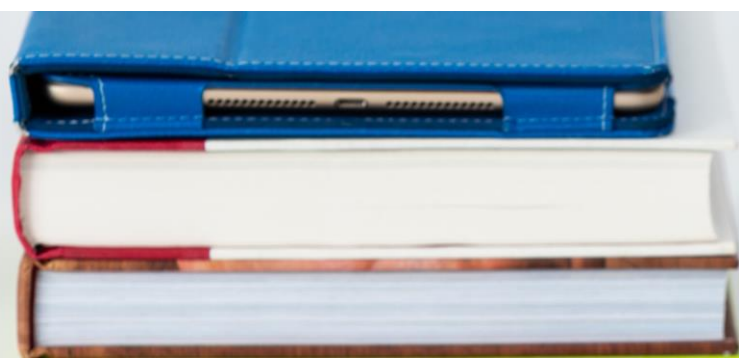
Menu analysis will include an assessment of the menu against the Australian Dietary Guidelines and the Australian Guide to Healthy Eating, to ensure that:

- Boarders are offered a varied, healthy and well-balanced diet
- Boarders receive adequate and balanced nourishment and hydration to meet their nutritional requirements
- The menu reflects a diet that is associated with a reduction in diet related health problems and chronic disease
- The menu is reflective of recommendations made as part of the Australian Dietary Guidelines for children and adolescents
- The menu caters for special nutrition issues for adolescence

Our boarding school menu assessment includes a full report highlighting areas of success as well as practical recommendations for improvement.

Menu Planning Consultancy

Would you like to meet 1:1 with our experienced dietitians to discuss your menu and the needs of your setting? *Contact us for more information.*



Food Safety Services for School Canteens

Food Safety Supervisor Course

Full day training session. Contact us for a quote.

We offer interactive and practical industry specific courses to prepare Food Safety Supervisors to oversee day to day operations, as well as recognise and prevent food safety hazards. Courses available for vulnerable populations or retail and hospitality. *Contact us for more information.*



Safe Food Handling Workshop (\$495)

1.5 hours. Also available online via Zoom.

This interactive workshop for canteen staff and volunteers covers all of the basics. Topics include basic food hygiene principles, safe food storage and temperature control, as well as cooling and reheating food and avoiding food contamination.

Understanding Allergies and Intolerances Workshop (\$495)

1.5 hours. Also available online via Zoom.

This workshop covers preventing allergen contamination, ingredients to be careful with for common allergies, coeliac disease, school canteen responsibilities and canteen specific strategies.

Food Safety Appraisal

Contact us for a quote.

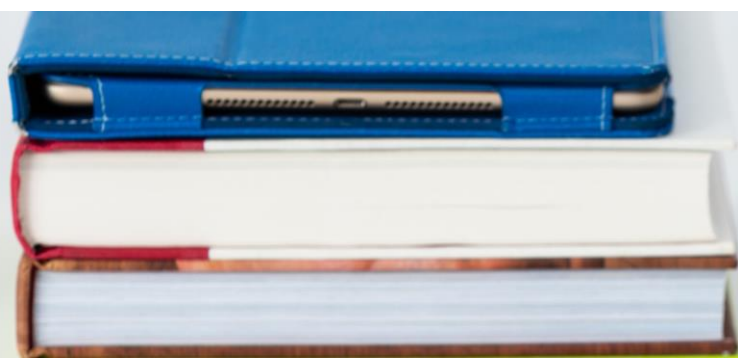
Includes an onsite visit to observe and appraise food hygiene and handling procedures. We review your policies and protocols against current legislation and provide you with a comprehensive report.

Food Safety Onsite Compliance Audits

Contact us for a quote.

Licensable food businesses are required to have a food safety program and regular compliance audits by an approved, third party auditor. Our auditors provide:

- Notice of written advice for food safety programs (desktop audit)
- Onsite compliance audits (third party audit report)



Contact Details

Nutrition Australia Northern Territory Division

Coordinated by Nutrition Australia Qld

Phone: (07) 3257 4393

Email: schools@naqld.org

Web: <https://naqld.org/schools/>

Please note that all prices below are inclusive of GST and do not include travel to the Northern Territory. Please get in touch to find out when Nutrition Australia Qld will next be in the Northern Territory.

Nutrition seminars and workshops are designed to be delivered face to face, however some nutrition seminars and workshops may be delivered via Zoom. Price includes up to 35 attendees – additional attendees over this number will incur an additional fee.



2021 Price List

Nutrition Seminars and Workshops	Cost
FOR STUDENTS	\$440 per workshop OR \$1600 for 4 workshops at one site on one day
Prep: I'm Growing a Rainbow Story Time (1 hour) Years 1 & 2: Healthy Food for Me (1 hour) Years 3 & 4: I'll Have a Rainbow For Dinner (1 hour) Years 5 & 6: Food For Us (1 hour) Years 7 - 12: Food For Life (1 hour)	\$440
FOR CANTEENS	
Understanding School Nutrition and Healthy Eating Guidelines (1.5 hours) Healthy Profitable Menus (2 hours)	\$495 \$550
FOR TEACHERS	
Understanding School Nutrition and Healthy Eating Guidelines (1 hour) From Science to Healthy Eating (2 hours) Food and Behaviour (1 hour)	\$440 \$550 \$440
FOR PARENTS & THE COMMUNITY	
Food Smart Kids (1 hour) Feeding Your Teens (1 hour) Food For School (1 hour)	\$440
Cooking Workshops (1.5 hours)	\$880
Online Training	Cost
Safe Food Handling (In Safe Hands- filter online courses 'food safety') Safe Knife Skills (In Safe Hands- filter online courses 'food safety')	www.insafehands.net.au
Menu Services for Schools	Cost
Remote Canteen Menu Assessment	\$440
Remote Boarding School Menu Assessment	\$880
Menu Planning Consultancy	Contact us for a quote
Food Safety Services for School Canteens	Cost
Food Safety Supervisor Course (full day session)	Contact us for a quote
Safe Food Handling Workshop (1.5 hours)	\$495
Understanding Allergies and Intolerances Workshop (1.5 hours)	\$495
Food Safety Appraisal	Contact us for a quote
Food Safety Onsite Compliance Audits	Contact us for a quote

