School Story
Red Cliffs Secondary College have signed up for the Achievement Program. As part of their school's 2014/15 Health Promotion Plan they have identified healthy eating as a priority area. Three initiatives they have implemented are:

- Establishing the School Healthy Eating Committee, with a focus on the school canteen.
- A Student Breakfast Club in response to concerns about the number of students arriving at school without having eaten breakfast.
- The Staff Salad Club, building on the successful staff soup club, where staff provide a salad lunch for other participating colleagues.

Find out more...

Resources

Research

Home Economics and Food Literacy – An International Investigation

'The connection between obesity, food choices, nutrition knowledge, and food preparation skills is well established. However, education about the concept and processes of ‘food literacy’ is relatively new.'

'This paper reports on an international study about the role of home economics in developing food literacy. Data were collected using an online survey with respondents from around the world replying to a series of questions about this topic. A total of 1188 respondents from 36 countries shared their views.'

Donna Pendergast and Yvonne Dewhurst presented this investigation at the 2012 IFHE Congress in Melbourne where it won the best paper award.

In regards to the elements that should be included in food literacy curriculum the highest level of support was for the element ‘food preparation and cooking activities’ closely followed by the elements ‘safe and hygienic practices’ and ‘nutrition acquisition and application’.

Donna Pendergast and Yvonne Dewhurst presented this investigation at the 2012 IFHE Congress in Melbourne where it won the best paper award.

Contact us

healthpromotion@hev.com.au
Tel: 9642 1061

Twitter: @HEFL_HomeEcVic

See the Home Economics Portal for more research and resources

School Story

Red Cliffs Secondary College have signed up for the Achievement Program. As part of their school's 2014/15 Health Promotion Plan they have identified healthy eating as a priority area. Three initiatives they have implemented are:

- Establishing the School Healthy Eating Committee, with a focus on the school canteen.
- A Student Breakfast Club in response to concerns about the number of students arriving at school without having eaten breakfast.
- The Staff Salad Club, building on the successful staff soup club, where staff provide a salad lunch for other participating colleagues.

Find out more...

Resources

The Food Design Challenge, developed by Home Economics Victoria, and now in its 10th year is based on the Australian Curriculum – Design and Technologies. The focus is on the design processes and tasty food to promote the enjoyment of working with food that leads to a healthy lifestyle.

Even if you don’t enter the competition the resource provides great lesson plans for Years 7-8, Years 9-10 and Years 11-12.

Click here to view and download

Shop, store, cook and eat safe

Victorians are urged to shop, store, cook and eat safe as part of a new Department of Health campaign targeting safe food practice in the home. As part of the campaign, the department has launched a new animation to illustrate the importance of handling food safely.

Shop, store, cook and eat safe features Brian, Bobby, Billy and Bernie bacteria who remind us how to keep bacteria at bay to avoid food poisoning. The animation can also be viewed in Arabic, Vietnamese and Simplified Chinese.

Click here to watch the videos and access information about food safety.