School Story

Emerson School – A Focus on Fruit and Vegetables

Having a focus on fruit and vegetables in Home Economics at Emerson School provides students with disabilities the opportunity to develop and apply knowledge and skills that enhance healthy eating.

The classes aim to teach crucial life skills to students over a 20-week program. Last year they introduced a focus on fruit and vegetables to promote healthy eating and found that by the end of the semester students are generally preparing most of the meals with minimal support. Find out more...

Resources

Census At School Data

This resource includes some great infographics that display information from the 2013 CensusAtSchool including favourite takeaway foods and the importance of social and environmental issues such as having healthy eating habits. These could be a useful starting point for a class discussion on social issues relevant to students needs and wants. Students can carry out their own classroom census and compare the data.

Australian Health Survey

Take a look at some interesting data from the Australian Health Survey about Australia’s consumption of discretionary foods.

Achievement Program

More than 120 secondary schools across Victoria have registered for the Achievement program. Why not join them? Access the Achievement Program Coordinate, Create and Celebrate resources.

Research

What we can learn from the world’s long-lived people

There are a few places in the world that have been noted to have a long life expectancy with good health. Described as ‘Blue Zones’, these are areas in the world where more people enjoy remarkably long, full healthy lives than anywhere else on the planet. People in the longevity hot spots are three times more likely to live to 100 than Australians are.

So where are these Blue Zones? Okinawa in Japan, the Italian island of Sardinia, the Greek island of Ikaria, the Nicoya Peninsula in Costa Rica and the Seventh Day Adventist community in Loma Linda, California.

Find out more...

How are you progressing?

- How are you improving food literacy in your school community? You can share your story here.
- Do you need further support or ideas – contact us and let us know how we can help

Contact us

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See the Home Economics Portal for more research and resources.