School Story

Growing a healthy food culture at Lakeside College

Food Technology was introduced to Lakeside College in Pakenham in 2014. Carolyn Niewand is the Home Economics teacher at the college and has seen this as a great opportunity to include examples of Food Literacy within the Home Economics curriculum. Currently Home Economics is offered to grade 5 through to year 9 students with the plan of taking it to year 10 in 2016.

Term 1 2015 has been very exciting with the addition of new raised garden beds and planting of edible produce such as herbs, veggies and fruit trees well underway. Find out more…

Research

Influencing children’s health: critical windows for intervention

Healthy behaviours may be helped or hindered by such things as individual perspectives, parenting practices, ideas about safety and urban design. This research focuses on understanding the roles of these factors during key life transition periods.

For example the study showed that regular consumption of family dinners may reduce the likelihood of boys having a more ‘energy-dense’ eating pattern that may contribute to overweight in the long term (ABS 2014).

Also children whose parents eat breakfast, and girls whose parents report high physical activity modeling behaviours, are more likely to consume fruit and vegetables at least 5 times a day. Find out more…

Reminder

Don’t Forget Friday 15 May is Food Revolution Day; are you and your students joining in on the fun? www.foodrevolutionday.com

Contact us

How are you improving food literacy in your school community? You can share your story here

healthpromotion@hev.com.au
Tel: 9642 1061
Twitter: @HEFL_HomeEcVic

See the Home Economics Portal for more research and resources

Resources

Global Burden of Disease Data

Here you will find some great interactive data visualisations representing the global burden of disease, including:
- Causes of Death
- Life Expectancy
- Millennium Development Goals
- Overweight and Obesity

Healthy Recipe Ideas from HEAS

The Healthy Eating Advisory Service (HEAS) has healthy recipes for schools, which have been tested and classified as either ‘Everyday’ or ‘Select Carefully’ in line with the ‘School Canteens and Other School Food Services Policy’. Pass them onto your canteen manager, or use them in the classroom.
- Recipes
- Food and drink ideas

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