

# Programs and information sources for schools



Schools, teachers and staff are often asking for programs or initiatives that support student teaching and learning in relation to food, nutrition and healthy eating.

There are many programs and information sources available for schools, depending on your interests, needs and time.



## Programs

Health and Wellbeing Queensland (HWQld) has put together a list of programs suitable for primary schools to support teaching and learning about food, nutrition and healthy eating.

Programs included in this list are based on evidence or credible sources of information, are being used by schools or potentially useful for schools.

Note this is not a complete list of available programs and resources and HWQld does not endorse those listed here over others.

## Sources of information



In addition to the programs listed in the table below, the following websites have up-to-date information on recommendations around food, nutrition, healthy eating and how to link to the school environment.

1. [Pick of the Crop](#) (HWQld)
2. [Australian Dietary Guidelines](#) and the [Australian Guide to Healthy Eating](#)
3. [Smart Choices – Healthy Food and Drink Supply Strategy for Queensland Schools](#)
4. [Nutrition Australia Queensland](#)
5. [Queensland Association of School Tuckshops \(QAST\)](#)
6. [Healthier.Happier.](#) campaign and recipes
7. [Dietitians Australia](#)
8. [P&C Queensland](#)
9. [Australian Curriculum](#)

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Program	Overview of program	Website links
<b>OzHarvest – FEAST program</b>	<ul style="list-style-type: none"> <li>• <a href="#">Curriculum-aligned</a>, STEM project-based learning program for year 5 and 6 with hands-on preparation and tasting experiences, and no kitchen is required.</li> <li>• The teacher-led program is designed to run for 7-10 weeks, focusing on food and sustainability. It is adaptable and can be changed to suit individual school needs.</li> <li>• Teachers are encouraged to attend a training day or complete an online training module.</li> <li>• Schools get access to resources, such as lesson plans, student worksheets, videos, recipe books, practical cooking guide and ongoing support from OzHarvest.</li> <li>• Recommended as complementary resource to support food and nutrition unit, with a focus on healthy eating.</li> </ul>	<a href="https://www.ozharvest.org/education/feast/">https://www.ozharvest.org/education/feast/</a>
<b>OzHarvest – NEST</b>	<ul style="list-style-type: none"> <li>• This is a 6-week program teaching adults about healthy eating and easy, affordable cooking – available in Brisbane.</li> <li>• It could support schools in upskilling their parents.</li> </ul>	<a href="https://www.ozharvest.org/education/nest/">https://www.ozharvest.org/education/nest/</a>
<b>School Breakfast Programs</b>	<ul style="list-style-type: none"> <li>• School breakfast programs may be beneficial if students are arriving at school without consuming breakfast, or bus students who ate early morning.</li> <li>• By having breakfast, students are more likely to concentrate, engage and interact in class and it supports good growth and development, and general wellbeing.</li> <li>• <a href="#">YMCA</a> has had a breakfast program since 2006 with <a href="#">Foodbank</a> expanding its program following extra funding provided by Queensland Department of Communities.</li> </ul>	<a href="#">YMCA</a> <a href="#">Foodbank</a>
<b>George the Farmer</b>	<ul style="list-style-type: none"> <li>• The program’s vision is ‘a world where children connect to the earth, food and farm’ through a production of fun picture storybooks and <a href="#">characters</a>, aimed at P-4 years.</li> <li>• There is music, free <a href="#">paddock-to-plate videos</a>, apps, nationally touring performances and free downloadable curriculum-aligned <a href="#">resources</a>.</li> <li>• Recommended as complementary resource to support food and nutrition unit, with a focus on healthy eating.</li> </ul>	<a href="https://www.georgethefarmer.com.au/">https://www.georgethefarmer.com.au/</a>

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<p><b>CSIRO Taste &amp; Learn</b></p>	<ul style="list-style-type: none"> <li>• Taste &amp; Learn™ is an evidence-based program for primary schools that supports student learning and fosters enjoyment of vegetables.</li> <li>• The program focuses on sensory education, not nutrition education, helping to develop vegetable acceptance in children with a large emphasis on experiential learning and vegetable tastings in structured activities.</li> <li>• It is aligned to the Australian Curriculum as a cross-curricular unit, with easy to use teacher materials for three units of work for Foundation, Year 2, Year 3-4 and Year 5-6, with each unit consisting of five one-hour lessons, fully written lesson plans with student worksheets and electronic whiteboard support.</li> <li>• Recommended as complementary resource to support food and nutrition unit, with a focus on healthy eating.</li> </ul>	<p><a href="https://www.csiro.au/en/education/resources/teacher-resources/taste-and-learn">https://www.csiro.au/en/education/resources/teacher-resources/taste-and-learn</a></p> <p><a href="https://research.csiro.au/taste-and-learn/">https://research.csiro.au/taste-and-learn/</a></p>
<p><b>Crunch&amp;Sip®</b></p>	<ul style="list-style-type: none"> <li>• A daily break provides students with the opportunity to drink water and consume an extra serve of vegetables or fruit – Crunch&amp;Sip® is a trademarked program run from Western Australia that supports these breaks.</li> <li>• There are resources for teachers and parents, with inspirational ideas, recipes and resources to download.</li> </ul>	<p><a href="https://www.crunchandsip.com.au/">https://www.crunchandsip.com.au/</a></p>
<p><b>Stephanie Alexander Kitchen Garden Foundation</b></p>	<ul style="list-style-type: none"> <li>• Established in 2004, its purpose is to introduce pleasurable food education to children and young people during their school years. This includes early childhood, primary and secondary aged education.</li> <li>• It provides professional development, educational resources and access to an online community of educators.</li> <li>• There are two school membership options – Classroom member (\$330 then \$165 for 12-mth renewal) or Program member (\$1650 then \$275 for 12-mth renewal).</li> <li>• It may be integrated into the school environment but should not be seen as the sole source of curriculum-based learning.</li> </ul>	<p><a href="https://www.kitchenardenfoundation.org.au/">https://www.kitchenardenfoundation.org.au/</a></p>

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<p><b>Life Education – Healthy Harold</b></p>	<ul style="list-style-type: none"> <li>• Life Education’s mission is ‘Empowering our children and young people to make safer and healthier choices through education’. Their mascot is ‘Healthy Harold’.</li> <li>• In partnership with schools, Life Education delivers an interactive curriculum based program to preschools, primary and secondary schools, linked with the Australian Curriculum.</li> <li>• The program consists of 16 modules, delivered by specially trained educators and teachers. The program covers a range of topics, including food and nutrition, and physical activity.</li> <li>• School bookings can be made through the website.</li> </ul>	<p><a href="https://www.lifeeducation.org.au/about-us/healthy-harold">https://www.lifeeducation.org.au/about-us/healthy-harold</a></p>
<p><b>Life Education – Healthy Eats</b></p>	<ul style="list-style-type: none"> <li>• This program focuses on ‘increasing fruit and veg consumption in primary schools’.</li> <li>• It commenced in North Queensland and has now expanded.</li> <li>• It involves an accreditation program and other initiatives.</li> <li>• Information for schools and parents, other supporting information is available on the website</li> <li>• It is recommended as a complementary resource for schools.</li> </ul>	<p><a href="https://lifeeducationqld.org.au/healthy-eats/">https://lifeeducationqld.org.au/healthy-eats/</a></p>
<p><b>Phenomenom!</b></p>	<ul style="list-style-type: none"> <li>• Focusing on Veggies, this is funded by Hort Innovation and is a free digital toolkit for teachers.</li> <li>• It is <a href="#">packed</a> with webisodes, nomcasts, <a href="#">lesson plans</a> and a <a href="#">Teacher Guidebook</a> on how to use the toolkit (in its entirety, by episode, curriculum outcome, learning area, or theme).</li> <li>• Lessons and resources could complement units of work that focus on health and nutrition.</li> </ul>	<p><a href="https://phenomenom.com.au/">https://phenomenom.com.au/</a></p>
<p><b>Veggycation</b></p>	<ul style="list-style-type: none"> <li>• This resource aims to increase awareness about the goodness of vegetables through nutritional information, optimum cooking methods, preparation and storage.</li> <li>• Funded by Hort Innovation, with contributions from the Australian Government.</li> <li>• It provides an insight into vegetables – names, health benefits, preparation and storage information, nutrients and cooking methods and information for farmers.</li> <li>• Recommended as complementary resource to support food and nutrition unit, with a focus on healthy eating.</li> </ul>	<p><a href="https://www.veggycation.com.au/">https://www.veggycation.com.au/</a></p>



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<p><b>Woolworths Fresh Food Kids Discovery Tours</b></p>	<ul style="list-style-type: none"> <li>• This digital, 360-degree immersive experience is for students to explore a store and step onto a farm and see how veggies and fruit are grown.</li> <li>• Designed by educators, nutritionists and food scientists, it covers topics for Science, Health, Geography, English and Maths curriculum.</li> <li>• A classroom kit can be ordered by schools, containing learning materials for Years 5 and 6. Sample guide is available <a href="#">online</a>. Further year groups will be launched in the future.</li> <li>• Recommended as complementary resource to support food and nutrition unit, with a focus on healthy eating.</li> </ul>	<p><a href="https://www.woolworths.com.au/shop/discover/fresh-food-kids/discoverytours">https://www.woolworths.com.au/shop/discover/fresh-food-kids/discoverytours</a></p>
<p><b>Refresh.ED</b></p>	<ul style="list-style-type: none"> <li>• This resource, developed by Edith Cowan University (Western Australia), helps teachers introduce food and nutrition in classes – Prep to Year 10, with 4 units per year level for primary school ages, each with a different focus and 3 to 5 learning tasks.</li> <li>• Each unit shows links to the National Curriculum and online <a href="#">professional learning</a> is available to teachers.</li> <li>• Free and easy registration, materials are free to download from the website, such as <a href="#">curriculum materials</a>, new ideas; professional learning and staying informed.</li> </ul>	<p><a href="https://www.refreshedschools.health.wa.gov.au/">https://www.refreshedschools.health.wa.gov.au/</a></p>
<p><b>Food&amp;ME™</b></p>	<ul style="list-style-type: none"> <li>• Developed by Nutrition Australia ACT, in consultation with ACT schools and ACT Health staff, the resources are a series of evidence-based nutrition education units linked to the Australian Curriculum.</li> <li>• Food&amp;Me™ is made up of 6 nutrition education units, from Prep to Year 6, which can be downloaded.</li> <li>• Each unit takes approx. 7-8 hrs and is split into 3 or 4 modules.</li> <li>• Includes teacher notes; PowerPoint presentation, learning activities, student toolkit and food preparation activity.</li> <li>• Some training and resources may only be available to ACT schools. Some materials may also refer to ACT policy e.g. Fresh Tastes. For implementation in Queensland, teachers will need to consider the Queensland <a href="#">Smart Choices</a> Strategy.</li> </ul>	<p><a href="https://www.health.act.gov.au/about-our-health-system/healthy-living/fresh-tastes/professional-learning/foodme">https://www.health.act.gov.au/about-our-health-system/healthy-living/fresh-tastes/professional-learning/foodme</a></p>

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<b>Superhero Foods HQ</b>	<ul style="list-style-type: none"><li>• Provided by Foodbank WA, this nutrition education is for primary school aged children.</li><li>• The Superhero Food characters aim to engage students to improve their self-efficacy around making healthy food and lifestyle choices.</li><li>• The characters include Super Fruity; Mean Green; Speedy Cheese; Toasty; and Flying Fish.</li><li>• Resources include recipe booklets; newsletter inserts and posters; nutrition and cooking lesson plans; and much more.</li><li>• Some resources may only be available to West Australian residents.</li><li>• Recommended as complementary resource to support food and nutrition unit, with a focus on healthy eating</li></ul>	<a href="https://www.superherofoodshq.org.au/">https://www.superherofoodshq.org.au/</a>
<b>Foodbank WA - Food Sensations program</b>	<ul style="list-style-type: none"><li>• Food Sensations® for Schools Program in West Australia but online resources may be useful for Queensland schools, which includes <a href="#">easy and health recipes</a>; <a href="#">nutrition resources</a> (in association with West Australian Government)</li><li>• The program aims to improve knowledge, attitudes, and skills to encourage healthy eating and cooking for healthier bodies, minds and futures.</li></ul>	<a href="https://www.foodbank.org.au/WA/food-sensations-for-schools/?state=wa">https://www.foodbank.org.au/WA/food-sensations-for-schools/?state=wa</a>

For examples of other programs and resources related to farmers and food connections, go to the factsheet – [Farmer and Food Connections – examples of programs](#)

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