

TE MAHI HAUORA KAI KAUPAPA HONONGA / HEALTHY EATING LINKS WITH LEARNING

South Canterbury education settings have great examples of teaching healthy eating through their curriculum programmes. Below we share some of their ideas

The New Zealand Curriculum

Reading and Writing — Research about the four food groups and what a serving size is or research and design a healthy family dinner that you can cook. Write out the recipe to take home and share with whānau.

Maths and Statistics — Cutting vegetables and fruit to learn about fractions; using food information panels on the back of packets to compare products (i.e. to compare the sugar, salt, fat or fibre between two products look at the 'per 100g' column).

Science — What holds mixtures of food together (compare homemade to bought foods) or the lifecycle of the plants in the edible garden.

Social Studies/Discovery — The food environment looked very different 50 years ago to how it does now. It also looks different between cultures and countries. Get students to inquire and find out why.

Te Whariki Early Childhood Education

Wellbeing — Learn about which foods and drinks feed our brain and keep our bodies healthy and strong.

Belonging — Provide healthy foods to reinforce children's learning: encourage whānau to share special healthy foods from their home/culture and explore customs relating to different healthy foods locally and around the world.

Contribution — Schedule cooking sessions at times when whānau are present and encourage their participation - provide new and varied food options to role model 'everyday' foods that children should be eating.

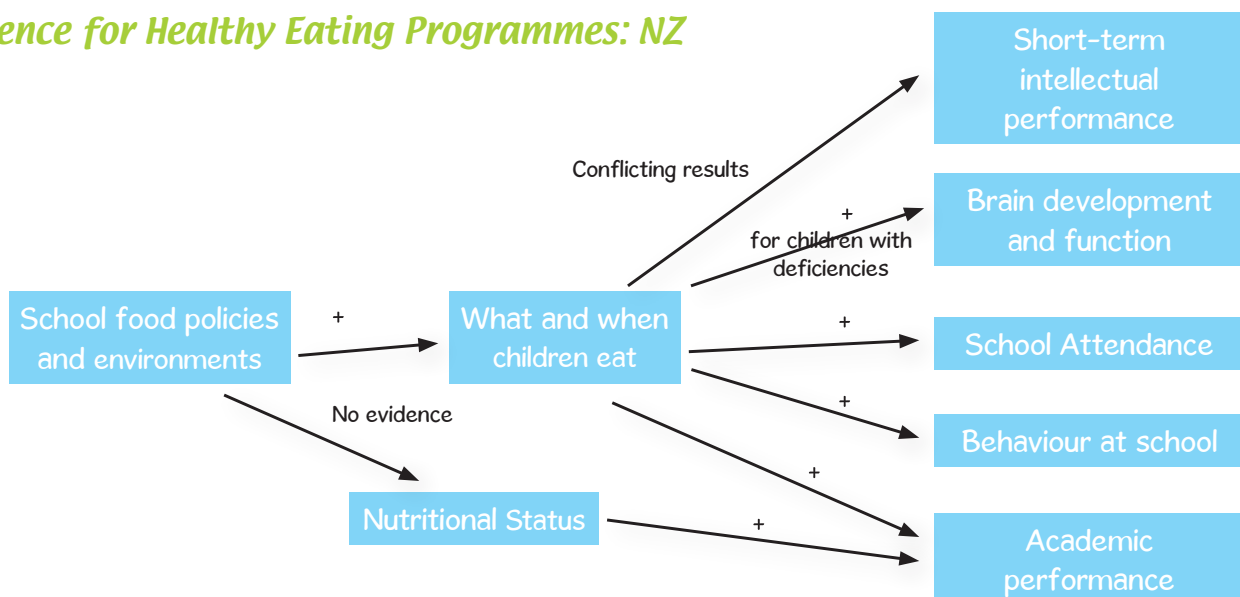
Communication — Make your own story books depicting real every day food related happenings to read with children.

Exploration — Build a food pyramid from scratch – use photos, cut out pictures from magazines, children's drawings – debate and discuss where foods should be placed on the pyramid.

Resources which support Healthy Eating and Learning:

- Edible gardens- growing vegetables for a Hangi, cooking skills classes or Home Economics classes, growing micro-greens, composting, worm farms, chickens, fruit and vegetable supply/co-operative.
- Healthy food and drink guidelines/policies which engage whānau and the education community e.g. provision of healthy foods and drinks, healthy fundraisers and events, lunchbox ideas.
- WAVE resources, e.g. the Food Pyramid, 5+ A Day Kits, books: visit www.wavesouthcanterbury.co.nz
- More learning resources are available at www.fuelled4life.org.nz ; www.vegetables.co.nz ; www.heartfoundation.org.nz

Evidence for Healthy Eating Programmes: NZ



The diagram depicts the strong evidence in New Zealand of the impact of comprehensive school food policies and their environments on **what and when children eat**. Changes to what children eat have in turn caused changes in brain development for children who have had nutritional deficiencies, improved school attendance, behaviour at school and academic performance in the long term.

Obesity Action Coalition: A rapid review of the literature on the association between nutrition and school pupil performance. Quiggley and Watts. December 2005. New Zealand