



Fadden Primary School

## The integration of healthy lessons

**When Fadden Primary School signed up to Fresh Tastes in 2015, the school started by planning how the teachers would integrate the program into their existing curriculum.**

“Before we started the Classroom Learning action area, we spent some time creating an action plan as a school,” said Annette Raats, Fadden Primary School’s Fresh Tastes coordinator. “We looked at what resources we had and did a brief survey.”

The teachers had a visit from Nutrition Australia ACT to run through the traffic light workshop so teachers had a thorough understanding to pass onto the children. Then a couple of staff attended the Food&ME™ TQI accredited professional learning, which enabled them to bring learnings about how to teach nutrition concepts to students, back to the rest of the staff.

**“Food&ME™ provided a really good understanding of where to start – it’s like a springboard for us to know where to begin in the classroom,” said Annette.**

The plan now is to make Fresh Tastes a truly integrated part of classroom activities.

“We thought it made sense to integrate it into our KidsMatter program to make a positive link between healthy bodies and minds,” said Annette. “We’re also discussing integrating it into maths and literacy – we’ll trial the first module this way and see how it goes.”

The school is also going to explore cost savings by encouraging a roster system for children to bring in ingredients for classroom cooking activities.

Fadden Primary School’s focus on integration has also been extended to a new idea for spending time with the school’s Principal.

“Our Principal started a morning tea once a fortnight, where one student from each class is selected to join her,” explained Annette. “All the food on offer is healthy and we make it fun with options like grapes laid out as caterpillars! The kids get a photo with the Principal and then write a reflection underneath to put into their portfolio.”

So while it’s still early days for this Fresh Tastes school, the planning is expected to pay off in the long-term. “We believe you have to spend the time planning it so in three years, it is up and running really well as a part of the school’s culture.” said Annette.



*Fresh Tastes is open to all primary schools across Canberra. Contact the Fresh Tastes team for information about how your school can get involved. Fresh Tastes is part of the ACT Government’s Healthy Weight Initiative supporting a healthy, active and productive community.*