



### Latham Primary School

## Nutrition training translates to classroom learning

**After Latham Primary School joined Fresh Tastes, they undertook professional training delivered by Nutrition Australia ACT. The training, called Food&ME™, has helped the school achieve a consistent focus on nutrition in the classroom.**

“The Food&ME™ training was delivered to approximately 20 of our teaching staff,” said Amanda Molloy, the school’s Fresh Tastes coordinator and preschool teacher.

“The staff enjoyed the training as it included the practical element of a cooking demonstration,” said Amanda. “It was interactive, informative and relevant to everyone’s every day routines.”

The Food&ME™ training is one of the options provided to schools under the ‘classroom learning’ action area of Fresh Tastes, and importantly, the training is mapped to the Australian Curriculum.

“At the training, it was important to learn about the effect different foods have on children and their growth,” said Amanda. “Teachers also had time to go through the units of work in their own teams, explore some of the resources that were brought in and ask the Nutrition Australia ACT team questions.”

For Latham Primary School, students in kindergarten to grade two benefit from a health specialist teacher, who teaches nutrition using the Food&ME™ resources as a stand-alone subject. While in grades three to six, the Food&ME resources are integrated into the classroom program.

“Teachers use the Food&ME™ resource books to help teach the lessons to the students and some of the presentation slides have been shown to the junior students,” said Amanda. “The training has translated really easily into the classroom.”

**The impact of the Fresh Tastes approach goes well beyond the classroom, with healthy eating posters displayed across the school and a unique Healthy Eating Guide handed out to preschool parents.**

“A parent from our school put the guide together to offer ideas, suggestions and tips for preparing healthy meals for children to take to school,” said Amanda.

“We’re also lucky to have many parents role-modelling healthy choices,” Amanda said. “A group of parents coordinate a fresh fruit Friday with fruit platters for the students at recess. They also offer a healthy breakfast club twice a week before school starts.”

These activities, along with the regular classroom teachings, are helping the students at Latham Primary School develop a strong knowledge of, and appreciation for, healthy food and nutrition.

*Fresh Tastes is open to all primary schools across Canberra. Contact the Fresh Tastes team for information about how your school can get involved.*

