Additional Resources

Additional resources needed for classroom activities

How to access Eat for Health resources needed for classroom activities:

***Australian Guide to Healthy Eating* poster**

To order: www.eatforhealth.gov.au/guidelines ref N55m (A3 size) or ref N55i (A1 size) if available.

To print: www.eatforhealth.gov.au/accessible-versions-australian-dietary-guidelines-resources

Information current at time of printing.

***Healthy eating for children* brochure**

To order: www.eatforhealth.gov.au/guidelines ref N55f.

To print: www.eatforhealth.gov.au/accessible-versions-australian-dietary-guidelines-resources

Information current at time of printing.

Additional teaching resources

Classroom activity resources with a vegetable and fruit focus

- Fruit & Veg Month Teachers Booklets from current and previous years.
- SA Health "Eat a Rainbow" resources. Available from the SA Health website (www.sahealth.sa.gov.au).
- Stephanie Alexander Kitchen Garden Foundation teaching resources (www.kitchengardenfoundation.org.au).

Vegetable and fruit related story and activity books:

- *The Very Hungry Caterpillar* by Eric Carle.
- *Fruit* by Jillian Powell.
- *The Great Big Enormous Turnip* by Aleksey Tolstoy.
- *Growing Vegetable Soup* by Lois Ehlert.
- *Rainbow Food* by Denise Greenaway.
- *James and the Giant Peach* by Roald Dahl
- *I'm Having a Rainbow for Dinner* by NAQ Nutrition.
- *The Magic Lunchbox* written by Angela Barrett and illustrated by David Walsh.
- *Oliver's Vegetables* and *Oliver's Fruit Salad* both by Vivian French.
- *Kindy Kitchen* written by Jessica Rosman and illustrated by Nettie Lodge (www.kindykitchen.com).

Useful Websites

www.healthykids.nsw.gov.au/campaigns-programs/crunch-sip.aspx

The NSW Crunch&Sip website. Here you can find all the Crunch&Sip information for NSW schools, including downloadable resources, order forms, case studies and more.

www.crunchandsip.com.au

The WA Crunch&Sip website.

www.healthy-kids.com.au

The Healthy Kids Association website. It contains information, fact sheets, recipes and nutrition snippets on a range of topics relevant to schools, canteens and students. The website also has links to other quality teaching resources via www.healthy-kids.com.au/teachers/teaching-resources

www.healthykids.nsw.gov.au

The NSW Health Department's Healthy Kids website. It has background information and fact sheets about healthy eating and physical activity for children, and activities on nutrition and physical activity in schools.

www.freshforkids.com.au

Sydney Market's website for kids on all things vegetable and fruit. It contains produce guides, resources for teachers and parents, games, jokes and activities for kids.

www.eatforhealth.gov.au

This is the official website for the Australian Dietary Guidelines and Australian Guide to Healthy Eating. It contains all the Eat for Health materials and information including downloadable copies of education materials.

www.foodstandards.gov.au/consumer/labelling

The Food Standards Australia New Zealand (FSANZ) website provides consumer information on food labelling requirements.