eat well be active – Primary School Project

Rick Baldock & Cheryl Peat

eat well be active - Primary School Project
Session outcomes

• To introduce the project to schools

• To clarify the project outcomes and deliverables

• To clarify your roles and expectations

• To provide the opportunity to explore a range of Healthy Eating resources, programs and policies
The *eat well be active* Project Outcomes

- Increase children’s physical activity levels
- Decrease children’s sedentary leisure time behaviours
- Increase consumption of water, fruit and vegetables
- Decrease consumption of energy-dense, nutrient-poor foods and drinks
Overview of Project Process

1. Form your Support Team

1. Work through the Planning Process

1. Return a copy of the completed planning pro forma to the ACHPER (SA) *eat well be active*-Primary School Project office

1. Undertake change, monitor and record what happens
Identity of the School Teams

A group of up to 5 members from each school site is sought to participate in the project. Consider including:

• The Principal or their nominated leadership representative
• Educators from a range of learning bands
• The Canteen manager
• Parent representatives and
• Student leaders
School Based Process

1. **Audit**: Identify what is already happening already in your school

2. **Initial Cluster-based workshops** focusing on Healthy Eating and Physical Activity to support your planning. These will include:
   - Reviewing key policies
   - Practical ideas and
   - Reviewing an array of resources/programs/websites available

3. Development of a **site specific plan** with support from the ACHPER team to build capacity

4. **On-going site visits** to support planning and program implementation
Processes cont.

• **Professional Learning** program for educators to support individual sites and school clusters. A comprehensive menu of workshops is available for schools from which to select

**Support for Schools**

• **Mentoring** for educators including:
  - *Demonstration sessions/lessons with students* about healthy eating, physical activity and sedentary behaviours
  - Programming and planning units of work to support teachers work
  - Identification of resources to support learning and teaching

• **Parent forums** and other communications such as physical activity and healthy eating diaries, newsletter articles

• **Project newsletter** providing information about Project developments and innovations in other schools
DECD role with the Project

• Background to the Project
  • SA Health
  • 4 Phases
  • HEPA Team
    o Leah Cassidy, Program and Policy Manager, Health, Physical Activity and Student Wellbeing
    o Lorna Fenech, Project Officer, Premier's be active Challenge
    o Barb Hickling, Project Officer, eat well be active - Primary Schools
    o Leanne Barnes, Project Assistant Healthy Eating & Physical Activity
Developing Quality Healthy Eating for your school

Strategies, Programs & Resources

ACHPER (SA) eat well be active Project
YOUR GUIDE TO A
HEALTHIER
TODAY

A healthy lifestyle is something we’re all after, but things like work, bad habits and stress can contribute to us feeling like we don’t have the time or energy. The good news is, to get the most out of life, you don’t need drastic weight loss programs or diet pills, just a balanced mix of being active and good food.

And right now is the best time to start, so don’t worry bout yesterday, focus on today and do something for you. It’s your step towards a healthier today.

WIN
FRESH FRUIT & VEGETABLES FOR A YEAR
SEE PAGE 6 FOR HOW
Let’s Share!

• Please spend time thinking of:
  • One Healthy Eating idea / activity/ initiative you believe is working well either in your class or in your school
  • One Healthy Eating idea / activity/ initiative that you are interested in exploring as part of the *eat well be active* – Primary Schools Project

and be ready to share your ideas in 5 minutes
Go for 2 & 5®
FRUIT VEG

An Australian Government, State and Territory health initiative.

Go for 2 fruit & 5 veg every day.

WALK TO THE NEXT STOP
be active.

www.beactive.com.au
Dietary Guidelines for children and adolescents

Enjoy a wide variety of nutritious foods

- Eat plenty of vegetables, legumes (baked beans, kidney beans) and fruits
- Eat plenty of cereals (including breads, rice, pasta and noodles), preferably wholegrain
- Include lean meat, fish, poultry &/or alternatives
- Milk, yoghurts, cheeses
- Water as a drink

Also care should be taken to:

- Limit saturated fat and moderate total fat intake.
- Choose foods low in salt
- Moderate amounts of sugars and foods containing added sugars

Care for your child's food:

- Prepare and store it safely

Encourage and support breastfeeding.
The Australian Guide to Healthy Eating

Enjoy a variety of foods every day

Eat good food to be Healthy and Strong

Vegetables (including legumes – baked beans, kidney beans & split peas).

Fruit

Bread, cereals, rice, spaghetti & noodles

Milk, yoghurt and yoghurt

Lean meat, fish, poultry, eggs, nuts, legumes

Drink plenty of water

Choose these sometimes or in small amounts

Meat

including lean meat, chicken, eggs & fish (including nuts & legumes – baked beans)

Eat in small amounts

Drink plenty of water

Department of Health and Ageing, 1998
Quiz Time – Portion Distortion

Do you know how food portions have changed in the past 20 years?

Evidence provided by the National Heart, Lung, and Blood Institute
Serving sizes are getting BIGGER!

3 MEDIUM ONE-TOPPING PIZZAS $5 EACH

For a limited time, buy three or more medium one-topping pizzas for just $5 each.*

*Offer/Prices may vary. Participating US Stores, not AK & HI. Deep Dish may be extra. Valid with purchase of at least 3 pizzas. Must ask for offer when ordering.
French Fries

20 Years Ago

840 Kilojoules
70 grams

Today

How many kilojoules are in today’s average fries?
Maintaining a Healthy Weight is a Balancing Act
Kilojoules In = Kilojoules Out

How long will you have to walk leisurely in order to burn the extra kilojoules?*
Soft Drink

20 Years Ago  Today

340 Kilojoules  How many kilojoules are in today’s portion?

185 mL
Maintaining a Healthy Weight is a Balancing Act
Kilojoules In = Kilojoules Out

How long will you have to work in the garden to burn those extra kilojoules?*
What are the Healthy Eating Guidelines for South Australian schools and preschools?

- Framework to promote learning, health and well being
- Reflected in school and preschool policy
- Strategies to ensure students and children learn, experience and practise healthy eating in the school environment
The Healthy Eating Guidelines

1. Curriculum
2. The Learning Environment
3. Food Supply
4. Food Safety
5. Food-related health support planning
6. Working with families, health services and industry
It’s all about balance!

Energy in = food and drinks consumed

Energy out = physical activity and body functions
What are they eating?

Eating more of the wrong foods and drinks

- pastries
- cakes
- biscuits
- packaged snacks
- confectionery
- soft drinks
What’s being missed?

- One in four children does not eat enough fruit or vegetables
- One in five children do not eat enough fibre rich foods
- Many adolescents often don’t consume enough dairy food and drinks
- One in six children does not eat breakfast
How easy it is to over consume Kilojoules

4430kJ

= 4430kJ
A strategy to ensure that all food and drinks supplied in schools and preschools are consistent with the *Dietary Guidelines for Children and Adolescents in Australia* and *The Australian Guide to Healthy Eating*
Right Bite Policy

Assessing Food Using the Right Bite Food and Drink Spectrum

The Right Bite Food and Drink Spectrum helps schools and preschools promote healthy eating by classifying food into 3 categories according to their nutritional value:

- **GREEN** category foods and drinks are the healthiest choices - schools and preschools are encouraged to provide as many choices as possible from this category.
- **AMBER** category foods and drinks are more processed with some added salt, sugar and/or fat - schools and preschools are encouraged to select carefully from this category.
- **RED** category: foods and drinks are highly processed, energy dense and nutrient poor - these are banned from sale in Government school canteens and vending machines at all times.

The Ready Reckoner helps schools and preschools to make selecting healthy choices easier by listing different types of foods and drinks and providing a guide as to where these are likely to fit within the Food Spectrum. The 'Occasionally' (RED category) Nutrient Criteria Tables can then be used to identify RED category food items.

The 'Occasionally' (RED category) Nutrient Criteria Tables and a summary of each of the three food groups can be found in the Right Bite Easy Guide which may also be downloaded from the website.

In South Australia, since 2008, the following RED category foods and drinks have been banned from sale in canteens and vending machines:

- All beverages except those specified in the GREEN and AMBER categories
- Drinks containing guarana or caffeine
- Confectionery.
Food and Drink Spectrum

Choose Plenty

Select Carefully

Occasionally

GREEN

choose plenty
Encourage and promote these foods and drinks. They:
- reflect the five food groups in the circle on the “Australian Guide to Healthy Eating”
- are excellent sources of important nutrients
- are low in saturated fat and/or sugar and/or salt
- help to avoid an intake of excess energy (kilojoules or calories).

AMBER

select carefully
Do not let these foods and drinks dominate the choices and avoid large serving sizes. They:
- have some nutritional value
- contain moderate amounts of saturated fat and/or added sugar and/or salt (often added during processing)
- can, in large serve sizes, contribute excess energy (kilojoules or calories).

RED

occasionally
These foods and drinks are banned from sale in SA school canteens and preschools. Schools and preschools can provide some RED category products a maximum of twice a term on whole of school or preschool occasions. They:
- lack adequate nutritional value
- are high in saturated fat and/or sugar and/or salt
- can contribute excess energy (kilojoules or calories).
“Hi! Welcome to the ‘Go for 2&5®’ Website.”

Eating plenty of fruit and vegies not only contributes to good health, but also protects against a number of diseases and helps maintain a healthy weight.

Most Australians eat only half the amount of fruit and vegies recommended for good health. Adults need to eat at least 2 serves of fruit and 5 serves of vegies each day. The amount children need depends on their age.

Here you can find out about the benefits of fruit and vegies, nifty ways to get more fruit and vegies into your day, plus some super simple tasty recipes.

If you’d like more information, please email us.
Crunch&Sip®

- **Crunch&Sip®** is a set break to eat fruit and or salad vegetables and drink water in the classroom
- This free program is offered to all primary schools in S.A. by Health SA and is being provided by SA Dental
- For more information, please contact Leanne Rana
- P: 8222 9115
- E: leanne.rana@health.sa.gov.au

Key messages to support healthy eating

- Eat breakfast
- Drink more water
  - Instead of soft drinks, sports drinks etc.
  - Limit fruit juice
- Choose fruit for snacks
  - Replace less healthy snacks
- Limit serving sizes
- Provide children with opportunities to develop practical skills
- Involve families
Healthy eating in SACSA

Has it’s home in Health & PE and can include topics such as:

- The collection of data and investigations into a range of topics
- Menu preparation
- Human performance
- Body image

- Mental health
- Nutrition and diet
- Hygiene
- Body systems and physiology
- Cultural trends
- Media studies
- Sport
- Disease
- Food
Healthy Eating Resources Menu

Commonwealth and State Government Policies and Programs

• SACSA framework
• Healthy Eating Guidelines
• Right Bite (resources and website information)
• Premier’s be active Challenge
• Go for 2&5®
• Active travel (schools)
• Be active at work
• Be active playtime
• Community foodies
• Crunch&Sip®
• Eat well be active community project
• Healthy ways
• OPAL – Obesity prevention and lifestyle
• PEACH parenting eating and activity for child health
• Healthy weight coordinators
• S.A. Breastfeeding strategic plan 2008-12
• Start right eat right
Food Additives, Learning & Behaviour – Sue Dengate

Healthy Eating
Resource Discovery Task

• Please spend the next 15 minutes exploring the resource/program with a colleague recording information under the criteria headings on the proforma provided.

• Be ready to report (5 minutes max) to the other groups some thoughts / comments about the resource and how you might use it in your school.
Handouts for you!

• This presentation!

• Healthy Eating websites menu (government and non government)

• Healthy Eating Curriculum Focus by Bands of Learning

• Where does Healthy Eating fit? SACSA links
ACHPER (SA)

ACHPER (SA) can offer this session to your School/Site.

Contact ACHPER (SA) for more information
info@achpersa.com.au

Or visit our website www.achpersa.com.au

Or telephone 08 8363 5700