Sonya Stanley, Dietitian

Australian Dietary Guidelines unpacked

An eat well be active - Primary Schools project school presentation

The Australian Dietary Guidelines and Australian Guide to Healthy Eating were introduced in 2013. A dietitian, Sonya Stanley unpacks the 5 Guidelines and talks about the food plate, the Australian Guide to Healthy Eating.

http://youtu.be/b9GJkJ2qe8

These resources and many more resources can be found at the following website

The Healthy Eating Curriculum Kit for South Australian Primary Schools Second Edition/Revised 2013 now has lesson ideas which incorporate the new guidelines and food plate, the Australian Guide to Healthy Eating.

eat well be active - Primary Schools Project, a joint SA Health and Department for Education and Child Development project from 2008-2013