Lockleys Primary School

Creating a Healthy Alternative Breakfast Cereal

An eat well be active - Primary Schools project school

Our thanks go to ACHPER for this article from ewba Newsletter 2011

This newsletter article was compiled by Lockleys Primary School students Gerard and Leonard from Mar. Barber’s year 6/7 class who undertook a unit of work on healthy eating that was presented by Kirsty Crouch– ACHPER (SA)

Better Breakfast - Here are some quotes of what the children thought.

“It was really fun making and designing the box”- Brittany

“Choosing the name for our cereal was hard. We changed it three times”- Beth

“In my opinion, it was the best technology subject”- Alex

“I enjoyed all of the brain breaks”- Ryan

“Doing health with Kirsty was fun. We learnt how to read nutritional guides.” - Sophie
“I enjoyed making the back cover” - Ricardo
“I had fun working with my ‘partner’” - Alfred
“I liked creating the title and the front cover” - Liam

The eat well be active - Primary Schools Project is a joint SA Health and Department of Education and Children’s Services initiative
Lockleys Primary School -
Creating a Healthy Alternative Breakfast Cereal

Mr. B’s Evaluation
Shaun Barber, 6/7 Teacher at Lockleys Primary School
“The project was both interesting and engaging for the students from the beginning.
Each activity throughout the unit of work contained educationally rich and relevant information.
I, along with my class benefited greatly from Kirsty Crouch’s expertise and enthusiasm.
A great way to learn about the topic of Nutrition!”

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