

**nutrition  
food access  
*and*  
well being**

**a project funded by the Coles Group Community Fund 2008**

*'food is a common ground...a universal experience'*

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### **Outline**

This project aims to develop and expand the topic of nutrition, a component of the Health and Safety module in the Frameworks ESL curriculum. The curriculum and associated materials will utilise ESL classes as a vehicle to educate and raise awareness about nutrition and well being. The module provides information and resources on the purchase, recognition, preparation, dietary considerations and access of fruit and vegetables available in Australia.

The project recognizes cultural diversity and the life experiences of groups targeted to encourage understanding, acceptance and awareness of etiquette, customs and dietary requirements. The project aims to broaden its reach beyond ESL classes and be available to all community groups.

### **Focus group to pilot project**

CULTURALLY DIVERSE AND LINGUISTICALLY DIVERSE (CALD) students in community \education centres.

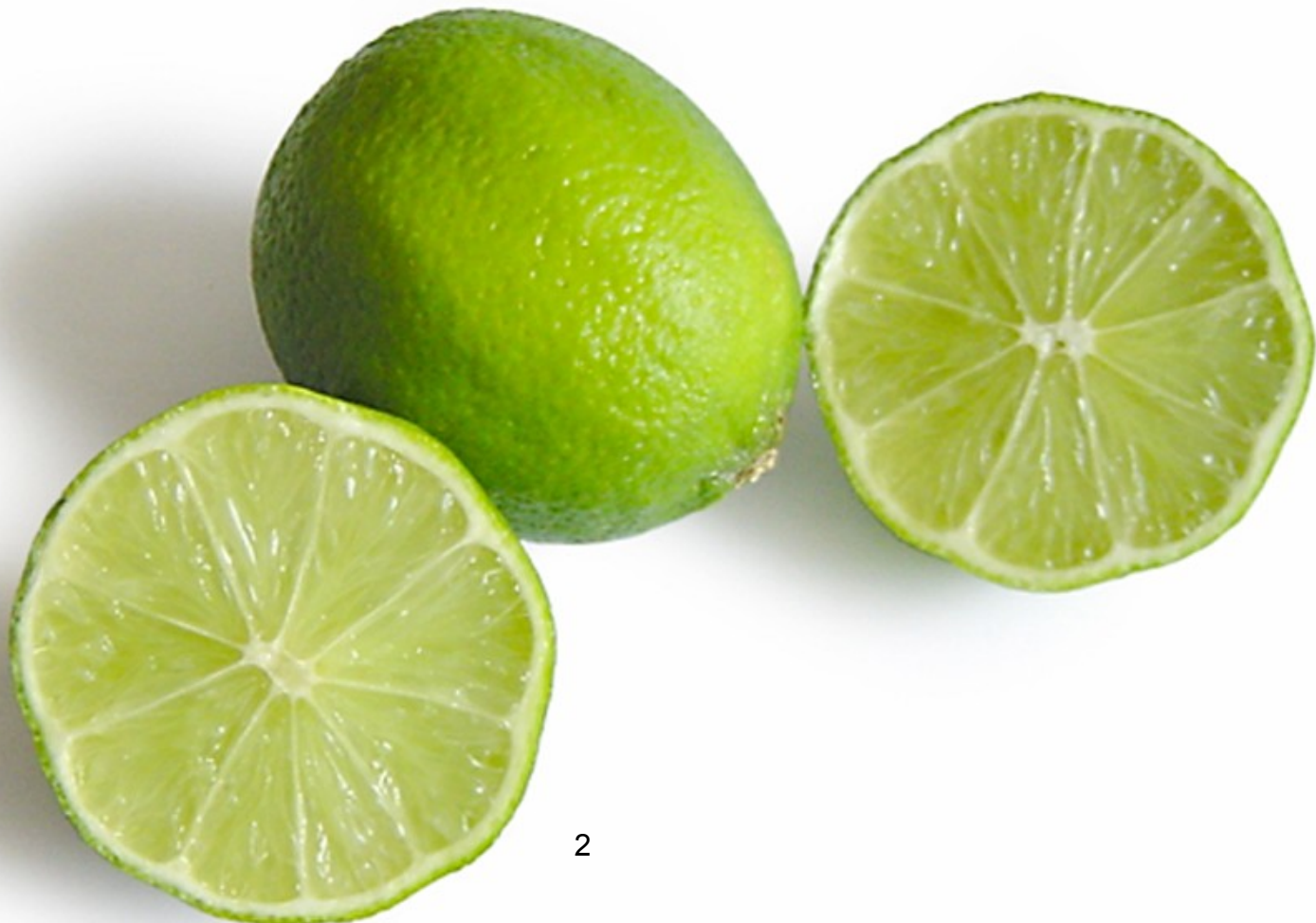
### **Duration**

The project is presented in 10 topics, each will ideally be presented over a week, however this will change due to variations in student contact hours and understandings. Flexibility and selection of appropriate activities would ensure that the project be completed over a term block. It may be helpful if some topics are delivered out of sequence or as separate components. The project is not of a fixed structure and will be enhanced by teacher initiative .



## Key understandings

- All people deserve food security
- All people desire to eat well and be healthy
- All people should have confidence and choice to access good food
- All people have the right to shop freely and prepare food to meet their cultural or dietary requirements
- All people should be aware of health related issues pertaining to food, that is; allergies, preservatives, additives...
- All people should feel comfortable in their community to shop for food at supermarkets, markets or small vendors.
- All people in Australia should be aware of food standards and regulations pertaining to packaging, use by dates and nutrition labels
- Food is fundamental to our well being and a tool for socialization and assimilation into community groups





### **Learning outcomes**

- Students will engage in conversation about food, diet and nutrition.
- Students will become more social within their group, share food and discover new tastes and diversity in food preparation.
- Students will become discerning about food, developing greater awareness of nutritional value, dietary requirements, and quality.
- Greater confidence and familiarity with accessing food will be developed through discussion and experience of shopping, handling different food, reading labels, preparing food and sharing experiences.
- Further knowledge of food storage, use by dates, advertising and packaging will be developed.
- Value for money, how to buy food, where to buy more cheaply and budgeting will be discussed; broadening choice and access
- Students will engage in discussion with professionals in the health field, extending listening skills and knowledge, along with confidence in asking questions and accessing health information.
- Student will engage in excursions into the community, observing and experiencing different settings.
- Students will reflect on experiences, exploring number in various forms, writing in different genres, reading information labels, texts, forms and advertising materials, listening and speaking in familiar and new settings.