

Nillumbik Healthy Schools Case Study

Glen Katherine Primary using FoodChecker to support school kitchen garden program

Sharyn Mackay from Glen Katherine Primary School's kitchen garden program recently shared with us how she's revamped her approach to nutrition education.

Meeting with Sharyn, it's immediately clear her passion for food, teaching cooking skills and supporting children's wellbeing.

In terms of nutrition education, her focus is now on whole body happiness. She talks to her upper primary cooking class about foods to put into our body for our internal happiness and how some foods help what's going on above our shoulders.

She also talks to the class about getting lots of hydration, consuming less sugary drinks and checking the colour of our pee to check hydration. She discusses how less packaged foods can benefit both our health and the health of our environment: trees, water and landfill.

Most of all, she encourages kids to get in touch with our food and enjoy what we eat! This is the philosophy behind many successful school kitchen garden programs: connecting kids with food through pleasurable food education.

Sharyn has been using the new [Healthy Eating Advisory Service's FoodChecker](#) tool to check and modify recipes she uses in teaching cooking skills.

Also using FoodChecker, Sharyn ran an activity to help kids understand where common lunchbox foods



may fit along the green-amber-red continuum from everyday foods to those we might eat less regularly.

“They’re enjoying finding out about the packaged food I have on display and colour coding them together, then coming up with alternative foods has been fantastic.”

Sharyn is also aiming to support **body-positive messaging** by ensuring she models body satisfaction, healthy eating and enjoyment of movement. “The kids love it. They laugh when I say I don’t have a six pack or I’m not skinny, but I’m fit and healthy.”

healthAbility congratulates Sharyn and Glen Katherine Primary School on their commitment to inspiring positive food behaviours, using the latest tools available to schools.

FoodChecker is the new free way Victorian schools can assess recipes, canteen menus and products in schools. FoodChecker gives instant feedback on foods and drinks, with tailored recommendations for healthy changes. For more information, see: <http://foodchecker.heas.health.vic.gov.au>.

This case study was developed for the Nillumbik Healthy School eNews, Term 2 2018 edition.



Inspiring people and communities to be healthier and inclusive

917 Main Road Eltham VIC 3095

T (03) 9430 9100 F (03) 9431 0339 healthability.org.au

healthAbility is an operating division of Nillumbik Community Health Service Ltd. ABN 32 180 310 839