



QLD Schools and Tuckshops 2021 Training and Services List

As teachers, tuckshop convenors, parents and members of the school community, you play an invaluable role in our children's futures. Health and nutrition play an integral part of every child's life.



Nutrition Australia Qld | www.naqlld.org | schools@naqlld.org

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Nutrition Seminars and Workshops

FOR STUDENTS

\$440 per workshop OR **\$1600** for 4 workshops at one site on one day.
All 1 hour in length.

Prep: I'm Growing a Rainbow Story Time

This is an interactive workshop based on Nutrition Australia Qld's *I'm Growing a Rainbow* story book. Learning outcomes include:

- Students are able to identify that eating enough vegetables and a variety of fruits and vegetables promotes health and wellbeing
- Students explore how plants are grown for food and how food is selected and prepared for healthy eating

Years 1 & 2: Healthy Food For Me

This interactive workshop is targeted to years 1 – 2. Hands on activities are included. Learning outcomes include:

- Students are able to name parts of their body and discuss how their body is growing
- Students are able to identify foods and food groups
- Students can describe how healthy foods affect our well being
- Students can identify different vegetables, how they are prepared and their sensory qualities

Years 3 & 4: I'll Have a Rainbow For Dinner

This interactive workshop is targeted to years 3 – 4. Hands on activities are included. Learning outcomes include:

- Students are able to identify foods and food groups and create a healthy eating day
- Students learn where different vegetables come from and students gain an appreciation of food production methods and technologies
- Students can identify different vegetables, how they are prepared and their sensory qualities



Years 5 & 6: Food For Us

This interactive workshop is targeted to years 5 – 6. Hands on activities are included. Learning outcomes include:

- Students are able to discuss how healthy eating promotes and maintains well being
- Option 1 – Students are able to read food labels to assist with healthy eating (strategy to promote wellbeing) and students are able to discuss how media messages affect healthy eating behaviours
- Option 2 – Students are able to describe the role of food preparation in maintaining good health and the importance of food safety and hygiene

Years 7 – 12: Food For Life

This workshop is targeted to years 7 – 12 and adapted accordingly. This workshop can include:

- Exploration of why we eat what we do
- Discussion around how food influences our life
- Tackling common nutrition myths in myth busting activities
- Healthy food on a budget
- Making healthy choices
- Plenty of time for students to have their nutrition questions answered

We can tailor this workshop to meet your student group's needs. Please contact us to discuss additional topics and activities.

FOR TEACHERS

Understanding Smart Choices (\$440)

1 hour.

This workshop covers the food classification system of the Smart Choices – Healthy Food and Drink Supply Strategy, as well as label reading, classroom rewards, school events and the role of the whole school community in supporting the Smart Choices strategy.



From Science to Healthy Eating (\$550)

2 hours.

This workshop explores:

- The Nutrient Reference Values (NRVs)
- The background to the Australian Guide to Healthy Eating
- The Australian Dietary Guidelines
- Promoting food variety to students

Food and Behaviour (\$440)

1 hour.

This workshop will explore the role food plays in creating healthy, happy and engaged children and teenagers. We will expand on this by looking at strategies to assist teachers in communicating these messages to students and parents.

FOR PARENTS & THE COMMUNITY

Food Smart Kids (\$440)

Parents of primary school children. 1 hour.

In this workshop we share practical tips for parents to help kids eat well to maximise their growth and development. Topics include food and behaviour, dealing with fussy eating, as well as food variety.

Feeding Your Teens (\$440)

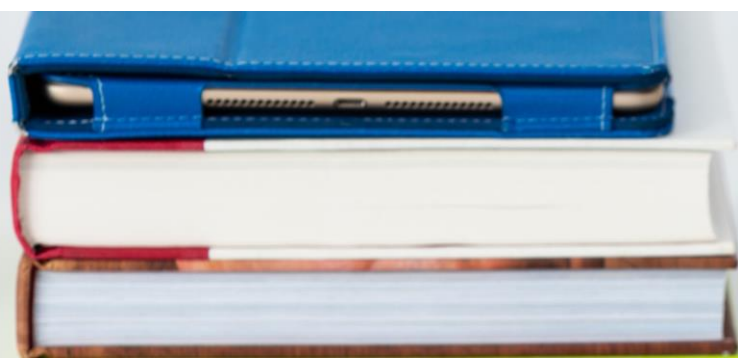
Parents of teenagers. 1 hour.

In this workshop we share practical tips for parents to help teens develop healthy eating patterns and a positive relationship with food.

Food For School (\$440)

Parents. 1 hour.

In this workshop we share with parents the most important food related things they can do to ensure their children are maximising their learning, concentration and behaviour to get the most out of their school day. Practical advice includes packing a lunchbox, healthy snacks, quick and easy breakfasts, as well as encouraging children to drink enough water.



Cooking Workshops (\$880)

Parent groups, student groups or teacher groups. 1.5 hours.

Our cooking workshops are a great way for participants to build their skills and confidence in the kitchen. Practical skills developed in a cooking workshop help make it easier for participants to live healthier lives. Cooking workshops are also a fun team building activity for groups. *Contact us for more information as participant limits apply.*

Online Training

In Safe Hands

- Safe Food Handling and Safe Knife Skills

Find courses at In Safe Hands – filter online courses ‘food safety’ or ‘safe knife skills’ www.insafehands.net.au

Menu Services for Schools

Remote Tuckshop Menu Assessment (\$440)

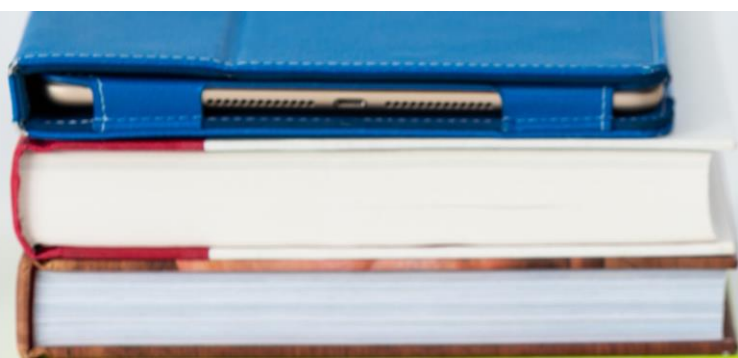
Through our menu assessment process, we provide guidance and recommendations for your school tuckshop to:

- Provide a menu aligned with the Australian Dietary Guidelines and the Smart Choices Strategy
- Engage in menu planning and nutrition quality improvement activities

Our tuckshop menu assessment includes a full report highlighting areas of success as well as practical recommendations for improvement.

Remote Boarding School Menu Assessment (\$880)

Menu analysis will include an assessment of the menu against the Australian Dietary Guidelines and the Australian Guide to Healthy Eating, to ensure that:



- Boarders are offered a varied, healthy and well-balanced diet
- Boarders receive adequate and balanced nourishment and hydration to meet their nutritional requirements
- The menu reflects a diet that is associated with a reduction in diet related health problems and chronic disease
- The menu is reflective of recommendations made as part of the Australian Dietary Guidelines for children and adolescents
- The menu caters for special nutrition issues for adolescence

Our boarding school menu assessment includes a full report highlighting areas of success as well as practical recommendations for improvement.

Menu Planning Consultancy

Would you like to meet 1:1 with our experienced dietitians to discuss your menu and the needs of your setting? *Contact us for more information.*

Food Safety Services for School Tuckshops

Food Safety Supervisor Course (\$275 per person)

Full day training session.

This is Nationally Recognised Training. Upon completion of the course units, a 'Statement of Attainment' for units SITXFSA001 and SITXFSA002 will be awarded. This course is delivered through our Third-Party Provider [QAST](#). *Contact us for more information.*



Safe Food Handling Workshop (\$495)

1.5 hours. Also available online via Zoom.

This interactive workshop for tuckshop staff and volunteers covers all of the basics. Topics include basic food hygiene principles, safe food storage and temperature control, as well as cooling and reheating food and avoiding food contamination.

Understanding Allergies and Intolerances Workshop (\$495)

1.5 hours. Also available online via Zoom.

This workshop covers preventing allergen contamination, ingredients to be careful with for common allergies, coeliac disease, school tuckshop responsibilities and tuckshop specific strategies.



Food Safety Appraisal

Contact us for a quote.

Includes an onsite visit to observe and appraise food hygiene and handling procedures. We review your policies and protocols against current legislation and provide you with a comprehensive report.

Food Safety Onsite Compliance Audits

Contact us for a quote.

Queensland licensable food businesses are required to have a food safety program and regular compliance audits by a Queensland Health approved, third party auditor. Our auditors provide:

- Notice of written advice for food safety programs (desktop audit)
- Onsite compliance audits (third party audit report)

Contact Details

Nutrition Australia Qld's Schools Program

Phone: (07) 3257 4393

Email: schools@naqld.org

Web: <https://naqld.org/schools/>

Please note that all prices below are inclusive of GST. Nutrition seminars and workshops are designed to be delivered face to face, however some nutrition seminars and workshops may be delivered via Zoom. Price includes up to 35 attendees – additional attendees over this number will incur an additional fee. Additional travel costs may apply for site visits at schools further than 20km from Brisbane.



2021 Price List

| Nutrition Seminars and Workshops | Cost |
|--|---|
| FOR STUDENTS | \$440 per workshop OR \$1600 for 4 workshops at one site on one day |
| Prep: I'm Growing a Rainbow Story Time (1 hour) Years 1 & 2: Healthy Food for Me (1 hour) Years 3 & 4: I'll Have a Rainbow For Dinner (1 hour) Years 5 & 6: Food For Us (1 hour) Years 7 - 12: Food For Life (1 hour) | \$440 |
| FOR TEACHERS | |
| Understanding Smart Choices (1 hour) \$440 From Science to Healthy Eating (2 hours) \$550 Food and Behaviour (1 hour) \$440 | |
| FOR PARENTS & THE COMMUNITY | |
| Food Smart Kids (1 hour) Feeding Your Teens (1 hour) Food For School (1 hour) | \$440 |
| Cooking Workshops (1.5 hours) | \$880 |
| Online Training | Cost |
| Safe Food Handling (In Safe Hands- filter online courses 'food safety') Safe Knife Skills (In Safe Hands- filter online courses 'food safety') | www.insafehands.net.au |
| Menu Services for Schools | Cost |
| Remote Tuckshop Menu Assessment | \$440 |
| Remote Boarding School Menu Assessment | \$880 |
| Menu Planning Consultancy | Contact us for a quote |
| Food Safety Services for School Tuckshops | Cost |
| Food Safety Supervisor Course (full day session) | \$275 per person |
| Safe Food Handling Workshop (1.5 hours) | \$495 |
| Understanding Allergies and Intolerances Workshop (1.5 hours) | \$495 |
| Food Safety Appraisal | Contact us for a quote |
| Food Safety Onsite Compliance Audits | Contact us for a quote |

