

Eat Right at School Program

With now more than one quarter of the children in Australia either overweight or obese something is obviously wrong with what we eat and what we send our children off to school in their lunches with. With more than 10% of our children suffering from food allergies, that puts us at the top of the class, in the world, for food related allergies.

*Consider this – being **overweight** is the number one reason for a child to be bullied in Australian schools.*

Our Eat Right at School Program is designed to teach kids about fruit and vegetables and also teach them how to understand ingredients in processed foods. The sessions are designed to be delivered in the classroom in highly energised short bursts. The Eat Right at School program provides hands-on learning for kids as well as teachers, (parents are also welcome to attend).

The code-breaker session

Children are divided into groups, given a magnifying glass, code book and processed food packet and need to break the code numbers – deciding if the food is healthy.



In the Eat Right at School Program you will learn:

- Why we need fresh fruit and vegetables
- To count ingredients in packaged foods
- To break the numbers' code on packaged foods
- To notice the 'country of origin' on packaged foods
- To think about shelf life of a packaged product
- To notice similar colours of all processed foods, i.e. yellow
- To make a healthy smoothie and a healthy porridge
- How important it is to eat at a table, with friends or family and talk
- how to include something green at each meal, in the lunchbox and snacks at home

The sessions are designed to be **delivered in one hour** with a **further 30 minutes** for sharing food and talking to each other.

We target Grades 4, 5 and 6, trying to get to children prior to high school age. Students will be supervised in preparing food, using fresh organic ingredients. Recipes are included. Cost for the sessions including staff, food, equipment and recipes to take home is dependent on the location of your school. You should contact us to receive a quote. Email us here info@itsuptoyou.com.au.

