

# Healthy Eats

## School Program Information







# Healthy Eats Program Overview

Delivered by Life Education Queensland, Healthy Eats takes a place-based approach, working with schools, parents and community partners to provide a whole school solution to healthy eating.

Addressing the whole school food environment, the program is designed to support schools to select and embed sustainable resources relevant to their unique needs and priorities. By working with schools to lead this process and take ownership over their commitment, the Healthy Eats School Program empowers schools to develop, promote and sustain a healthy school food environment that will support their students to make healthier food choices, now and into the future.

The Healthy Eats School Program consists of three main components:

1. Healthy Eats School Toolkit
2. Healthy Eats Classroom Module Delivery
3. Healthy Eats Passport Competition

## Healthy Eats School Toolkit

The Healthy Eats School Toolkit contains all relevant resources to assist schools to audit their current food environment. This will then determine which of the components the school will adopt as part of their individualised program. These components include; School Breakfast Program, Brain Food Breaks, School Garden, Tuckshop Support combined with a suite of complimentary, additional resources.







# Healthy Eats Classroom Module Delivery

The Healthy Eats Classroom Module is a 60 minute nutrition session, aligned to the Australian National Curriculum, delivered by experienced Life Education Queensland educators. Students in year 5 will participate in an interactive, engaging and hands-on session including student involvement in food handling and preparation of their own healthy snack. This provides students with the opportunity to try a variety of fruit and vegetables that may be new to them and to take home what they have learnt to share in a practical way with their families.



# Healthy Eats Passport Competition

Following the Classroom Module Delivery, students participate in a 4 week intra-school challenge aimed at increasing their consumption of fruit and vege. Classes compete for the opportunity to win a healthy class picnic hamper.







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