

Classroom Workbook

Healthy Eats Classroom Checklist

School name:	Date:	
Completed by:	Class:	
	No	Yes
Does our classroom run a daily Brain Break? (fruit and veg break)	NO/NOT EVERYDAY Why not? Barriers? Classroom Brain Breaks are an evidenced based strategy to support students to make healthy food choices amongst their peers. Grade 4-6 classes often don't stop during Brain Break and use a small container on their desk to snack on fruit or veg while they work!	YES we do it every day! Does our class have a strategy for students that don't bring fruit or veg? YES
Does our class environment promote Healthy Food and Drink choices?	NO What opportunities are there to improve our classroom food environment?	Do we display classroom posters that promote: • 2 fruit & 5 veggies? • The Australian Guide to Healthy Eating? YES Do we sit and eat together in a positive, relaxed space? YES Do we plan to run the Healthy Eats fruit and veg passport challenge in our class this year?



	No	Yes
Do I model healthy food and drink behaviours in front of my students?	Could I improve the way I model healthy food and drink choices? Our food choices are influenced by our environment. Teacher and parent role modelling is an evidenced based strategy to promote healthy food behaviours amongst students.	Do I sit with my class during their food break and model healthy food and drink behaviours? YES Do I avoid consuming RED foods in front of my class? (in the classroom and whilst on yard duty). YES
Does our class avoid RED food rewards for behavior management?	NO Could our class benefit from replacing food rewards with another type of reward?	We use other types of reward strategies for classroom behavior management, such as:
Do I have nutrition lesson plans to address the relevant learning outcomes for my class?	Could I benefit from curriculum aligned nutrition lesson plans available on the Healthy Eats website?	YES I have up to date lesson plans for relevant nutrition learning outcomes. YES I use cross curricular lesson plans to reinforce healthy eating behaviours across a variety of subjects.
Does our class engage in the school fruit and veg garden or composting?	Could we benefit from some strategies to build the garden/composting into our class routine?	YES our class is involved in the school food garden or composting on a weekly basis.
Do I provide opportunities for children to drink water during class?	NO Why not? Barriers?	YES I encourage students to drink water during class.

OVERALL SCORE

For every box ticked in the YES column give your school community a point and total	them			
up to get your Healthy Eats rating.				



Healthy Eats Classroom Goals

Today's date:	Review date:
	(6 months from today)
Our Why	
Why is it important for our classroom to have an en	vironment that supports healthy food and drink choices?
Where do we start?	
1. Look at all the boxes ticked in the NO column ab What opportunities are there to improve?	pove.
2. What other challenges as a class are there to ove	ercome in this space?
3. What other ideas are there to promote fruit and v	

Set some Healthy Eats Goals for your classroom

- 1. Engage with heads of curriculum, teachers, senior students, P&C etc.
 - What are the key changes that will boost fruit and veg consumption amongst your students?
 - Who are the key stakeholders and how will you engage them in this process?
- 2. Use the table on the next page to set goals for the 2 or 3 priorities that resonate with your classroom.

When setting these goals, consider:

- Desired outcome: What will it look like when your classroom has achieved this? Be descriptive!
- Options/ Strategies: These are the steps we need to take to work towards the desired outcome.
 - What do we need to get started?
 - Who do we need to speak with for more information?
 - Do we need to do any further research?
 - Who can support us in this strategy? Has someone else already done this and can provide some advice?
- Who: Who will be the driving force behind actioning each of these strategies?
- When: set a reasonable time frame to check in with the 'Who' for each of your strategies.

TIP: Set Realistic and Achievable goals!!

Most of our Healthy Eats Schools have benefited from setting just 2 or 3 key goals - the ones most important to them at the time, rather than trying to work on too many strategies all at once.

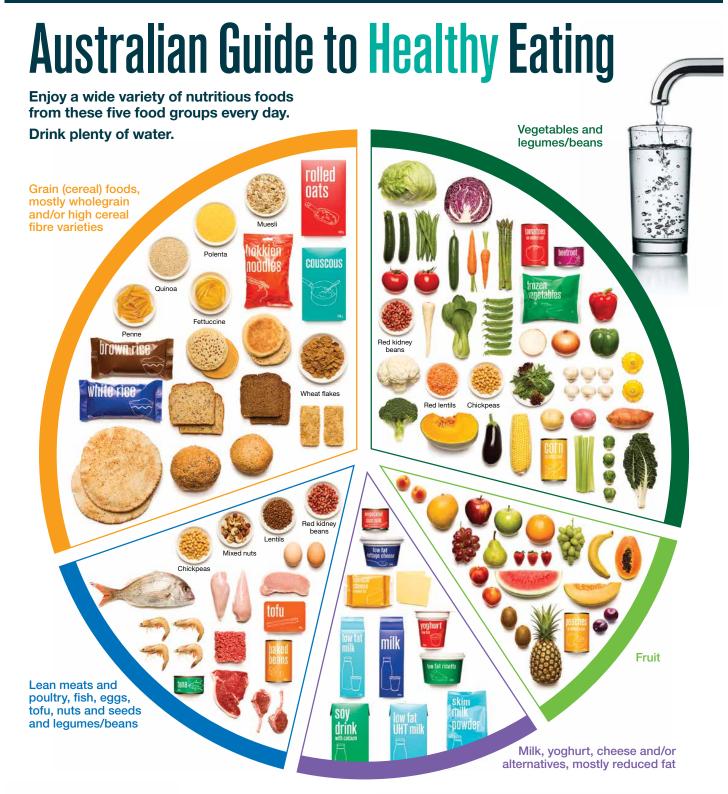


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Classroom Food Environment Goals



Use small amounts



Only sometimes and in small amounts



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