INTRODUCTION
SCHOOL NUTRITION
FOR PARENTS
By Chelsea Motlik

ACTIVITY

- Write any topic of interest, concern or question that you CURRENTLY have with your child’s nutrition.

There is so much information out there, what am I supposed to believe?

My son/daughter play a lot of sports, how am I to know how much or how little to feed them?

WHO AM I?

- Nutritionist –
  - BaHsc (Nutritional Medicine), BaSc (Biological Sciences)
- 10 years in the industry
- Personal trainer and Nutritionist
  - 6 years UK and AUS - Sports Nutrition
- 4 years Medical Nutrition –
  - UK and AUS – Critical care, Paediatrics.
- 2 years developing School Nutrition.

CONTACT ME

Please feel free to contact me if you have any questions

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FOOD FOR THOUGHT

- What habits are you seeing within the school?
- What are you most concerned about as a parent?
- What are the reasons for putting Nutrition into an education program?
- How does nutrition education fit into the school?

TAKE A DEEP BREATH
WHAT WE WILL COVER

Why have we developed the program the way we have?

– History of food.
– Research on previous programs and some statistics.
– Body Image
– Why schools?
– What’s happening in schools?
– What we offer and how we differ.
– An example of our primary program, and finally
– Educating parents

WHAT IS SCHOOL NUTRITION?

– The School Nutrition Program is Nutrition curriculum that has been developed in line with the new National Curriculum. We educate the student’s from the ground up about nutrition so that they gain the knowledge to make better food choices.
– School Nutrition is taught by Nutritionists and Dietitians. This removes the chance of information being lost in translation.
– We consult regularly with the Butterfly foundation on the content of our program so that we are not triggering disordered eating or eating disorders.
– We focus on the health of the child, rather than what they look like.
– There is no prejudice.

WHAT WE OFFER

SCHOOL NUTRITION PROGRAMS
1. Curriculum for years 3-6,
2. Seminars and Workshops for years 7-12,
3. Sports Specific,
4. Educating Parents.

PRIMARY 1 – PROGRAM

Lesson 1 – Introduction to School Nutrition
• The students will gain an understanding of what they will be doing over the next eight weeks. Activities to get them thinking and excited.

Lesson 2 – Vitamins and minerals
• The Students will learn about 5 key vitamins and minerals, where they are found and what they do in the body.

Lesson 3 – From the farm to the plate
• This lesson aims to for the students to gain an understanding of the processes involved for fruits and vegetables depending where they are purchased. They will learn about the benefits of local farming, and how it affects their community.

Lesson 4 – Sugar
• The students will learn to understand what sugar does in the body.

Lesson 5 – Processed foods
• This lesson aims to teach the students about the positives and negatives of food processing, why we need it and why we should eat them in moderation.

Lesson 6 – How to add extra vitamins and minerals to their daily meal
• In this class the students learn how they can add small things to their daily meals to get them to enjoy eating healthy food. The focus will centre on being creative at home and in the kitchen.

Lesson 7 – The effects of good and bad nutrition to our bodies
• We will look at what happens inside the body when we are really well and when we are not. This lesson will give the students the big picture understanding of why we need to eat healthy foods.

Lesson 8 – School Nutrition Master Nutritionalist
• Students will imagine a breakfast or lunch and as a group the will develop a budget, menu, replication Healthy. How to do what they have learnt over the last 7 weeks.

2014 – PILOT
For centuries we have been eating fruits, vegetables, meats, grains, and anything you can think of that can be grown or killed.

- We also ate pasta, bread, cakes and sweets, drank alcohol.
  - We cooked most of our own meals
  - We knew what was in them
  - We used to buy ingredients, which we knew how long something had been there for
  - Meals were an occasion spent with loved ones, we enjoyed it.

So what has changed? Why are we now becoming overweight, underweight, depressed, anxious, unhappy, body conscious, developing chronic diseases at a younger age, and generally unwell?

TODAY!

Unfortunately it’s not a simple one-answer question. There are many factors that contribute to our ‘unhealthy society’, including:

- Larger portion sizes
- Sedentary lifestyle
- Media
- Unrealistic body images from celebrity figures
- Health and fitness industry pushing fad diets
- Large companies selling diaries/pills/solutions that will ‘change your life’
- Fad technologies
- Highly processed foods (it is important to point out because some foods are processed for good reasons)
- Fast food (we live in a world of convenience) - how can we stop this? Or how can we work with it?
- High stress and anxiety

WHAT’S CHANGING?

- Eating disorders are on the increase in both young and older age groups.
- Between 1995 and 2005, the prevalence of disordered eating behaviours doubled in both male and female.
- Approximately 15% of women experience an eating disorder at some point in their life and an estimated additional 20% are undiagnosed.
- In 1998, 18 months after television came to Fiji, 15% of girls reported being too big and fat, at least sometimes. Fiji has only the one TV channel which broadcasts mostly American, Australian and British Programs.

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IS BEING OVERWEIGHT A PROBLEM?

- On a physical level we are increasing the risk of type 2 diabetes, lethargy, joint and hip problems.
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PHYSICAL:

- Low self-esteem, poor body image, bullying, depression, anxiety and eating disorders.
- In some countries anxiety disorders in children have tripled!

EMOTIONAL:

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LONG TERM EFFECTS:

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Introduction

School-based nutrition education for children and adolescents is a very important issue today, as child growth, brain development, academic potential, and current and future health status all depend largely on the quality and quantity of food consumed. Adequate nutrient intakes in childhood and adolescence, another important issue in current nutrition education research and practice, are known to be associated with the prevention of weight-related disease. It is important to note that, whilst the imminent risk of any illness in obese children or teenagers is not considered high (Flegal, Tabak and Ogden 2006), the risk of serious, life-threatening conditions such as type 2 diabetes increases with obesity. For example, Fagot-Campagna et al. (2000) found that 128 cases of diabetes had been diagnosed in 7–18 year olds in a six-year period. These cases were more likely to be found among adolescents who were both obese and from Anglo/European backgrounds. Similarly, about half of all type 2 diabetes cases were found among adolescents who were both obese and from Aboriginal backgrounds (McMahon et al. 2006). The majority of these cases were diagnosed among young people from 1990 to 2002 in children and adolescents in Western Australia were found among Aboriginal children (McMahon et al. 2006). In New South Wales (Curtin et al. 2001), a study from 2001 to 2006, the authors reported that 90 per cent of cases were overweight, such as the Health Promoting Schools framework (World Health Organization 1996), and that health promoters need to be involved in fostering overall health within school and community environments. Several factors could be identified, including school canteens, school tuck-shops, school classrooms and school curiosity. A holistic environmental approach to the prevention of body image and eating problems as well as promotion of health education, such as the Health Promoting Schools framework (World Health Organization 1996), ensures that whole communities need to be involved in fostering overall health within school and community environments. Several factors could be identified, including school canteens, school tuck-shops, school classrooms and school curiosity links.

WHY SCHOOLS?

- Professor O’Dea (Sydney University)

School-based nutrition education for children and adolescents is a very important issue today, as child growth, brain development, academic potential, and current and future health status all depend largely on the quality and quantity of food consumed. Adequate nutrient intakes in childhood and adolescence, another important issue in current nutrition education research and practice, are known to be associated with the prevention of weight-related disease. It is important to note that, whilst the imminent risk of any illness in obese children or teenagers is not considered high (Flegal, Tabak and Ogden 2006), the risk of serious, life-threatening conditions such as type 2 diabetes increases with obesity. For example, Fagot-Campagna et al. (2000) found that 128 cases of diabetes had been diagnosed in 7–18 year olds in a six-year period. These cases were more likely to be found among adolescents who were both obese and from Anglo/European backgrounds. Similarly, about half of all type 2 diabetes cases were found among adolescents who were both obese and from Aboriginal backgrounds (McMahon et al. 2006). In New South Wales (Curtin et al. 2001), a study from 2001 to 2006, the authors reported that 90 per cent of cases were overweight, such as the Health Promoting Schools framework (World Health Organization 1996), and that health promoters need to be involved in fostering overall health within school and community environments. Several factors could be identified, including school canteens, school tuck-shops, school classrooms and school curiosity links.

WHAT IS BEING DONE?

- Healthy food offerings in schools:
  - Canteens
  - Traffic light program
  - Offering only healthy food
  - Kitchen garden programs
  - Jamie Oliver program.

- Outcomes:
  - Better choices at school, but not outside the school environment. Why?
  - Increase in vegetable consumption.
  - Information lost in translation.
  - Lack of me.
  - Informa=on lost in transla=on.

- Effect of time

- An Australian study found that when interventions in both canteen and education were used together, the child’s choices were improved significantly.

WHAT IS SCHOOL NUTRITION?

This School Nutrition Program is a Nutrition curriculum that has been developed in line with the new National Curriculum. We educate the student’s from the ground up about nutrition so that they gain the knowledge to make better food choices.

- 8 weeks in length
- Constant communication and contact with the school
- Materials for teachers to make sure there is continuous education. EXAMPLE?
- School Nutrition is taught by Nutritionist and Dentists. This removes the chance of information being lost in translation.
- We consult regularly with the Butterfly foundation on the content of our program so that we’re not triggering disordered eating or eating disorders.
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EDUCATING PARENTS

Educating parents has been developed to mimic what the students are learning so that as parents you can support your child through this learning process.

- **EDUCATING PARENTS 1.0**
  - Set of 4 seminars/workshops that include:
    - What is a FAD Diet?
    - Understanding food labels
    - Sugar
    - From the Farm to the Plate
RECAP

- History of food.
- Research on previous programs and statistics.
- Body Image
- Why schools?
- What’s happening in schools?
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FEEDBACK

Chelsea,

Not a problem. The children were talking about the following things...
- They feel that they have made more of an effort to include healthier alternatives into their daily diet. E.G. substituting sugar on weet-bix for fresh banana.
- They have been looking at the packaging of their food for sugar and artificial sweeteners/fruit ingredients.
- They have been encouraging Mum and Dad to change some of the things they are buying.
- They are interested in finding out more about how they can be healthier.
- They are volunteering to cook more because they are interested.

Hope that helps.

5/6 Teacher at St Raphael’s

FOOD FOR THOUGHT

- What habits are you seeing within the school?
- What are you most concerned about as a parent?
- What are the reasons for putting Nutrition into an education program?
- How does nutrition education fit into the school?