

Food and Sustainability Teaching Guide

"Food is the rarest of tools that can connect children to themselves, each other and the Earth."

- Victorian Food Security and Food Systems Working Group, 2022





Table of Contents

Overview	3
Teacher Survey Results	4
Calendar of sustainable events	5
Where Food Comes From	
Lesson Plans – Where Food Comes From	6
Online Resources – Where Food Comes From	8
Food Curiosity & Literacy	
Lesson Plans - Food Curiosity & Literacy	9
Online Resources – Food Curiosity & Literacy	12
Food Waste and Packaging	
Lesson Plans – Reducing Food Waste & Packaging	13
Online Resources – Reducing Food Waste & Packaging	14
Whole-school approach – Programs and Resources	15
Support from Western Health	16



Overview

What is this resource?

This collection of lesson plans and teaching resources has been developed to assist primary school teachers incorporate food literacy and knowledge of sustainability practices (in relation to food consumption and production) into classroom lessons and activities.

Enhancing students' knowledge and appreciation of food can provide a deeper understanding of its importance for personal, community and ecological health. Learning activities that expand awareness of environmental issues provide opportunities for young people to (re)connect with the world around them and help develop attitudes that translate into everyday actions and change for the future. Evidence suggests that school settings play an important role in creating and reinforcing positive, healthy behaviours.

Who is it for?

This guide contains lesson plans, activities and resources aimed at primary school students, years 3 to 6. It has been developed to assist classroom, kitchen garden or specialist class teachers and contains key events, resources and programs that can be used across the whole school.

Key topics areas:

Where food comes from

This topic aims to increase knowledge of food systems and cycles and how the food we eat connects to the environment. Lessons are based on growing and seasonality of food as well as sustainable practices and climate science.

Food curiosity and literacy

This topic aims to expand student's knowledge and curiosity about healthy food through a collection of creative lessons, across the curriculum.

Reducing food waste and packaging

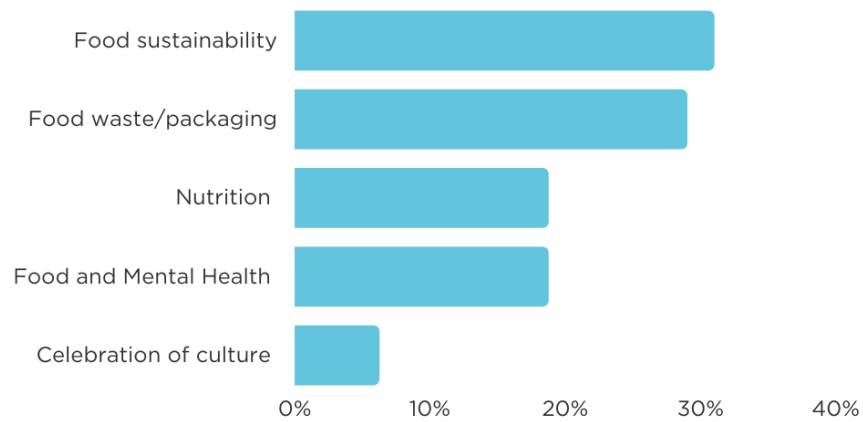
This topic aims to highlight the impacts of food waste and packaging to increase awareness of practical (and fun!) ways to reduce waste.



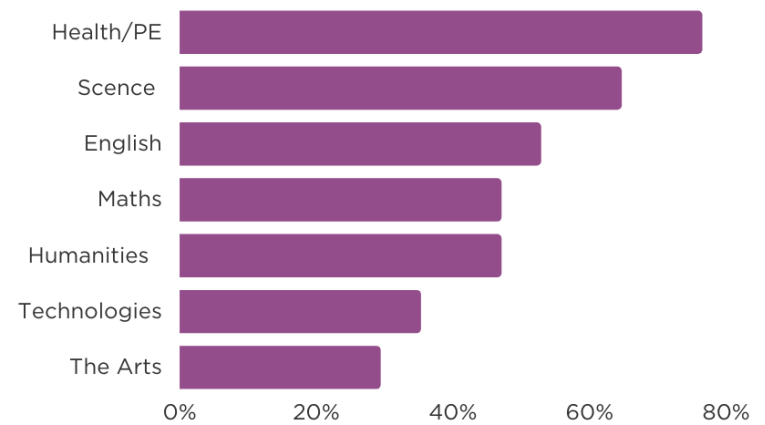
Overview – Teacher Survey Results

A short survey of primary school teachers helped inform the topics and resources included in this guide.

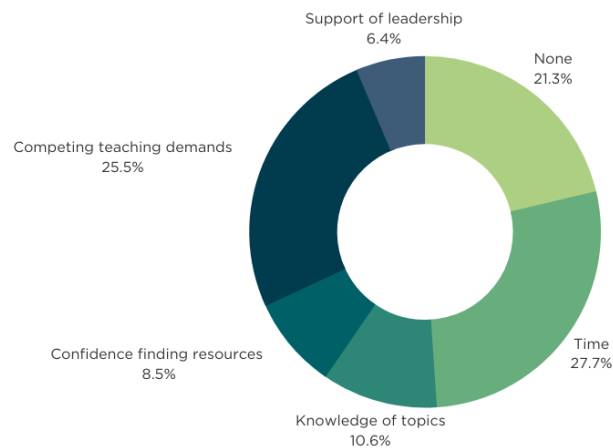
Which topics are you most interested in teaching resources for?



Which areas of the curriculum would you like these topics linked to?



What barriers do you face in teaching food and sustainability?





Calendar of sustainable events

International and National events to inspire conversation and action at your whole school or to guide lesson plans and activities

When	Event	Links	Topic area
5th- 11th February	Healthy Lunchbox Week – Nutrition Australia	Website Promotional Flyers	Nutrition
Friday 3rd March (Friday before Clean up Australia Day – 1st Sunday in March)	Schools Clean Up Australia Day	Website Activity ideas	Waste
Friday 24th March (Friday before Earth hour Day)	Earth Hour Schools Day	Website Activity ideas	Systems/Climate
Monday 5th June	World Environment Day	Website Earth School Challenge	Systems/Climate
16th-23rd October	National Nutrition Week (Try for 5) – Nutrition Australia	Website	Nutrition
10th October	World Mental Health Day	WHO World Mental Health Day Toolkit Good Mood Food Interactive Website Head to health - online mental health resources for students and parents	Health
3rd October - 11th November	Recycle Right Challenge	Challenge Website Related Lesson Plans	Waste



Lesson Plans – Where Food Comes From

Lesson Overview / Source	Lesson details	Curriculum area/s
<p>Seasonal cycles: Phenomenom This lesson is about helping students understand how Aboriginal and Torres Strait Islander peoples have traditionally relied on an acute knowledge of the cycles of the year for their food supply.</p> <p>Lesson Plan Website</p>	<p>🕒 45 minutes + sessions for group work and reports</p> <hr/> <p>📍 Classroom</p> <hr/> <p>🔗 Internet access for research + video Books from the resources list</p>	<p>🌐 Geography Yr 1 2 3 4 5 6</p> <p>💻 Technologies Yr 1 2 3 4 5 6</p> <p>Cross-curriculum priority</p> <ul style="list-style-type: none"> - Aboriginal and Torres Strait Islander histories and cultures - Sustainability
<p>Looking after our water: Melbourne Water This lesson plan provides simple hands-on activities that build student understanding about the water cycle, alternative water sources such as water recycling, and the importance of using water wisely.</p> <p>Lesson Plan Website</p>	<p>🕒 1 – 2 Sessions</p> <hr/> <p>📍 Classroom</p> <hr/> <p>🔗 Art materials Whiteboard Printed worksheets</p>	<p>🌐 Geography Yr 1 2 3 4 5 6</p> <p>🔬 Science Yr 1 2 3 4 5 6</p> <p>Cross-curriculum priority</p> <ul style="list-style-type: none"> - Sustainability
<p>Earth Hour: Do you know what your ecological footprint is? Students learn about the concept of environmental footprints. They will learn how to measure their impact and take steps to reduce their personal footprint.</p> <p>Lesson Plan Website</p>	<p>🕒 60-120 minutes</p> <hr/> <p>📍 Classroom</p> <hr/> <p>🔗 Magazines and newspapers Printed worksheets</p>	<p>🌐 Geography Yr 1 2 3 4 5 6</p> <p>🔬 Science Yr 1 2 3 4 5 6</p> <p>Cross-curriculum priority</p> <ul style="list-style-type: none"> - Aboriginal and Torres Strait Islander histories and cultures - Sustainability



<p>Climate, Culture, Food: Phenomenom A cuisine's defining flavours don't exist by accident, they're intertwined with history, culture, climate and weather.</p> <p>Lesson Plan Website</p>	<p>🕒 45 minutes + project time</p> <hr/> <p>📍 Classroom</p> <hr/> <p>✂️ Cookbooks from a variety of cuisines Art materials (paper, pencils, glue etc.) Internet to watch video</p>	<p>👤 Humanities Yr 1 2 3 4 5 6</p> <p>Cross-curriculum priority</p> <ul style="list-style-type: none"> - Sustainability - Australia's engagement with Asia
<p>Plant Buddies: Ceres The activity engages students in the careful planning of a vegetable garden according to the principles of companion planting.</p> <p>Lesson Plan Website</p>	<p>🕒 45 minutes</p> <hr/> <p>📍 Classroom or outdoors/garden</p> <hr/> <p>✂️ Art materials (paper, pencils, glue etc.) Printed worksheets</p>	<p>💻 Technologies Yr 1 2 3 4 5 6</p> <p>🔬 Science Yr 1 2 3 4 5 6</p> <p>Cross-curriculum priority</p> <ul style="list-style-type: none"> - Sustainability
<p>Earth Hour: Banana Dramas: Cool Australia Engage students in thinking about the practical implications of climate change on food production specific to a familiar lunchbox staple, the humble banana.</p> <p>Lesson Plan Website</p>	<p>🕒 60 minutes</p> <hr/> <p>📍 Classroom</p> <hr/> <p>✂️ Internet Printed worksheets</p>	<p>🌐 Geography Yr 1 2 3 4 5 6</p> <p>📊 Mathematics Yr 1 2 3 4 5 6</p> <p>Cross-curriculum priority</p> <ul style="list-style-type: none"> - Sustainability
<p>Taste the land: Phenomenom This lesson aims to help students learn about the wide variety of farms that feed the world and culminates in their own future farm design project.</p> <p>Lesson Plan Website</p>	<p>🕒 30 minutes + time for design projects</p> <hr/> <p>📍 Classroom</p> <hr/> <p>✂️ Internet/device for research + video (Interactive) Whiteboard</p>	<p>💻 Technologies Yr 1 2 3 4 5 6</p> <p>👤 Humanities Yr 1 2 3 4 5 6</p> <p>Cross-curriculum priority</p> <ul style="list-style-type: none"> - Sustainability



Online Resources – Where Food Comes From

Resource Overview / Source	Resource Links	Curriculum area/s
<p>Farm 2 School: Port Phillip & Westernport CMA Providing students with an insight into how agricultural products got from the paddock to their plate.</p> <p>A range of learning and curriculum resources and links were developed. These resources include worksheets, videos and interactive websites and aim to help teachers with lessons around sustainable agriculture. Please note that some resources are for specific ages, see descriptions.</p>	<p>Farm 2 Schools Online hub for learning activities</p> <p>Melbourne Food Bowl Interactive education tool is a guide to healthy food production in Melbourne's Food bowl. Key areas:</p> <ul style="list-style-type: none">• Soil• Water• Biodiversity <p>A better way to farm A series of fact and activity sheets that introduce students to the idea that we can use a variety of more sustainable methods to help control pests in our farms and gardens.</p>	- Various
<p>FUSE: Dept. of Education/Variou A range of online resources have been curated and categorised according to key themes that could be used to teach content from the Food and fibre context of the Victorian Curriculum F-10</p>	Food and Fibre	- Various
<p>ClickView Playlist: Climate Change: FUSE A range of online videos and slideshows that relate to climate change and pollution.</p>	Online	- Various



Lesson Plans - Food Curiosity & Literacy

Lesson Overview / Source	Lesson details	Curriculum area/s
<p>Fruit and Veg month Teaching resource designed for Fruit and Veg week 2022. Contains a range of activities and lesson ideas</p> <p>2022 2021</p> <p>Lesson Plan Lesson Plan</p>	<p>🕒 ~45 minutes for each activity</p> <hr/> <p>↓ Classroom / outdoor space</p> <hr/> <p>✂ Varies across activity but includes: Printed worksheets Internet/device to watch videos Art materials Fruits and vegetables</p>	<p>Various (English, Maths, HPE)</p> <p>Stage 2 = Yr 1 2 3 4 5 6</p> <p>Stage 3 = Yr 1 2 3 4 5 6</p> <p>Cross-curriculum priority</p> <ul style="list-style-type: none"> - Aboriginal and Torres Strait Islander histories and cultures - Sustainability
<p>Move Your Mood: Phenomenon Show students that their experiences with food are linked to emotions and mood. Model positive ways to express feelings, and to articulate our own personal tastes and food experiences, which are very individual.</p> <p>Lesson Plan Website</p>	<p>🕒 45 minutes</p> <hr/> <p>↓ Classroom / outdoor space</p> <hr/> <p>✂ Paper or digital blank page Digital or printed worksheets Internet/device to watch video</p>	<p>♥ Health and Physical Education Yr 1 2 3 4 5 6</p>
<p>Healthy Lunchbox Week: Nutrition Australia Lesson ideas relating to Healthy Lunchbox Week (can be utilised year-round). Encourage positive exposure and engagement with healthy food and drink to be applied to lunch boxes</p> <p>Website</p> <p>*register to download lesson plans</p>	<p>🕒 ~45 minutes</p> <hr/> <p>↓ Classroom</p> <hr/> <p>✂ Varies across activity but includes: Printed worksheets Art materials</p>	<p>Various</p>




<p>Food Words: Phenomenom</p> <p>Recipes tend to have short sentences that follow predictable patterns (verb, noun, conjunction, noun). They also often use borrowed and technical words which, when put in context, can help you decode new meanings.</p> <p>Lesson Plan Website</p>	<p>🕒 45 minutes</p> <hr/> <p>↓ Classroom / Kitchen</p> <hr/> <p>✂ Recipes that use technical terms (dice, sauté') – printed/books/magazines Internet/device to watch video</p>	<p>📖 English</p> <p>Yr 1 2 3 4 5 6</p>
<p>Persuasive Menus: Phenomenom</p> <p>Have you ever had a dish practically jump out at you from a menu? This lesson shows students how groups of nouns and adjectives are used in menus to build anticipation and hunger.</p> <p>Lesson Plan</p>	<p>🕒 45 minutes</p> <hr/> <p>↓ Classroom</p> <hr/> <p>✂ Selection of menus from cafes/restaurants (printed) Stopwatch or phone with alarm Internet/device to watch video</p>	<p>📖 English</p> <p>Yr 1 2 3 4 5 6</p>
<p>Teaching Tuberman: Phenomenom</p> <p>It's important we find a way to communicate across potential language barriers by writing an extra clear procedural text. It's time for some tasty teaching.</p> <p>Lesson Plan Website</p>	<p>🕒 45 minutes + can be incorporated in cooking lesson</p> <hr/> <p>↓ Classroom / Kitchen</p> <hr/> <p>✂ Selection of recipes/cookbooks Internet/device to watch video</p>	<p>📖 English</p> <p>Yr 1 2 3 4 5 6</p>
<p>Making choices: Phenomenom</p> <p>This lesson helps students learn to brainstorm past their first ideas to unlock deeper arguments about their predispositions and tastes.</p> <p>Lesson Plan Website</p>	<p>🕒 45 minutes</p> <hr/> <p>↓ Classroom</p> <hr/> <p>✂ A3 paper, divided down the middle Marker pens Internet/device to watch video</p>	<p>📖 English</p> <p>Yr 1 2 3 4 5 6</p> <p>Cross-curriculum priority Sustainability</p>



<p>World Breakfast Globes: Phenomenom What's for breakfast? Depends where you are! What people eat for their first meal of the day gives us a lot of information about what's around them, what they're up to, and plenty more! Students compare and contrast their own breakfast menus with those of kids around the world.</p> <p>Lesson Plan Website</p>	<p> 45 minutes</p> <hr/> <p> Classroom</p> <hr/> <p> Globe or world map Art materials Internet/device to watch video</p>	<p> Health and Physical Education Yr 1 2 3 4 5 6</p>
<p>Cracked Commercials: Phenomenom Students create an advertising campaign that's just a little cracked! First, they learn some food advertising conventions. Then they subvert those conventions by planning some ridiculous adverts that just... wouldn't work. The aim is to learn to decode the persuasive messages and images that are designed to shape consumer behaviours.</p> <p>Lesson Plan Website</p>	<p> Multiple 45 minutes sessions</p> <hr/> <p> Classroom</p> <hr/> <p> Internet/device to watch video Materials for planning (storyboard template provided) Video cameras (phones or tablets) Art materials</p>	<p> English Yr 1 2 3 4 5 6</p> <p> The Arts Yr 1 2 3 4 5 6</p>



Online Resources – Food Curiosity & Literacy

Resource Overview / Source	Link	Curriculum area/s
<p>The Good Mood Food</p> <p>An interactive website that allows students to learn about the benefits of various fruits and vegetables on mood and overall health</p> <ul style="list-style-type: none">- <i>Activity ideas:</i>- Create a seasonality chart- Research project based on food colour, bringing together a ‘rainbow’ of food benefits	Website	- Various
<p>The Good Mood Move wheel: Phenomenom</p> <p>Interactive ‘movement’ wheel linking foods to physical activity and mood.</p>	Interactive Website PDF	 Health and Physical Education
<p>Phenomenom</p> <p>Teacher’s guide to the Phenomenom website – packed with springboard videos and podcasts, designed to engage students with food in innovative and exciting ways</p>	Website Teacher’s guide	- Various
<p>Veggycation</p> <p>An online educational tool designed for growers and educators/teachers showcasing the nutrition, origins, health benefits and cooking & storage tips for more than 80 vegetables.</p>	Website	<i>*education resource for teachers, not linked to curriculum</i>
<p>Healthy lunchboxes</p> <p>Helps students choose and prepare healthy lunchboxes by:</p> <ul style="list-style-type: none">- inspiring healthy lunchbox ideas and recipes- informing a healthy lunchbox balance- awareness of lunchbox food hygiene and safety	Fact sheets Recipes	- Various





Lesson Plans – Reducing Food Waste & Packaging

Lesson Overview / Source	Lesson details	Curriculum area/s
<p>Simple ways to fight food waste at school: Oz Harvest Various recipes, activities and factsheets about food and food waste for home and school.</p> <p>Lesson Plan</p>	<p>🕒 Lessons vary from 15-120 minutes</p> <hr/> <p>↓ Classroom / Kitchen</p> <hr/> <p>✂ Varies across activity but includes: Basic food prep equipment Printed worksheets Art materials</p>	<p>Various</p> <p>Yr 1 2 3 4 5 6</p> <p>Cross curriculum priority: Sustainability</p>
<p>The one with the space waste: Phenomenom Mars One astronaut candidate Dianne McGrath talks about sustainability in space, and challenges assumptions about how food is and should be grown.</p> <p>Lesson Plan Website</p>	<p>🕒 45 minutes + project time</p> <hr/> <p>↓ Classroom</p> <hr/> <p>✂ Internet/device to watch video</p>	<p>📺 Technologies Yr 1 2 3 4 5 6</p> <p>🔬 Science Yr 1 2 3 4 5 6</p> <p>Cross curriculum priority: Sustainability</p>
<p>Recycle Right: Planet Ark and Cool Australia Range of recycling themed activities, lesson plans and event ideas from Planet Ark and Cool Australia</p> <p>Website</p> <p>*register to download lesson plans</p>	<p>🕒 ~60 minutes per lesson</p> <hr/> <p>↓ Classroom</p> <hr/> <p>✂ Internet/device Printed worksheets</p>	<p>🌐 Geography Yr 1 2 3 4 5 6</p> <p>🔬 Science Yr 1 2 3 4 5 6</p> <p>📖 English Yr 1 2 3 4 5 6</p>



Online Resources – Reducing Food Waste & Packaging

Lesson Overview / Source	Lesson details	Curriculum area/s
<p>Disposing of food waste – what goes in the bin: Planet Ark These posters can be displayed around classrooms and schools to remind students what goes in what bin</p> <p><i>Lesson idea:</i> What does your local council recycle?</p>	<p>Planet Ark</p>	<p>- N/A</p>
<p>Wipe out Waste Information and resources about reducing waste for primary school students</p>	<p>Wipe out Waste - SA</p> <p>Primary teaching resources</p>	<p>- Various</p>
<p>2019 Nude Food Day Resources Developed for previous Nude Food Day campaigns, these resources can be used in the classroom or around the school</p>	<p>Nude Food Day</p>	<p>- Various</p>
<p>War on Waste: From Waste to Resource Curated clips from Series 2 of War on Waste. Find out more about where our waste ends up and how we can reduce, reuse and recycle more of it.</p>	<p>War on Waste</p>	<p> Geography  Science</p>
<p>The Recycle Right Challenge: Planet Ark and Cool Australia Range of recycling themed activities, lesson plans and event ideas from Planet Ark and Cool Australia - can be used outside event time</p>	<p>Planet Ark - Resources</p>	<p>- Various</p>



Whole-school approach – Programs and Resources

Program name	Links
<p>Vic Kids Eat Well: Victorian Government</p> <p>Vic Kids Eat Well supports schools, outside school hours care, sports clubs, and a wide range of community organisations to offer healthier food and drink options. When your organisation joins Vic Kids Eat Well you will be connected to a dedicated health promotion professional who will support your organisation every step of the way.</p>	<p>Website</p> <p>Online training: for schools, early childhood services and out of school hours care staff</p> <p>Resources: guiding schools to implement healthy changes</p> <p>Food checker: assesses menus against the Victorian School Canteens and Other School Food Services Policy.</p>
<p>FEAST: Oz Harvest</p> <p>FEAST is a Year 5 and 6 food waste education programs from OzHarvest. The program runs for 7-10 weeks and is a STEM project-based learning program focusing on food and fibre and the cross-curriculum priority of Sustainability</p>	<p>Website</p>
<p>ResourceSmart Schools: Sustainability Victoria</p> <p>ResourceSmart Schools is a free program offered by Sustainability Victoria that supports Victorian schools to embed sustainability across the school facilities, community and curriculum, while saving resources and money for the school. Participating schools have access to an online portal</p>	<p>About: ResourceSmart Schools</p> <p>Guide-ResourceSmart-Schools-Curriculum-links-Level-F-6.pdf</p>
<p>The Stephanie Alexander Kitchen Garden Foundation</p> <p>Stephanie Alexander Kitchen Garden provides the inspiration, information, professional development, and support for educational institutions to deliver pleasurable food education in conjunction with educators, partners and the wider community.</p>	<p>Education resources</p> <p>Shared table</p> <p>Membership</p>
<p>Recykool: Clean Up Australia</p> <p>An innovative new program that helps Aussie schools rethink waste!</p> <p>Welcome to RECYKOOL, a program that will help you better understand and manage rubbish and litter that accumulates at your school.</p>	<p>Website</p>



Support from Western Health

The Western Health – Health Promotion team is available to offer support in various ways within the school setting, including:

- Facilitating classroom *Healthy Eating Sessions*
- Wellbeing/information sessions for teachers – facilitated by Western Health Dietitians/Community Nurse team
- Partnerships & networking opportunities
- Vic Kids Eat Well - supporting your school to implement healthy changes across the board

How did you find this teaching guide?

If you have any feedback or suggestions on how we could improve it, contact us:
healthpromotion@wh.org.au



Western Health

