

## Section 4: The Canteen and the Classroom

### Why link the Canteen with the Classroom?

- Compliments student learning by linking their school environment with classroom learning.
- Makes learning fun, relevant, interactive and personal for students.
- Provides students with decision making opportunities related to their school environment which includes the canteen.
- It provides opportunity to reinforce skill development in areas such as literacy and numeracy, thinking and information communication technologies (ICT), language other than English using the canteen as a practical example.
- Expands general learning about foods which will compliment the Tasmanian Curriculum (Health and Wellbeing).
- Increases students understanding of healthier food options.
- May increase students understanding of food costs and food production.
- May increase knowledge about food safety both at home and at school.
- Creates a focus for theme days including meal deals, daily specials, taste testing.
- May increase the sale of healthy options from the school canteen.

### What schools need to do?

- **All schools need to show evidence and details of one classroom activity that is linked to the canteen each term by completing the attached forms (a minimum of three per school year)**
- Each term the classroom activity needs to be different.
- Section 4 (the Canteen and the Classroom) and section 5 (Marketing your canteen) may seem similar. You need to show evidence of different activities in each of these sections (three per section, a total of six activities for both sections).
- Please note the Classroom activity does not have to involve the whole school but it is important that a different class or year group is involved each term.
- The classroom teacher needs to record the classroom activity and supply evidence of the activity.
- **The Canteen Manager does not complete this section.**

### Guidelines for linking the Canteen and the Classroom

The classroom activity needs to:

- Make a direct link with the canteen (e.g. using the canteen menu in classroom activity, designing the menu, visiting the canteen to interview staff, preparing food for the canteen, trialing recipes for the canteen)
- Be integrated into the Tasmanian Curriculum (e.g. part of health and wellbeing, numeracy, literacy or ICT)
- Be consistent with the Australian Guide to Healthy Eating, the Dietary Guidelines for Children and Adolescents (2003) and the Tasmanian School Canteen Handbook (2007).
- Allow students to learn new skills or reinforce skills already learned.



# The Canteen and the Classroom - Activity Ideas

## Health and Wellbeing

The Health and Wellbeing curriculum provides a wide range of learning opportunities to link with the school canteen. Some of these learning opportunities provide additional scope for the development of student's understanding and skills in the areas of literacy, numeracy, thinking and information communication technologies (ICT). These are indicated by <sup>L, T, N, ICT</sup> (literacy, thinking, numeracy and information communication technologies).

### Standard 1 (Kinder – Year 1)

- Use pictures or food samples from the canteen menu to classify foods into basic categories (e.g. everyday foods, occasional foods or fruit, vegetables; cereals; dairy or meat) and discuss why everyday foods are important <sup>L, T, ICT</sup>.
- Identify where foods come from e.g. farm, supermarket, local shops; school canteen <sup>T</sup>.
- Students participate in the tasting of a range of fruit and vegetables available from the canteen and talk about their personal preferences <sup>T</sup>.

### Standard 2 (Year 1 –Year 4)

- Examine how food is classified in the Australian Guide to Healthy Eating and discuss why foods are grouped to promote healthy eating. Evaluate the canteen menu and assess according to this guide <sup>T, ICT, L</sup>.
- Design and make a simple healthy snack using safe food handling practices. Determine which snack would be most suitable for the canteen <sup>T, N, L</sup>.
- Discuss how the media communicates information about food and how the canteen could implement some of these strategies <sup>T, L, ICT</sup>.
- Learn about food safety and hygiene associated with food preparation by visiting the canteen <sup>T, L</sup>.

### Standard 3 (Year 3 – Year 8)

- Visit the canteen and evaluate the menu based on the Australian Dietary Guidelines for Children and Adolescents (2003) and the Australian Guide to Healthy Eating <sup>L, N, T, ICT</sup>.
- Design a simple food labeling process to promote healthy foods in the canteen <sup>T, L, ICT</sup>.
- Discuss and compare why different foods need to be stored in different ways <sup>T, L</sup>. Use the canteen menu to design, prepare and evaluate a meal deal based on the recommendations of the Australian Guide to Healthy Eating <sup>T, L, N</sup>.
- Follow criteria to monitor food handling practices during the meal preparation <sup>T, L, N</sup>.
- Write, draw or act out an action plan to improve food safety in the canteen <sup>T, L</sup>.
- Develop a 'what if...' scenario outlining what would happen if .....e.g. foods was stored incorrectly, people did not wash their hands etc <sup>T, L</sup>.



### Standard 3 (Year 3 – Year 8) cont

- Discuss some factors that affect healthy food choices (e.g. media, family, friends, food availability) and how these impact on personal food choices in the canteen. Discuss the affect these choices have on health and wellbeing<sup>L, T</sup>.
- Understand how individuals can participate and contribute positively to the community. Interview people who provide paid or unpaid work in the canteen<sup>L, T</sup>.

### Standard 4 (Year 5 – Year 8)

- Evaluate the nutritional value of a range of food products sold in the school canteen<sup>T, N</sup>.
- Apply criteria to assess the nutritional information provided by a range of processed foods on the canteen menu<sup>T, N, L</sup>.
- Find out how to support a plastic bag free environment. Develop a plan for reducing the use of plastic bags in the school canteen<sup>T, L</sup>.
- Identify and debate factors that affect the health and wellbeing of adolescents in Australia e.g. Foods available in the school canteen<sup>L, T, N, ICT</sup>.
- Research programs and strategies that can be undertaken to support others such as work in the school canteen<sup>T, L</sup>.
- Design and implement a group health promotion campaign (e.g. improving the school canteen) focusing on developing healthy relationships within the school and conduct an evaluation of the program<sup>N, L, ICT, T</sup>.

### Standard 5 (Year 7 - Year 10)

- Investigate the enablers and barriers to healthy eating in the school canteen and how these impact on the health and well being of the school community<sup>T, N, L</sup>.
- Research nutritional requirements for adolescents and people with special dietary needs and devise menu options to meet the needs of an identified group. Trial and evaluate the menu options through the school canteen and reflect on the results<sup>L, N, ICT, T</sup>.
- Investigate upcoming local community events and select one to promote or participate in. Link this with promoting the school canteen<sup>T, L, N, ICT</sup>.
- Design a strategy that involves the school canteen, family and friends in cultural celebrations to promote community health<sup>T, L</sup>.
- Design a resource to help change attitudes and practices in the school or wider school community regarding a selected health issue e.g. Foods sold in the school canteen<sup>T, ICT</sup>.



## Useful Resources

- Australian Guide to Healthy Eating  
<http://www.health.gov.au/internet/wcms/publishing.nsf>
- Tasmanian School Canteen Association (TSCA)  
<http://www.tascanteenassn.org.au/>
- FOCiS - Looking after our Kids  
Video/DVD and handbook to understand and comply with Food Safety Standards. Available through the TSCA.
- Community Nutrition Unit  
3/25 Argyle Street HOBART, TAS 7000  
Ph 03 6222 7222  
Fax 03 6222 7252  
Email [community.nutrition@dhhs.tas.gov.au](mailto:community.nutrition@dhhs.tas.gov.au)







