

# Food for Thought

Food for Thought is a **FREE** nutrition education programme delivered in partnership by The Food for Thought Education Trust and The Heart Foundation.

It's our community initiative.

It's about helping students learn to make healthy food choices.



It's educational, fun, takes learning to both inside and outside of the classroom and aligns to many areas of the New Zealand Education Curriculum.

## Who can register for Food for Thought?

Food for Thought is available to all Primary Schools in New Zealand regardless of location or decile. We work with you to deliver Food for Thought to your year 5 and 6 students.

## How do I register?

Register your school with **Pam Fisher** at [pam.fisher@foodstuffs-si.co.nz](mailto:pam.fisher@foodstuffs-si.co.nz)

### PLEASE PROVIDE:

- School name
- Province / Location
- Decile
- Contact details

Brought to you in collaboration with the Food for Thought Education Trust and the Heart Foundation.

[foodforthought.co.nz](http://foodforthought.co.nz)



**FREE**

# Nutrition Education Programme

HEALTHY FOODS, HEALTHY MINDS,  
HEALTHY FUTURE



Aligns to the New Zealand  
Education Curriculum



# Teaching Resources

- Food for Thought Posters  
- Te Reo, Samoan and English
- Ready to use - SOLO Taxonomy
- Ready to use - Bloom's Revised Taxonomy and Gardner's Multiple Intelligences
- Resources developed with Teachers and our Food for Thought Nutritionists



# CREATING HEALTHY ATTITUDES FOR A HEALTHY FUTURE

## Classroom Sessions

- Facilitated by a Food for Thought Nutritionist
- Interactive
- Healthy Food Pyramid
- Number and size of daily servings
- Nutrition guidelines
- Label Reading
- Nutrition Information Panel
- Sugar in drinks
- Other food related topics you may wish to discuss

## Inquiry Learning

- Students take the learning experiences from the classroom sessions into real life
- Inquiry learning exercises take place at your local New World, PAK'nSAVE or Four Square supermarket
- **FREE** Food for Thought lunchbox to every student

## Budgeting, Planning and Buying Skills

- Food for Thought aligns to many key competencies in the Education Curriculum
- New World, PAK'nSAVE and Four Square sponsor a supermarket gift card for the class

## Making a Healthy Lunch to Enjoy

- Students make a healthy lunch to enjoy together

