

For:

- ✓ School council
- ✓ Principal and school leaders
- ✓ Teachers
- ✓ Canteen staff
- ✓ Students
- ✓ School community

planner^{food}



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Victoria
The Place To Be

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go for your life

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› Introduction

School canteens and other school food services are important educational resources. They have an important role in the provision of food to students and the school community as well as being an integral part of the school environment.

The school canteen should reflect the educational goals of the school and support and complement student learning. When consumed daily, the food provided through the school canteen may comprise a third of a student's total daily intake and have a significant influence on their health and nutrition.

It is important that parents, teachers and students work together to support a whole-school approach to building a school culture in which students actively choose nutritious foods and a healthy lifestyle.

The *'Go for your life' Healthy Canteen Kit* contains the following resources to assist schools to develop healthy canteens and other food services:

- *'Go for your life' Healthy Canteen Kit – School Canteens and Other School Food Services Policy* explains the guiding principles, including food selection, food categories, food safety, and the role of the school council in developing a school food service policy.
- *'Go for your life' Healthy Canteen Kit – Food Planner* assists schools and canteens to make appropriate healthy food choices.
- *'Go for your life' Healthy Canteen Kit – Getting Started* provides advice about how to establish a healthy school food service. It includes healthy fundraising ideas, frequently asked questions and a sample canteen policy.
- *'Go for your life' Healthy Canteen Kit – Student Learning Activities* provides a suite of learning activities for each of the six levels of the Victorian Essential Learning Standards (VELS) for Years Prep to 10.
- *'Go for your life' Healthy Canteen Kit – Canteen Manual* provides practical information for canteen managers and school personnel to assist with the management and day-to-day running of the school canteen.
- *'Go for your life' Healthy Canteen Kit CD-ROM* provides an electronic copy of the entire kit.
- *At a glance planner* provides a quick reference in poster form to assist with healthy food choices.
- A poster to promote healthy food choices to students.

The *'Go for your life' Healthy Canteen Kit – Food Planner* will assist with making selections on foods and drinks to be supplied in schools that are consistent with the *School Canteens and Other School Food Services Policy*.

The planner provides information about:

- the nutritional value of foods
- the most appropriate types of foods
- how often these foods should be provided
- how to provide these types of foods
- nutrient criteria for identifying foods that should be limited
- how to read food labels using the nutrient criteria.



› Background information

The Dietary Guidelines for Children and Adolescents in Australia

The 'Go for your life' Healthy Canteen Kit – Food Planner is based on the *Dietary Guidelines for Children and Adolescents in Australia**. These guidelines have been developed by the government in conjunction with food and nutrition experts using current scientific information. The guidelines provide advice to ensure that young people are eating the foods they require to optimise good health and minimise the risk of diseases related to poor nutrition.

The Dietary Guidelines for Children and Adolescents in Australia

- Encourage and support breastfeeding.
- Children and adolescents need sufficient nutritious foods to grow and develop normally:
 - growth should be checked regularly for young children
 - physical activity is important for all children and adolescents.
- Enjoy a wide variety of nutritious foods
Children and adolescents should be encouraged to:
 - eat plenty of vegetables, legumes and fruits
 - eat plenty of cereals (including breads, rice, pasta and noodles), preferably wholegrain
 - include lean meat, fish, poultry and/or alternatives
 - include milks, yoghurts, cheeses and/or alternatives. Reduced-fat milks are not suitable for young children under 2 years, because of their high energy needs, but reduced-fat varieties should be encouraged for older children and adolescents.
 - choose water as a drink.And care should be taken to:
 - limit saturated fats and moderate total fat intake. Low-fat diets are not suitable for infants
 - choose foods low in salt
 - consume only moderate amounts of sugars and foods containing added sugars.
- Care for your child's food: prepare and store it safely.

*Food for Health: Dietary Guidelines for Children and Adolescents in Australia, *National Health and Medical Research Council, Australian Government Department of Health and Ageing*

The Australian Guide to Healthy Eating

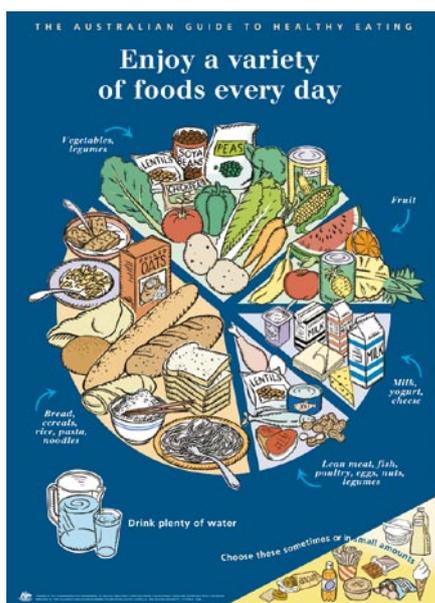
The *Dietary Guidelines for Children and Adolescents in Australia* provide general advice on eating for health. The *Australian Guide to Healthy Eating* provides more specific advice on the proportions of the different food groups that need to be consumed daily for good health and to meet the recommended daily nutrient intakes. The *'Go for your life' Healthy Canteen Kit – Food Planner* is also based on these principles. When planning what foods to provide on the canteen menu or through other school food services, it is important to take into consideration these nutrition models.

The five food groups

FOOD GROUP	MAIN NUTRIENTS PROVIDED
Breads, cereals, rice, pasta, noodles	Carbohydrate, fibre, iron, thiamine
Vegetables and legumes	Vitamins and minerals, fibre, folate
Fruit	Carbohydrate, vitamins, especially vitamin C, fibre, folate
Milk, yoghurt, cheese	Protein and calcium
Meat, fish, poultry, eggs, nuts, legumes	Protein, iron, vitamin B12 and zinc

'Extra' foods

'Extra' foods are located in very small amounts at the side of the *Australian Guide to Healthy Eating* plate. They are called 'extra' foods because they are not essential to provide the body with the nutrients it needs. These foods include items such as confectionery, cakes, soft drinks, chocolate, biscuits, high-fat snack foods, pastries and takeaway foods. 'Extra' foods are usually very high in added fats, salts and/or sugars and may provide excess kilojoules. Therefore, they are only recommended in small amounts to add variety without replacing the nutritious foods the body needs.



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How much do children need?

How many serves of the five different food groups children need each day depends on their body size, physical activity levels and stage of growth, but the following table provides a desirable average. Note that these serves are a general recommendation only to meet the minimum nutrient intakes. For better health a higher intake of the fruit and vegetable groups is recommended (two and five serves per day respectively).

FOOD GROUP	NO. OF SERVES		
	4–7 years	8–11 years	12–18 years
Breads and cereals	5–7	6–9	5–11
Vegetables, legumes	2	3	3
Fruit	1	1	3
Dairy (milk, yoghurt, cheese and alternatives)	2	2	3
Lean meat, fish, poultry, nuts, legumes	½	1	1
‘Extra’ foods (for example cakes, biscuits, pies, soft drinks, lollies)	1–2	1–2	1–3

Dietary Guidelines for Children and Adolescents in Australia, *National Health and Medical Research Council, Australian Government Department of Health and Ageing*

The food a child eats during school hours can contribute significantly to the recommended intake.

What is a serve?

Breads and cereals	1 cup cereal flakes, ½ cup muesli, 1 cup porridge, 2 slices bread, 1 medium bread roll, 1 cup cooked pasta, rice or noodles
Vegetables and legumes	1 medium potato, ½ medium sweet potato, ½ cup green leafy vegetables, ½ cup broad beans, lentils, peas, corn, celery, mushrooms, zucchini, tomato, swede, etc 1 cup lettuce or salad vegetables
Fruit	1 piece medium fruit, 2 pieces smaller fruit (for example, apricots, plums, kiwifruit), ¼ medium melon, 20 grapes or cherries, 8 strawberries, 1½ tablespoons sultanas, 4 dried apricots, ¼ cup fruit juice
Dairy (milk yoghurt, cheese and alternatives)	250 ml milk, ½ cup evaporated milk, 40 g (2 slices cheese), 250 ml (1 cup) custard, 200 g tub yoghurt or alternatives: 1 cup calcium-fortified soy drink, ½ cup pink salmon with bones
Lean meat, fish, poultry, nuts and legumes	65–100 g cooked meat/chicken (for example, ½ cup mince, 2 slices roast meat) 80–120 g cooked fish or alternatives: 2 small eggs, ⅓ cup cooked dried beans, lentils, chickpeas, split peas or canned beans, ⅓ cup peanuts/ almonds*
‘Extra’ foods (for example cakes, biscuits, pies, soft drinks)	3–4 sweet biscuits, 1 medium slice of cake/1 bun, half a chocolate bar, 30 g potato crisps, 1 can soft drink, 2 glasses cordial, 60 g jam/honey, 2 scoops ice-cream, slice pizza = 2 extras, 1 meat pie/pastie = 3 extras

*Food allergies are the most common triggers for anaphylaxis (severe allergic reaction) in children. Eight foods cause 90 per cent of food allergies: peanuts, cow’s milk, egg, wheat, soybean, tree nuts (for example, cashew), fish and shellfish. Schools should be aware of the risk of hidden allergens. Check your school’s policy regarding students with severe allergies.