Government food and nutrition resources
Advertising Standards Authority at www.asa.co.nz
District Health Boards (Public Health) websites for health promotion assistance and information. Addresses available on the Ministry of Health website at www.moh.govt.nz/districthealthboards
Ministry of Health Food and Nutrition Guidelines Background Papers. Available at www.moh.govt.nz/moh.nsf/indexmh/nutrition-foodandnutritionguidelines
Ministry of Health freephone number: 0800 408 962
Ministry of Health product database at www.everyday-sometimes.org.nz
Ministry of Health resources for food and nutrition, including family food and guidelines for different age groups. Available at www.healthed.govt.nz/resources/healthyfamilyfood.aspx
Related books from the Ministry of Education series The Curriculum in Action
Healthy People Eat Healthy Food: Food and Nutrition: Years 1–3 (1999b). Item number 23602.
In the Outdoors: Years 7–8 (2001). Item number 24700.
To order these Ministry of Education resources, freephone 0800 660 662 or freefax 0800 660 663.
Food and nutrition information and resources
Agencies for Nutrition Action. This website is a tool for people who work to promote nutrition and physical activity in New Zealand. Available at www.ana.org.nz
Health Sponsorship Council’s Feeding Our Futures Campaign at www.feedingourfutures.org.nz/index.html
Healthy Food Guide, published monthly by Healthy Food Media at www.healthyfood.co.nz
Horticulture New Zealand at www.vegetables.co.nz
National Heart Foundation. Information about healthy eating, physical activity, recipes, articles, Healthy Heart Award, School Food Programme, and Jump Rope for Heart) at www.heartfoundation.org.nz
New Zealand Beef and Lamb www.nzbeeflamb.co.nz
The Packaging Council of New Zealand. Information about issues relating to packaging usage and waste. Available at www.packaging.org.nz
UK Food Standards Agency. Practical tips to help you make healthier choices and eat well, including lunch ideas for a week. Available at www.food.gov.uk
5+ A Day. Information and resources available at www.5aday.co.nz
Ideas for healthier school canteens and lunchboxes and for engaging communities
Food in Schools at www.foodinschools.org
National Heart Foundation of New Zealand at www.heartfoundation.org.nz
Food Songs
www.dole5aday.com
Food safety information for students
Food Safety Information at www.foodsafety.gov (Go to Kids, Teens, and Educators)

**Resources for learning about growing food**

Appalachian Sustainable Agriculture project: Growing Minds – Farm to School at [http://growing-minds.org/school-gardens.php](http://growing-minds.org/school-gardens.php)

FAO: Setting Up and Running a School Garden at [www.fao.org/docrep/009/a0218e/A0218E04.htm](http://www.fao.org/docrep/009/a0218e/A0218E04.htm)


Live Smart at [www.livesmart.co.nz/GrowSmart38.aspx](http://www.livesmart.co.nz/GrowSmart38.aspx)


**International resources**

Nutrition Australia provides the latest on nutrition research and discusses current food and health trends at [www.nutritionaustralia.org](http://www.nutritionaustralia.org)

The Centre for Communicable Disease Control and Prevention’s Division of Nutrition and Physical Activity (DNPA) takes a public health approach to addressing the role of nutrition and physical activity in improving the public’s health and in preventing and controlling chronic diseases at [www.cdc.gov/nccdphp/dnpa/nutrition/index.htm](http://www.cdc.gov/nccdphp/dnpa/nutrition/index.htm)

The Project EAT team at the University of Minnesota’s School of Public Health has been investigating the many health benefits for teens of eating family meals. The team’s report is available at [www.apa.org/pi/cyf/fam4.html](http://www.apa.org/pi/cyf/fam4.html)

**Background information and research**

HETTANZ is the subject association for teachers and/or interested people in the fields of home economics and technology and the allied fields of health, human development, human nutrition, hospitality, and life science. At [www.hettanz.org.nz](http://www.hettanz.org.nz)

National Agricultural Library. This United States website has information on sustainable foods at [www.nal.usda.gov](http://www.nal.usda.gov)


**Co-operative learning**

Co-operative Learning at [http://edtech.kennesaw.edu/ntech/cooperativelearning.htm](http://edtech.kennesaw.edu/ntech/cooperativelearning.htm)

The Cooperative Learning Center at [www.co-operation.org](http://www.co-operation.org)