

REFERENCES

- Appleby, P. and Tilley, J. (2004a). *Excellent Eats!: Teaching and Learning about Food and Nutrition*. Christchurch: User Friendly Resource Enterprises.
- Appleby, P. and Tilley, J. (2004b). *Food Wise: Introducing Food Technology Book A*. Christchurch: User Friendly Resource Enterprises.
- Appleby, P. and Tilley, J. (2006). *Food Power Book A: Unit Plans for Food Technology and Food Nutrition*. Christchurch: User Friendly Resource Enterprises.
- Bowden, J. (2008). "How to Turn Your Family into Healthy Snackers". *Healthy Food Guide*, March 2008, pp. 37–45.
- Carr, R. (2007). "Label Reading Guide: Reading Labels Made Easy". *Healthy Food Guide*, September 2007, pp. 20–35.
- Cool Kids Grow at www.coolkidsgrow.com
- Cooperative Learning at <http://edtech.kennesaw.edu/intech/cooperativelearning.htm>
- Co-operative Learning Center at www.co-operation.org
- Durie, M. (1994). *Whaiora: Maori Health Development*. Auckland: Oxford University Press.
- Eisenberg, M. (2006). "Benefits of Family Meals: Findings from Project Eat". *APA Online*, Summer 2006, retrieved May 2008 from APA Online: Children, Youth, and Families News at www.apa.org/pi/cyf/fam4.html
- Health Sponsorship Council Feeding Our Futures Campaign at www.feedingourfutures.org.nz
- Heinz Wattie's (2007). "Attack of the Bugs". *Project Cook: Getting Kids Cooking*. DVD.
- Horticulture New Zealand. Vegetables: Fresh, Quick, Tasty at www.vegetables.co.nz
- "Indian Table (Yoga) Etiquette" at <http://indianfoodsco.com/Ayurveda/TableEtiquette.htm>
- Johnson, D. and Johnson, R. (1995). "Critical Thinking through Structured Controversy". *Educational Leadership*, vol. 45 no. 8, pp. 58–64.
- Ministry of Education (1999a). *Health and Physical Education in the New Zealand Curriculum*. Wellington: Learning Media.
- Ministry of Education (1999b). *Healthy People Eat Healthy Food: Food and Nutrition: Years 1–3*. The Curriculum in Action series. Wellington: Learning Media.
- Ministry of Education (1999c). *Creating a Positive Classroom Community: Relationships: Years 4–6*. The Curriculum in Action series. Wellington: Learning Media.
- Ministry of Education (2004). *The New Zealand Curriculum Exemplars: Health and Physical Education*. Clean Hands exemplar. Wellington: Learning Media and The Learning Centre Trust of New Zealand. Available at www.tki.org.nz/r/assessment/exemplars/hpe/hpe_1a_e.php
- Ministry of Education (2004). *National Education Guidelines*. Wellington: Ministry of Education. Available at www.minedu.govt.nz
- Ministry of Education (2007a). *Food and Nutrition for Healthy, Confident Kids: Guidelines to Support Healthy Eating Environments in New Zealand Early Childhood Education Services and Schools*. Wellington: Learning Media.
- Ministry of Education (2007b). *The New Zealand Curriculum*. Wellington: Learning Media.
- Ministry of Education and NZCER (2008). Assessment Resource Banks: English, Mathematics, and Science. "Venn Diagrams". Available at <http://arb.nzcer.org.nz/strategies/venn.php>
- Ministry of Education (n.d.). *Clean Hands Save Lives!* Hand washing poster. Available at www.minedu.govt.nz/web/downloadable/dl12141_v1/how-to-wash-your-hands-poster-1.doc
- Ministry of Health (2003). *NZ Food NZ Children: Key Results of the 2002 National Children's Nutrition Survey*. Wellington: Ministry of Health.
- Ministry of Health (2004). *Servings Per Day: How Much Do We Need?* (rev. ed.). Poster. Wellington: Ministry of Health. Available at www.healthed.govt.nz/uploads/docs/HE1332.pdf
- Ministry of Health (2006). *Eating for Healthy Teenagers: A Teenager's Guide to Healthy Eating* (rev. ed.). Wellington: Ministry of Health.
- Ministry of Health (2007). *Eating for Healthy Children Aged 2 to 12/Ngā Kai Tōtika mō te Hunga Kōhungahunga* (rev. ed.). Wellington: Ministry of Health.
- Ministry of Health (2007a). *Food and Beverage Classification System for Years 1–13: Catering Guide*. Wellington: Ministry of Health.
- Ministry of Health (2007b). *Food and Beverage Classification System for Years 1–13: User Guide*. Wellington: Ministry of Health.
- National Gardening Association at www.kidsgardening.com/growingideas/projects/feb03/pg1.html
- New Zealand Advertising Standards Authority at www.asa.co.nz
- New Zealand Food Safety Authority at www.nzfsa.govt.nz
- No Dig Vegetable Garden at www.no-dig-vegetablegarden.com/gardening-for-kids.html
- Packaging Council of New Zealand at www.packaging.org.nz
- Riley, M. (2005). "Sustainable Futures: Food Choice Matters". *Journal of the Home Economics Institute of Australia*, vol. 12 no. 1, pp. 2–9. Available at www.heia.com.au/heia_pages/journal.asp#2005
- Sorhaindo, A. and Feinstein, L. (2006). "What is the Relationship between Child Nutrition and School Outcomes?" *Journal of the Home Economics Institute of Australia*, vol. 13 no. 3, pp. 21–23. Available at www.heia.com.au/heia_pages/journal.asp#2006
- Stephanie Alexander Kitchen Garden Foundation at www.kitchengardenfoundation.org.au
- Tasker, G. ed. (2000). *Social and Ethical Issues in Sexuality Education: A Resource for Health Education Teachers of Year 12 and 13 Students*. Christchurch: Christchurch College of Education.
- Taylor, R., Scragg, R., and Quigley, R. (2005). "Do Sugary Drinks Contribute to Obesity in Children?" Report. Wellington: Agencies for Nutrition Action.
- Tilley, J. and Appleby, P. (2003). *Let's Cook: Preparing Food in a School Setting. Books A and B*. Christchurch: User Friendly Resource Enterprises.
- Williams, C. and Gray, S. (2007). "First Steps in the Kitchen: Teaching Kids to Cook". *Healthy Food Guide*, December 2007, pp. 38–47.
- WWF – New Zealand at www.wwf.org.nz

FURTHER READING AND RESOURCES FOR TEACHERS

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 Education hand washing poster. Available at www.minedu.govt.nz/web/downloadable/dl12141_v1/how-to-wash-your-hands-poster-1.doc

Ministry of Education (2004). *The New Zealand Curriculum Exemplars: Health and Physical Education*. Wellington: Learning Media and The Learning Centre Trust of New Zealand. Available at www.tki.org.nz/r/assessment/exemplars/hpe/hpe_1a_e.php

Ministry of Health (2007). *Eating for Healthy Children Aged 2 to 12/Ngā Kai Tōtika mō te Hunga Kōhungahunga* (rev. ed.). Wellington: Ministry of Health. Available at www.healthed.govt.nz/resources/eatingforhealthychildrenaged2to12t.aspx

Ministry of Health (2006). *Eating for Healthy Teenagers: A Teenager's Guide to Healthy Eating* (rev. ed.). Wellington: Ministry of Health. Available at www.healthed.govt.nz/resources/eatingforhealthyteenagersateenager.aspx

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

Ministry of Health (2004). *Servings Per Day: How Much Do We Need?* (rev. ed.). Poster. Wellington: Ministry of Health. Available at www.healthed.govt.nz/uploads/docs/HE1332.pdf

New Zealand Food Safety Authority for food safety. Available at www.nzfsa.govt.nz (search on Meet the Bugs) and www.nzfsa.govt.nz/consumers/food-safety-topics/food-processing-labelling/food-labelling/

Related books from the Ministry of Education series The Curriculum in Action

Choice Food! Food and Nutrition: Years 7–8 (1999a). Item number 23601.

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.

Making Connections: Years 9–10 (2002). Item number 26729.

Making Meaning: Making a Difference: Ideas for Learning about the Socio-ecological Perspective and Health Promotion Approaches at Years 11–13 (2004). Item number 27564.

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

Heinz Wattie's (2007). "Attack of the Bugs". *Project Cook: Getting Kids Cooking*. DVD.

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

Appleby, P. and Tilley, J. (2004). *Excellent Eats!: Teaching and Learning about Food and Nutrition*. Christchurch: User Friendly Resource Enterprises.

Appleby, P. and Tilley, J. (2006). *Food Power Book A: Unit Plans for Food Technology and Food Nutrition*. Christchurch: User Friendly Resource Enterprises.

Food Safety Information at www.foodsafety.gov (Go to Kids, Teens, and Educators)

Tilley, J. and Appleby, P. (2003). *Let's Cook: Preparing Food in a School Setting. Books A and B*. Christchurch: User Friendly Resource Enterprises.

Resources for learning about growing food

Appalachian Sustainable Agriculture project: Growing Minds – Farm to School at <http://growing-minds.org/school-gardens.php>

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

Growing Ideas: Classroom Projects at www.kidsgardening.com/growingideas/projects/feb03/pg1.html

Live Smart at www.livesmart.co.nz/GrowSmart/38.asp

World Wildlife Fund: Environmental Education Action Fund at www.wwf.org.nz

International resources

Nutrition Australia provides the latest on nutrition research and discusses current food and health trends at 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

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

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

National Agricultural Library. This United States website has information on sustainable foods at www.nal.usda.gov/

Data on children's food and nutrient intake

Ministry of Health (2003). *NZ Food NZ Children: Key Results of the 2002 National Children's Nutrition Survey*. Wellington: Ministry of Health. Available at www.moh.govt.nz (Go to Publications/A–Z/Food and Nutrition Publications.)

Co-operative learning

Co-operative Learning at <http://edtech.kennesaw.edu/intech/cooperativelearning.htm>

The Cooperative Learning Center at www.co-operation.org/

