

# NGĀ TOHUTORO

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- National Gardening Association at [www.kidsgardening.com/growingideas/projects/feb03/pg1.html](http://www.kidsgardening.com/growingideas/projects/feb03/pg1.html)
- New Zealand Advertising Standards Authority at [www.asa.co.nz](http://www.asa.co.nz)
- New Zealand Food Safety Authority at [www.nzfsa.govt.nz](http://www.nzfsa.govt.nz)
- No Dig Vegetable Garden at [www.no-dig-vegetablegarden.com/gardening-for-kids.html](http://www.no-dig-vegetablegarden.com/gardening-for-kids.html)
- Packaging Council of New Zealand at [www.packaging.org.nz](http://www.packaging.org.nz)
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- WWF–New Zealand at [www.wwf.org.nz](http://www.wwf.org.nz)

# HE TUHINGA ANŌ, HE RAUEMI ANŌ MĀ NGĀ POUAKO

## Ngā Rauemi Kai, Taioranga a te Kāwanatanga

Advertising Standards Authority at [www.asa.co.nz](http://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](http://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](http://www.minedu.govt.nz/web/downloadable/dl12141_v1/how-to-wash-your-hands-poster-1.doc)

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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](http://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](http://www.healthed.govt.nz/resources/eatingforhealthyteenagersateenager.aspx)

Ministry of Health Food and Nutrition Guidelines Background Papers. Available at [www.moh.govt.nz/foodandnutrition](http://www.moh.govt.nz/foodandnutrition)

Ministry of Health freephone number: 0800 408 962

Ministry of Health product database. Available at [www.everyday-sometimes.org.nz](http://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](http://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](http://www.healthed.govt.nz/uploads/docs/HE1332.pdf)

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

## Ngā Pukapuka e Hāngai ana mai i te Raupapa The Curriculum in Action, nā Te Tāhuhu o te Mātauranga

*Choice Food! Food and Nutrition: Years 7–8* (1999). 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 resources, freephone 0800 660 662 or freefax 0800 660 663.

## He Pārongo, he Rauemi mō te Kai me te Taioranga

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](http://www.ana.org.nz)

Health Sponsorship Council's Feeding Our Futures Campaign at [www.feedingourfutures.org.nz/index.html](http://www.feedingourfutures.org.nz/index.html)

*Healthy Food Guide*, published monthly by Healthy Food Media at [www.healthyfood.co.nz](http://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](http://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](http://www.heartfoundation.org.nz)

New Zealand Beef and Lamb at [www.nzbeeflamb.co.nz](http://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/](http://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](http://www.food.gov.uk)

5+ A Day: Information and resources available at [www.5aday.co.nz](http://www.5aday.co.nz)

## He Whakaaro e Hauora Ake ai ngā Wharekai Kura me ngā Pouaka Tina, e Uru Mai anō ai te Hapori

Food in Schools at [www.foodinschools.org](http://www.foodinschools.org)

National Heart Foundation of New Zealand at [www.heartfoundation.org.nz](http://www.heartfoundation.org.nz)

## He Waiata mō te Kai

[www.dole5aday.com](http://www.dole5aday.com)

## He Pārongo mā ngā Ākonga mō te Haumarū o te Kai

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. (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](http://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.

### He Rauemi mō te Ako ki te Whakatipu Kai

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](http://www.fao.org/docrep/009/a0218e/A0218E04.htm)

Growing Ideas: Classroom Projects at [www.kidsgardening.com/growingideas/projects/feb03/pg1.html](http://www.kidsgardening.com/growingideas/projects/feb03/pg1.html)

Live Smart at [www.livesmart.co.nz/GrowSmart/38.asp](http://www.livesmart.co.nz/GrowSmart/38.asp)

World Wildlife Fund: Environmental Education Action Fund at [www.wwf.org.nz](http://www.wwf.org.nz)

### He Rauemi Mai i Tāwāhi

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

The Centres 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 preventing and controlling chronic diseases at [www.cdc.gov/nccdpdp/dnpa/nutrition/index.htm](http://www.cdc.gov/nccdpdp/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)

### He Pārongo, he Rangahautanga Whānui

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/)

### He Raraunga mō ngā Kai me ngā Taiora e Pau ana i te Tamariki

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](http://www.moh.govt.nz) (Go to Publications/A–Z/Food and Nutrition Publications)

### Te Ako Tahī

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

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

