

# Food Curriculum Project

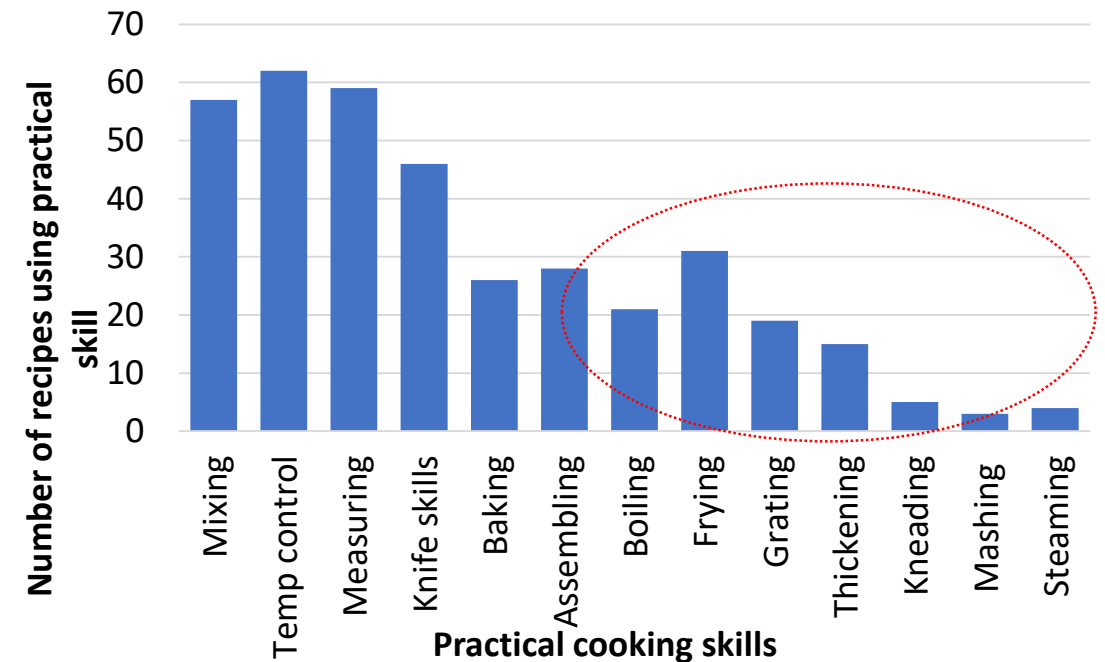


# Background Research

Research (2016) commissioned by HF and Vegetables.co.nz involving 120 intermediate schools throughout NZ

Only **13%** of teachers identified students being able to plan and prepare a complete meal as a key learning objective

- **Many sweet items** and baked items prepared, with **few** main meals
- Clear **gap** in key cooking skills taught e.g. boiling, grating, mashing, steaming
- **Need** for tools and resources to support food teachers



# Aim

To develop **tools and resources** that support year 7 and 8 food teachers to deliver their lessons.

In turn arming children with the **fundamental life skills** to be able to cook a healthy meal within their own budget, cultural and time constraints.



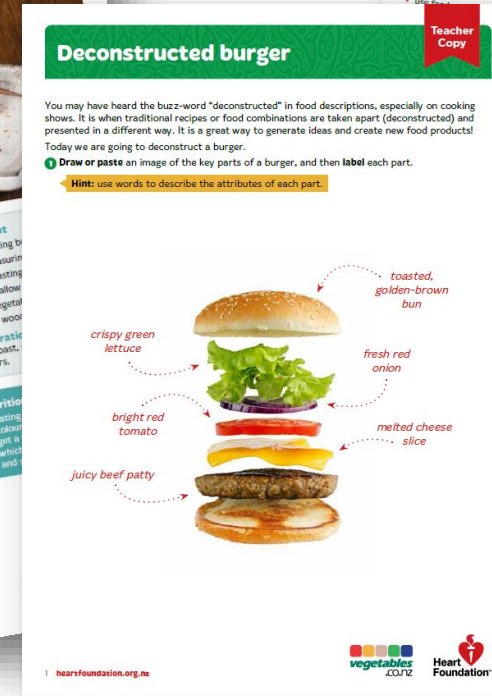
# By teachers for teachers

- 152 teachers
- 11 intermediate schools visited
- covered wide geographic catchment
- range of school deciles (1-10)
- feedback on unit plan, assignment and activities



**Figure 2.** Wide geographical catchment (n=52)

# What was developed after teacher feedback



## Unit plan – Year 8

8-10 lessons (1.5 hours each)

Pick 'n' choose options

## Supporting resources

Recipes, lesson sheets, activities



# Supporting resources



Watch our guide to find out how to make our vegetable and bean burgers.

## Recipe videos

Teachers can utilise these as pre reading/watching for the students prior to entering into the classroom.



## Skill cards

Home / About Us / News / Media Releases / Healthy meals at the heart of new school teaching resources

# Healthy meals at the heart of new school teaching resources

Published: 27 November 2018

Food and nutrition/technology classes at schools around New Zealand are being offered contemporary, visually appealing and online tools, following the launch today of the Heart Foundation's new Food Curriculum Project resources.



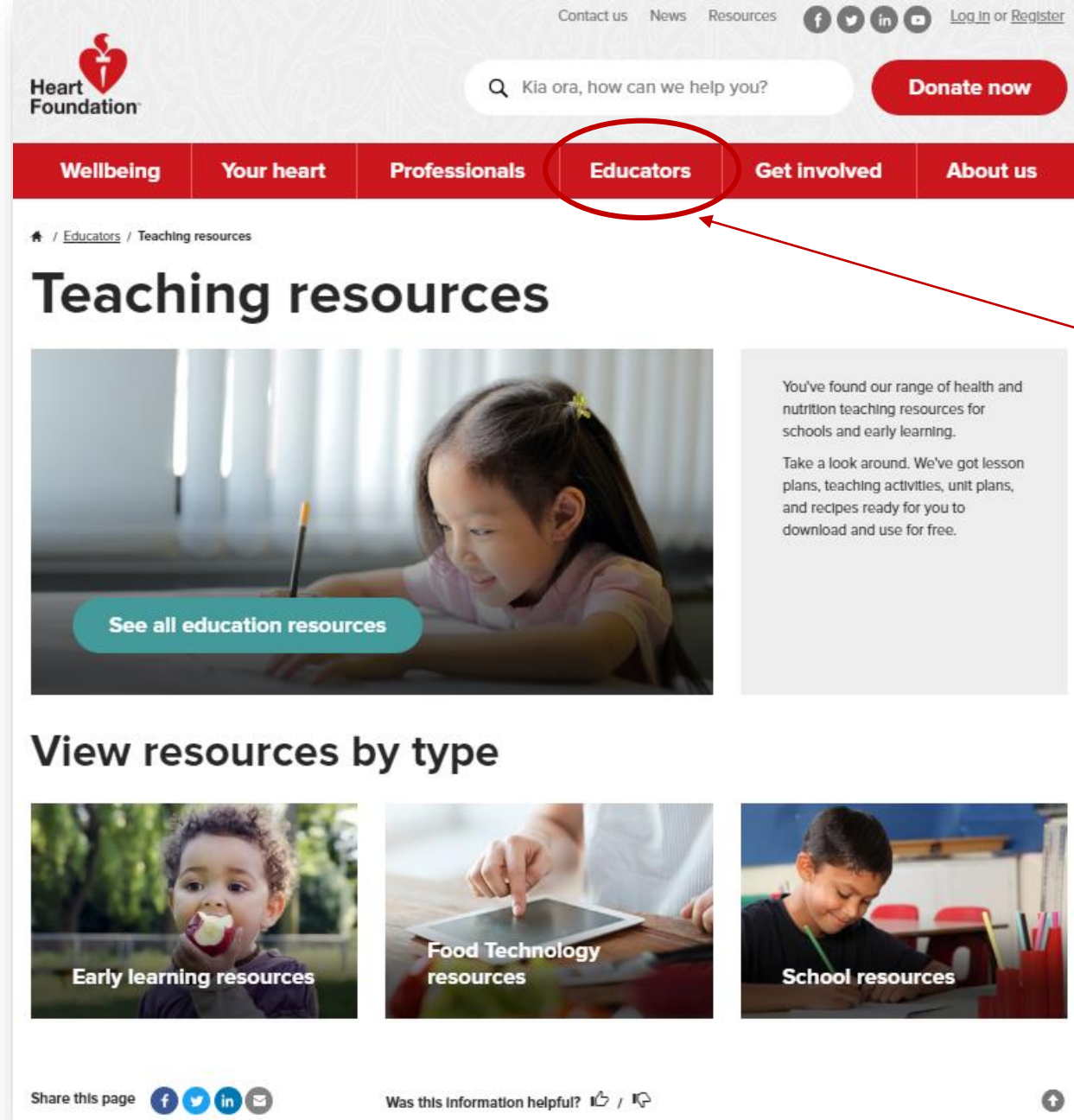
Media release







# Website



Specific tab for teachers

<https://www.heartfoundation.org.nz/educators/>

# Website


Specific section to support cooking curriculum/food technology.

Niche content matched to niche audience.

[Wellbeing](#) [Your heart](#) [Professionals](#) [Educators](#) [Get involved](#) [About us](#)

[Home](#) / [Educators](#) / [Teaching resources](#) / [Food Technology resources](#)

## Food Technology resources



**Let's teach children about food and cooking.**

We've developed a range of health and nutrition resources for Food Technology lessons. All are available for free download.

Use the categories below to take a look at the unit plans, posters, school worksheets and more that we have to offer.

[See all resources](#)

### Skill cards

It's time for students to upskill their food knowledge with our colourful skill cards... [more»](#)

### Videos

Cooking made simple. Our recipe videos feature basic recipes and step-by-step techniques... [more»](#)

### Recipes

Let's get cooking! Our easy to follow recipes are great for students learning to cook... [more»](#)

### Posters

Add colour to your classroom and encourage learning with our nutrition posters... [more»](#)

### Lesson plans

Pick & choose from our lesson plans and resources to support your lessons... [more»](#)

### Activity sheets

It's time to learn! Engage, educate & make learning fun for students with our activity sheets... [more»](#)

### Assignments

Plan your lessons around our assignments that help develop a range of skills... [more»](#)

### Lesson evaluations

What went well? What went wrong? Help students reflect on their work with our evaluation sheets... [more»](#)

### Unit plans

Planning for term? Our Unit Plans can help. With supporting lesson plans & resources... [more»](#)

# Feedback

*“There is a **visible improvement** with their cooking skills and confidence as each week progresses which is nice. Many are **making the dishes at home** after making them at school too.”*

*“They loved this recipe and those who were skeptical about eating tomatoes(!) **actually tried them** and seemed to like them.”*

*– Food technology teacher using the unit plan*



Year 8 class testing our Veg-up  
Macaroni cheese recipe (lesson three)



# Professional Development Seminars 2018

## 2018

1 x pilot (Auckland)

4 x November seminars (Auckland, Whangarei, Christchurch, Hamilton)

## Upcoming 2019:

Wellington

Hawkes Bay

New Plymouth

Palmerston North

Dunedin

Invercargill

Rotorua

*"A very professional day, well organised...one of the best in service day ever" – Food teacher*





# E-newsletters

Food Curriculum update April 2019 [View online](#)



## Food Curriculum Newsletter

Welcome to your April 2019 newsletter  
We've been delighted to receive messages from teachers about how helpful they are finding the year 8 resources. These resources were developed last year and included valuable input from teachers throughout New Zealand.

**Register now for a Professional Development Seminar Days for Year 7 and 8 food teachers**  
We are pleased to invite Year 7 and 8 food technology and home economics teachers to our free Professional Development Seminar Days in Wellington, Hawke's Bay, Taranaki, Palmerston North and Gisborne.

In the video below, the Heart Foundation's Food and Nutrition Manager Dave Monro talks about why attending one of these workshops is a great opportunity and what we can offer you at them.





Food Curriculum

### Professional development sessions

Click above to view video

Save the dates for our FREE Professional Development Seminar Days in May and June

Date	Location	RSVP
Friday, May 10	Wellington	<a href="mailto:FionaR@heartfoundation.org.nz">FionaR@heartfoundation.org.nz</a>
Friday, May 24	Hawkes Bay	<a href="mailto:TanyaJ@heartfoundation.org.nz">TanyaJ@heartfoundation.org.nz</a>
Friday, May 31	New Plymouth	<a href="mailto:KimP@heartfoundation.org.nz">KimP@heartfoundation.org.nz</a>
Friday, June 14	Palmerston North	<a href="mailto:MarianaA@heartfoundation.org.nz">MarianaA@heartfoundation.org.nz</a>
Friday, June 21	Gisborne	<a href="mailto:SharonP@heartfoundation.org.nz">SharonP@heartfoundation.org.nz</a>

Spaces are limited – register now


We are planning Professional Development Seminar Days in Invercargill, Dunedin, Nelson and Rotorua in the fourth term.

**Are you attending a Conference? A chance to be a winner.**  
Please come and visit the Vegetables.co.nz and the Heart Foundation stand at The Primary Schools Conference, HETTANZ, ANA, NZAIMS, [Auckland and Wellington] and Technology Educators NZ Conference.

We have ten gifts for the first ten teachers at each conference who give us written feedback on the year 8 resources. We look forward to meeting you.

We really value your comments as they assist us with updating and developing the project further.


Kind regards,  
Dave and Pip



Dave Monro  
Food and Nutrition  
- Heart Foundation

Pip Duncan  
Education and  
Marketing Manager  
- Vegetables.co.nz

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# Next steps

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- **Ongoing collaboration** – ‘By teachers for teachers’
- **Refinement of** unit plan and resources
- **Evaluation** as the resources are rolled out
- **Year 7 unit plan** with relevant resources
- **Professional development** seminars - regional 2019

An **exciting, evolving** and **ongoing** piece of work!

# Acknowledgements

Teachers

Vegetables.co.nz

Heart Foundation

Teachers Associations (HETTANZ, NZAIMS)

Ministry of Health

