

STEM in the Orchard Program

Pre-excursion resource

Food Labelling and Healthy Eating

Level 3 – Level 6



Grade 3 - Grade 6

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Level 3 – Level 6



1 Activity description

Using the Australian Guide to Healthy Eating chart and Food Labels: What do they mean? poster, students research and create a healthy breakfast menu using Australian produce. Students are encouraged to use produce from the school's kitchen garden or their own gardens. They demonstrate safety considerations when preparing and presenting their food, and experiment with plating and presentation of the food for visual appeal using digital photographs. Students create their healthy meal and present their findings to their peers before they enjoy their delicious breakfast.

Key Topics

- Food labelling
- · Healthy eating
- Australian produce



Materials required

Research

- · Access to a computer and the internet
- · Writing materials
- Butchers paper
- Worksheet: Breakfast Menu
- · Worksheet: Breakfast Ingredients
- Australian Guide to Healthy Eating chart (downloaded from www.eatforhealth.gov.au/ sites/default/files/2022-11/n55i_australian_ quide_to_healthy_eating_0.pdf)
- Food Labels: What do they mean? poster (downloaded from www.foodstandards.gov. au/consumer/labelling/Documents/food%20 label%20poster.pdf)

Making a healthy breakfast

- Pre-purchased food from the students' ingredients list
- · Access to the school kitchen
- Soap for hand hygiene
- Cooking utensils
- Plates and cutlery
- Mobile phone for photos
- Detergent, cloth and tea towel for washing up









- 1. Discuss with students that choosing healthy food options is actually very difficult. There are loads of marketing campaigns, ads, social media posts and food labelling that can be very confusing. Ask students what are the factors that influence the food choices we make. For example: price, availability, time, taste, parent/guardian behaviour, media. Discuss their responses.
- 2. Hand out a copy of the Australian Guide to Healthy Eating chart (found in the background information or download from www.eatforhealth. gov.au/sites/default/files/2022-11/n55i_ australian_guide_to_healthy_eating_0.pdf) and introduce them to it.

Inform the students of the following:

- The government's healthy eating guidelines follow a pictorial guide that divides the food and drinks we consume into five main groups and also includes information on how much we should be drinking.
- When choosing food and drinks, the five healthy eating guidelines should be followed, including the daily servings.
- Food and drinks provide energy and nutrients in different amounts, which have important functions in the body and people require different amounts during their life.
- There are health issues related to dietary excess or deficiency.
- In addition to the healthy eating guidelines, it is important to include a variety of different activities in everyday living, supporting physical, social and mental wellbeing.
- Tips for healthy eating include eating lots of fruit and vegetables and not skipping breakfast. Discuss with the students what counts as a portion of fruit and vegetables and how they can be included in the diet.
- Breakfast is an important meal but is often not eaten for a variety of reasons. Discuss with the pupils why this might be the case.

3. Food labelling

Hand out a copy of the Food Labels: What do they mean? poster to each student. Discuss the following:

- Nutrition, allergies, ingredients, use by dates and country of origin information on food labels help to make informed food and drink choices.
- All packaged foods sold in Australia must comply with the labelling requirements of the Australia New Zealand Food Standards Code, which applies in Victoria through the Food Act 1984.
- Food labels must carry essential information so that consumers are informed of the nature and properties of foods before they buy.
- Food businesses must ensure that they do not mislead or deceive consumers with any claims made on food labels.
- Food importers must also comply with Australian labelling laws.

Country of origin

 The Australian Government introduced a country of origin food labelling system under Australian Consumer Law on 1 July 2016. The country of origin labelling requirements for food are in the Country of Origin Food Labelling Information Standard 2016, under the Competition and Consumer Act 2010.

Reference: www.foodstandards.gov.au/consumer/labelling/coo/Pages/default.aspx

Imported foods

 Foods imported for sale in Australia must comply with the Australia New Zealand Food Standards Code (the Code). All imported foods must also comply with strict biosecurity requirements. Food importers are responsible for ensuring that all food they import complies with the relevant standards in the Code.



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- For all foods on sale in Australia, whether locally produced or imported, state and territory departments and agencies are responsible for enforcing the Code. Complaints about potentially non-compliant food, including imported food, can be directed to your relevant state or territory enforcement agency.
- The Department of Agriculture, Fisheries and Forestry (DAFF) administers a risk-based border inspection program – the Imported Food Inspection Scheme – to ensure that food importers only import food that is safe and compliant with the Code.

Reference: www.foodstandards.gov.au/consumer/ importedfoods/Pages/default.aspx

4. THE TASK: Challenge the students to investigate food labelling and healthy food choices. In small groups, provide a large sheet of paper for students to discuss different ideas and research different recipes to create a healthy breakfast. The breakfast must include at least one portion from each of the food groups. Students work in small groups to complete the Breakfast Menu and Breakfast Ingredients worksheets and to create their delicious healthy breakfast.

EXTENSION ACTIVITY: Challenge the students to come up with a health pledge, which could be about diet or physical activity. A health pledge is a statement of a positive change that someone promises to make about their health. An example of a health pledge could be "I am going to eat at least 5 portions of fruit and vegetables a day". Students could make a class display of their pledges.



Suggestions for assessment

Completed Breakfast Menu and Breakfast Ingredients worksheets and photo evidence of their healthy breakfast.



Curriculum links

The Victorian Curriculum

The Technologies

Level 3-4

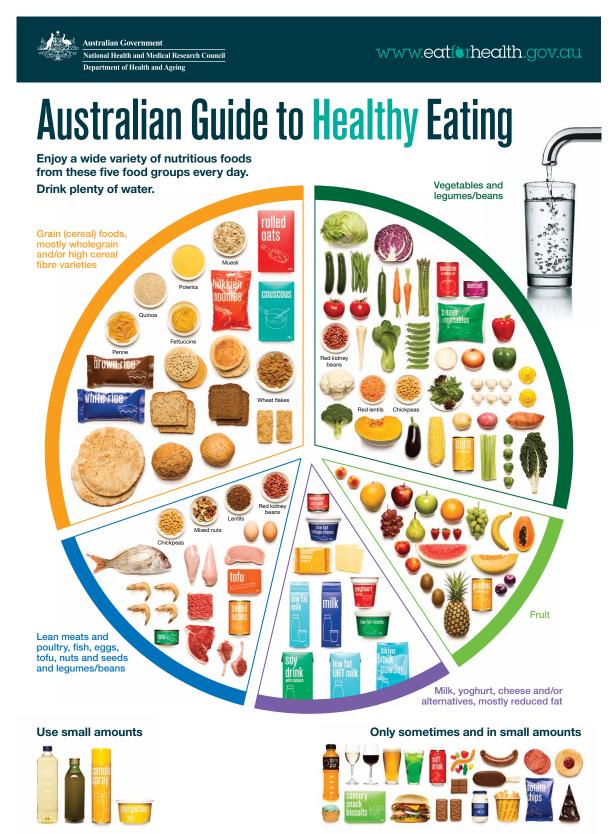
Investigate food preparation techniques used in modern or traditional societies (VCDSTC026).

Level 5-6

Investigate the role of food preparation in maintaining good health and the importance of food safety and hygiene (VCDSTC036).







Download here: www.eatforhealth.gov.au/sites/default/files/2022-11/n55i_australian_guide_to_healthy_eating_0.pdf





Australian dietary guidelines 1-5

There are five principal recommendations featured in the Australian dietary guidelines. Each guideline is considered to be equally important in terms of public health outcomes.

Guideline 1

To achieve and maintain a healthy weight, be physically active and choose amounts of nutritious food and drinks to meet your energy needs.

- Children and adolescents should eat sufficient nutritious foods to grow and develop normally.
 They should be physically active every day and their growth should be checked regularly.
- Older people should eat nutritious foods and keep physically active to help maintain muscle strength and a healthy weight.

Guideline 2

Enjoy a wide variety of nutritious foods from these five groups every day:

- vegetables, including different types and colours, and legumes/beans
- fruit
- grain (cereal) foods, mostly wholegrain and/ or high cereal fibre varieties, such as breads, cereals, rice, pasta, noodles, polenta, couscous, oats, quinoa and barley
- lean meats and poultry, fish, eggs, tofu, nuts and seeds, and legumes/beans
- milk, yoghurt, cheese and/or their alternatives, mostly reduced fat (reduced fat milks are not suitable for children under the age of 2 years)

And drink plenty of water.

Guideline 3

Limit intake of foods containing saturated fat, added salt, added sugars and alcohol.

- a. Limit intake of foods high in saturated fat such as biscuits, cakes, pastries, pies, processed meats, commercial burgers, pizza, fried foods, potato chips, crisps and other savoury snacks.
 - Replace high fat foods which contain predominantly saturated fats such as butter, cream, cooking margarine, coconut and palm oil with foods which contain predominantly polyunsaturated and monounsaturated fats such as oils, spreads, nut butters/pastes and avocado.
- b. Limit intake of foods and drinks containing added salt.
 - Do not add salt to foods in cooking or at the table.
- c. Limit intake of foods and drinks containing added sugars such as confectionary, sugarsweetened soft drinks and cordials, fruit drinks, vitamin waters, energy and sports drinks.

Guideline 4

Encourage, support and promote breastfeeding.

Guideline 5

Care for your food; prepare and store it safely.

Reference: www.eatforhealth.gov.au/guidelines/australian-dietary-guidelines-1-5



The 5 food groups

The information below provides a guide to the approximate amounts of foods from the 5 food groups and any additional amounts of foods required by taller or more active children. The information here focuses mostly on dietary patterns that include plant and animal foods.

Recommen	ded average daily	number of serves	for children from	each of the five fo	ood groups*
	Vegetables and legumes/beans	Fruit	Grain (cereal) foods, mostly wholegrain	Lean meat and poultry, fish, eggs, nuts and seeds, and legumes/beans	Milk, yoghurt, cheese and/ or alternatives (mostly reduced fat)
Boys					
4-8	4½	1½	4	1½	2
9-11	5	2	5	2½	2½
12-13	5½	2	6	2½	3½
Girls					
4-8	4½	1½	4	1½	1½
9-11	5	2	4	2½	3
12-13	5	2	5	2½	3½

^{*}Includes an allowance for unsaturated spreads or oils, nuts or seeds (1 serve [7–10g] per day for children 3–12 years of age).

Approx. number of additional serves from the five food groups or discretionary choices for taller or more active children aged 9-11 is 0-3 serves.

Reference: www.eatforhealth.gov.au/food-essentials/how-much-do-we-need-each-day/recommended-number-serves-children-adolescents-and-toddlers

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Food labelling



FOOD LABELS WHAT DO THEY MEAN?

Nutrition information panel This panel shows the average amount of energy, protein, fat, saturated fat, carbohydrate, sugars and sodium in a serve and in 100 g (or 100 mil) of the food. The amount of any other nutrient or substance about which a nutrition content or health claim is made must also be shown (e.g. the amount of calcium must be shown

if a claim about calcium is made)

Nutrition and health claims Nutrition and Health Claims are claims about the content of certain nutrients or substances in a food, (e.g. 'contains calcium). Health claims refer to a relationship between a food and health. There are rules for when nutrition content or health claims are made on food labels.

Country of origin Australia and New Zealand have different country of origin labelling requirements. requirements. In Australia, the country of origin of packaged and some unpackaged foods must be stated on the label. Read more about country of origin labelling on the Australian Competition and Consumer Commission website at www.accc.gov.au at www.accc.gov.au
In New Zealand, country of origin
labelling is required on wine only. Further
information is available on the Ministry
for Primary Industries website at
www.mpi.govt.nz

Any labelling requirements must be in English, be legible and prominent so as to contrast distinctly with the background on the label.

Percentage labelling

Food labels must show the percentage of the key or characterising ingredients or components in the food. This allows similar foods to be compared. The characterising ingredient for this strawberry yoghurt is strawberry and the ingredient list states that it contains 7% strawberries.

Food identification

- To help identify a food, food labels must show: the name of the food

 - the name and business address in Australia or New Zealand of the supplier of the food the lot identification of the food.

The name or description of the food must reflect the name of description of the root must remote this true nature (e.g. strawberry yoghurt must contain strawberries). If the yoghurt contained strawberry flavouring rather than real fruit, then the name would need to indicate that it is strawberry-flavoured yoghurt.

STRAWBERRY YOGHURT FruitY₀ 1 3 YOGHURT 7.29 4.89 4.59 18.69 18.69 18.40° N 8

> Directions for use and storage Where specific storage conditions are required for a food to keep until its best-before or use-by date, those conditions must be included on the label. If the food must be used in accordance with certain directions for health or safety reasons, those directions must be included on the label.

Information for people with food allergies or intolerances

Tood altergies or intolerances
Some food ingredients and substances
can cause severe altergic reactions and
must be declared when present in a food.
These ingredients are peanuts, tree nuts
(e.g. cashews, almonds, and walnuts),
crustacea, fish, milk, eggs, seame,
soybeans, wheat and lupin.
Sulphites (if added at 10 mg or more
per kg of food) and cereals containing
quiten (e.g. wheat, cats. barley rive and gluten (e.g. wheat, oats, barley, rye and spelt) also need to be declared.

Date marking

Date marking
Foods that should be eaten before a
certain date for health or safety reasons
must be labelled with a use-by date.
Otherwise a best-before date is
required if the food has a shelf life of
less than two years. Although it may be
safe to eat a food after its best-before
date, it may have lost quality and some
nutritional value.

Ingredient must be listed in descending order (by ingoing weight). So if an ingredient is listed near the start of the list, then the food contains more of this ingredient than others lower down the list.

Labels must tell the truth

Under Australian and New Zealand consumer laws, labels must not be false, misleading or deceptive. Talse, misleading or deceptive.

Suppliers must also label foods
with accurate weights and
measures information. The National
Measurement Institute in Australia
(www.measurement.gov.au) and the Ministry of Consumer Affairs in New Zealand ensure that correct weight and measurement information is used on food labels.

Food additives

Food additives must be identified in Food additives must be identified in the ingredient list, usually by their class name (e.g. 'thickener' or 'colour') followed by the food additive name or number. A thickener has been used in this yoghurt and it is ablelled as 'thickener (1442). A full list of food additive names and numbers is available from www.foodstandards.gov.au

For more information on food labelling

Or follow us on www.facebook.com/Food.Standards www.twitter.com/FSANZnews and open of the foodstandards and the foodstandards are supported by the foodstandards and the foodstandards are supported by the foodstandards are supp

Download here: www.foodstandards.gov.au/consumer/labelling/Documents/food%20label%20poster.pdf



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All packaged foods sold in Australia must comply with the labelling requirements stated within the Food Standards Code. These requirements have been adopted into food law by all states and territories in Australia, ensuring that food labelling regulations are consistent across Australia. The Code can be accessed via the Food Standards Australia New Zealand website.

Food labels are required by law to carry essential information so that consumers are informed of the nature and properties of foods prior to purchase — this includes statements about the presence of allergenic ingredients that could lead to life-threatening allergic reactions in susceptible persons if the labelling information is not accurate. Some information may also voluntarily be offered on food labels by food businesses, giving consumers greater information to make informed purchasing choices.

Food businesses must also ensure that they are not potentially misleading or deceiving consumers with any claims that are made on food labels (whether intentional or not).

As food labelling requirements may differ around the world, businesses that are importing food for sale in Australia need to ensure that these foods comply with Australian labelling regulations before selling the food.

It is an offence under the *Victorian Food Act 1984* to sell food that is not compliant with the Code. It is the responsibility of the supplier of the food (this includes manufacturers, distributors, importers and retailers) to ensure that food labels are compliant with all relevant regulations before selling the food.

Reference: www.health.vic.gov.au/food-safety/food-labelling





The food regulatory system



public health units in New Zealand.

Food regulation authorities in Australia and New Zealand work together to ensure food standards are implemented and enforced consistently.

Food policy

The food policy framework for Australia is set by the Australia and New Zealand Ministerial Forum on Food Regulation which consists of health and agriculture ministers from the states and territories, and the Australian and New Zealand governments. Food standards are developed to reflect this policy framework.

The Department of Agriculture, Fisheries and Forestry is responsible for Australian Government policy and programs that support a globally competitive and sustainable Australian food industry.

Food Standards

Food Standards Australia New Zealand (FSANZ) develops the food standards in the Food Standards Code with advice from other government agencies and input from stakeholders.

Food standards cover the use of ingredients. processing aids, colourings, additives, vitamins and minerals. They also cover the composition of some foods, such as dairy, meat and beverages, as well as new technologies such as novel foods. FSANZ is also responsible for labelling for both packaged and unpackaged food, including specific mandatory warnings or advisory labels.

Reference: https://www.foodstandards.gov.au/about/ safefoodsystem/Pages/default.aspx

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