

## Kimberley Project sharing template – School Holiday Session

<b>Your Project or Program Title</b>	Broome Recreation and Aquatic Centre (BRAC) School Holiday Session
<b>Contact Person</b>	Emma Robinson
<b>Email</b>	Emma.robinson@boabhealth.com.au
<b>Organisation's Name</b>	Boab Health Services
<b>Program/project partners</b>	Food Bank, BRAC

### Why?

To educate school aged children on the importance of healthy eating and nutrition to increase their overall health and wellbeing and to prevent disease.

### Who? When? Where?

The BRAC school holiday nutrition session ran at the Broome Recreation and Aquatic Centre (BRAC) during the July school holiday program on Monday the 11<sup>th</sup> of July. The group consisted of 17 children between the ages of five and 12 with a fairly even spread of age, however there were more girls in the group than boys in the group. Foodbank and BRAC were important partners in the program with the curriculum and activities provided by Foodbank and the location through BRAC.

### How did you make it happen?

The main resource used for the program was the Food Bank "Homemade vs Takeaway" super hero foods activity which is adapted from Health and Physical Education area of the Australian Curriculum.

Following a group discussion as well as a fat and sugar activity, the children then participated in a cooking activity making healthy shaken individual quiches and fruit pops. The preparation of the quiches was left primarily to the children providing them with skills in food preparation and recipes that are not only healthy, low fat and low sugar, but easy to make.

### So...

Outcomes of the project included:

- Increased awareness of fat content in common takeaway foods and their homemade alternatives.
- Increased awareness of sugar content in common takeaway foods and their homemade alternatives.
- Recognition of superhero/zombie foods.
- Increased ability to conceptualise fat and sugar content of foods into teaspoon amounts.
- Food preparation and healthy recipes.

Engaging children through hands-on activities was an effective way of keeping them focused and attentive whilst providing them with information. The children thoroughly enjoyed the quiche making activity and expressed their positive feedback at the end when they were asked questions about whether they enjoyed the activity and if they liked the food. Most responded positively and a large group of the girls indicated that they would be taking the recipes home to show their parents and to cook them at home.



### How did you get feedback?

Following the initial discussion, the children were each asked what they learnt from the talk and the fat/sugar exercise. Their responses were compared against their answers from previous questions relating to what they thought was meant by phrases such as “you are what you eat” and “superhero/zombie foods”. Their level of understanding and any increase in knowledge was gaged by their responses. Following the activity, most children in the group were able to offer at least one thing they had learnt with some children reciting specific amounts of sugar in common takeaway foods such as milkshakes.

Additional feedback via email was received from a parent of three children attending the session. The boy was able to recite to his mum that a Mac Donald’s milkshake has 16 blocks of sugar and 4 blocks of fat. He also noted that takeaway chips had a lot of fat in them too which shows the message has carried on to the end of the day.

Both of the girls commented on how easy the cooking of the quiches was. One of the girls commented on finding the difference between takeaway food and home cooked highlighted that cooking at home is both healthier and easier. The other quoted; “The differences between fats and sugars in food really blew me away”. The family then went on to make fish parcels and quiche for their lunches the following day.

The additional feedback gained from the evening after the session highlights that some of the key messages for the children were carried through until the end of the day. This shows that they not only retained the information but have incorporated it into their actions.



### Resources

Food Bank “Homemade vs Takeaway” super hero/zombie foods activity.  
[www.superherofoodshq.org.au/product/homemade-vs-takeaway/](http://www.superherofoodshq.org.au/product/homemade-vs-takeaway/)

