

# How to link the canteen to the classroom

---



## Why should the canteen be linked to the classroom?

By linking the canteen to the classroom, your school will be able to adopt a whole of school approach to healthy eating. It allows for the nutrition messages taught in the classroom to be reinforced by the canteen and the greater school community. Linking the canteen to the classroom also benefits the canteen as it encourages use of the canteen and teaches students how to use it and select healthy options.

## Create a healthy working relationship

Working in the canteen, away from the rest of the school staff can be isolating and impact opportunities for collaboration. Work to build working relationships by including canteen staff in staff activities, including morning teas and social events. Acknowledge that they are an important part of the school community and encourage other teaching staff to do the same. If the school has a canteen committee, try to have one or two teaching staff participating in the committee.

## PDHPE

### Stage 1

- Get a copy of the canteen menu and cut out the foods
- Use a blank Dietary Guidelines plate
- Ask students to place foods where they believe it belongs on the plate
- Encourage discussion about where foods come from

### Stage 2

Create an understanding of EVERYDAY and OCCASIONAL foods

- Use examples of how often children do things
  - Everyday (brush teeth, shower)
  - Occasionally (Holidays, go to the zoo)

### Stage 3

- Use packaging from prepackaged foods sold at the canteen.
- Ask children to read Nutrition Information Panel & Ingredients List of product and categorise into EVERYDAY and OCCASIONAL.

## Creative Arts

- Create a food safety poster for the canteen (i.e. hand washing steps)
- Consult with canteen manager about new specials they will be introducing. Ask students to design a poster for this food

*Winning posters can be displayed in the canteen*

## HSIE

- Ask canteen to provide a tasting plate of multicultural food and discuss the cultures behind these foods
- Conduct activity on Harmony Day if celebrated in school

## Science

### Natural Environments

- Explain the seasonality of Fruits & vegetables
- Look at the canteen's winter and summer menu
- What are the differences?

**Healthy Kids Association Inc.**

Suite 1.02, 38 Oxley Street, St Leonards NSW 2065

Tel: 02 9876 1300 Fax: 02 9876 1471 Outside Sydney: 1300 724 850 ARB: 127 294 615

## Built Environments

- Identify factors considered in the design of the canteen
- How can we make the canteen more energy efficient

## Maths

### Whole Numbers

- Recognise coins, notes, cents, dollars
- Exchange money for goods
- Problem solving: e.g. Bought salad sandwich from canteen. Cost \$2.50. What coins do I give the canteen staff?

### Addition/Subtraction

- Problem Solving: Bought a carton on milk from canteen. Cost \$1.50. If I gave \$3.00, how much change do I get?

### Time

- What time does the canteen open? Is this am / pm?
- Calculate time canteen is open in hours, minutes, seconds.

## English

### Writing & Representing

- Language used in writing a recipe
- Write up a canteen recipe

### Language

- Language used when ordering food
- Use the canteen as an example of how food should be ordered

## Whole of School

### Fruit & Veg Month

- Get canteen involved
- Tasting plates of chopped fruits & veg
- Students can make their own fruit & veg kebabs

### Crunch & Sip

- Ask canteen to provide Crunch & Sip on special days
- Encourage children to try new fruit & veg
- Ask canteen to sell Crunch & Sip packs for children who don't bring C&S.

**FOR MORE INFORMATION ON CLASSROOM RESOURCES & CURRICULUM IDEAS VISIT [WWW.HEALTHY-KIDS.COM.AU](http://WWW.HEALTHY-KIDS.COM.AU)**

Healthy Kids would like to acknowledge the valuable contribution made to this resource by



**Health**  
Western Sydney  
Local Health District

**Healthy Kids Association Inc.**

Suite 1.02, 38 Oxley Street, St Leonards NSW 2065  
Tel: 02 9876 1300 Fax: 02 9876 1471 Outside Sydney: 1300 724 850 ARB: 127 294 615