

NGĀ TOHUTORO

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Health Sponsorship Council "Feeding Our Futures Campaign" at www.feedingourfutures.org.nz

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Horticulture New Zealand. Vegetables: Fresh, Quick, Tasty at www.vegetables.co.nz

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Ministry of Education (2007b). *The New Zealand Curriculum*. Wellington: Learning Media.

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National Gardening Association at www.kidsgardening.com/growingideas/projects/feb03/pg1.html

New Zealand Advertising Standards Authority at www.asa.co.nz

New Zealand Food Safety Authority at www.nzfsa.govt.nz

No Dig Vegetable Garden at www.no-dig-vegetablegarden.com/gardening-for-kids.html

Packaging Council of New Zealand at www.packaging.org.nz

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WWF–New Zealand at 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

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

Ministry of Education hand washing poster. Available at www.minedu.govt.nz/web/downloadable/dl12141_v1/how-to-wash-your-hands-poster-1.doc

Ministry of Education (2004). *The New Zealand Curriculum Exemplars: Health and Physical Education*. Wellington: Learning Media and The Learning Centre Trust at New Zealand. Available at www.tki.org.nz/r/assessment/exemplars/hpe/hpe_1a_e.php

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

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

Ministry of Health Food and Nutrition Guidelines Background Papers. Available at 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

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

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

New Zealand Food Safety Authority for food safety. Available at www.nzfsa.govt.nz (search on Meet the Bugs) and 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

Health Sponsorship Council's Feeding Our Futures Campaign at www.feedingourfutures.org.nz/index.html

Healthy Food Guide, published monthly by Healthy Food Media at 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

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

New Zealand Beef and Lamb at 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/

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

5+ A Day: Information and resources available at 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

National Heart Foundation of New Zealand at www.heartfoundation.org.nz

He Waiata mō te Kai

www.dole5aday.com

He Pārongo mā ngā Ākonga mō te Haumarua 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 (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

Growing Ideas: Classroom Projects at www.kidsgardening.com/growingideas/projects/feb03/pg1.html

Live Smart at www.livesmart.co.nz/GrowSmart/38.asp

World Wildlife Fund: Environmental Education Action Fund at 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

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

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

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

National Agricultural Library. This United States website has information on sustainable foods at 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 (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/

