

**National**

**Healthy School Canteens**

# **National Healthy School Canteens Project**

**Canteen Manager Training**

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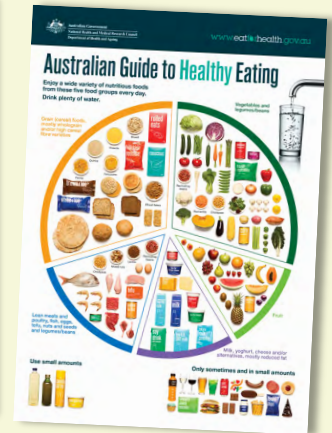
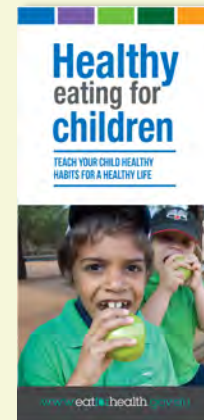
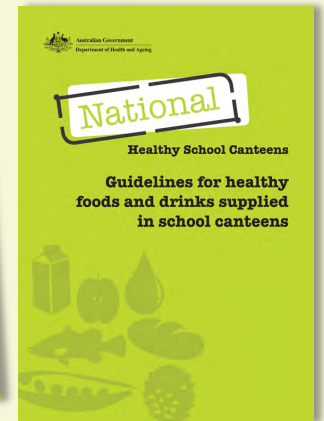
**Australian Government**  
**Department of Health and Ageing**

# INTRODUCTION



Healthy School Canteens

- Background
- Purpose of the course
- Nutrition basics
  - Reading a food label
  - *The Australian Guide to Healthy Eating*
- The NHSC food categorisation system
- Cultural and special dietary needs
- Where to from here



# MATERIAL



Healthy School Canteens



Participant's Workbook  
Group discussion

- Can write in notebook

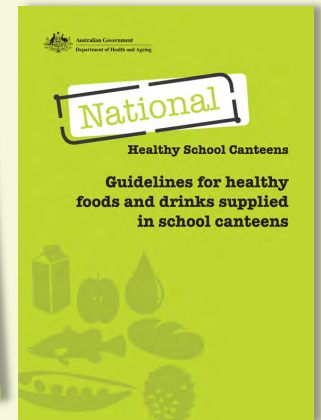


Written Activity  
Reference Material

- NHSC Guidelines
- *The Australian Guide to Healthy Eating* poster
- *Healthy Eating for Children* brochure
- Poster (Healthy kids need healthy canteens!)
- Food Safety fact sheet
- Food labels
- CD
- Contact details for nutritional support

Evaluation forms

- Fill in and leave with us



# BACKGROUND

## Purpose of this course



- To provide you with the skills to use the National Healthy School Canteens food categorisation system.
- To meet the requirements for recognition towards the national unit of competency SITHCC035A *Develop menus to meet special dietary and cultural needs* if you decide in the future to enrol in a course from a recognised training organisation

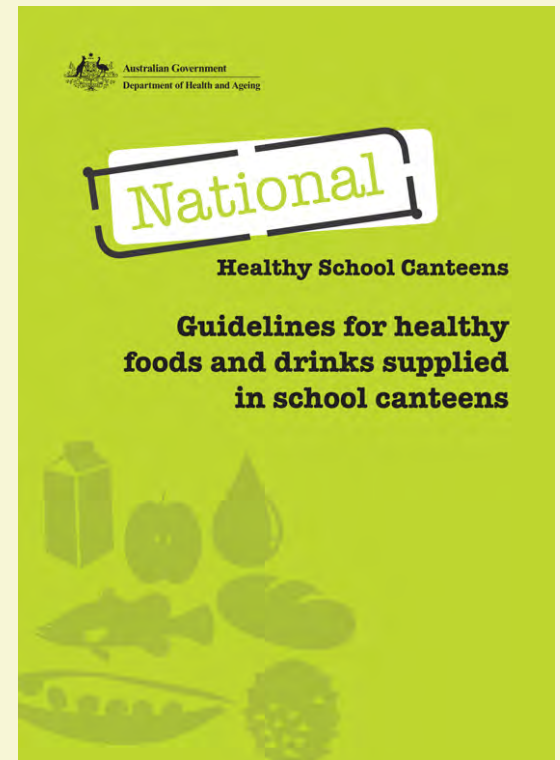
# BACKGROUND

## Aim of the NHSC



### Aim of the NHSC Project

*Develop a food categorisation system and training resources to assist canteen managers to make appropriate menu choices that encourage the development and reinforcement of healthy eating patterns in schools.*



# BACKGROUND



Healthy School Canteens

Mid-2004: Australian Health Ministers Council

- Support for school canteens in promoting healthy eating among children
- Health and industry sectors asked to work through the National Obesity Taskforce
- Healthy Weight 2008 Australia's Future: National Action Agenda – A plan to tack overweight and obesity



# BACKGROUND



Australian Better Health Initiative  
Implementation Plan (ABHI)

**Endorsed in 2006 by Australian Health Ministers**

- Consistent national framework principles
- Included funding for the National Healthy School Canteens (NHSC) Project
  - Promote good health
  - Healthy eating
  - Reduce levels of childhood obesity
  - Chronic disease

Australian Better Health Initiative

- Strategy to improve the overall health of the school community



# BACKGROUND



Recent Australian data <sup>1</sup> for children aged 2-16 years

- 72% fall within the normal weight range
- 28% are outside the healthy weight range
  - 1 in 4 children are overweight or obese
  - Prevalence of obesity similar at 5-7% for both boys and girls
  - Girls in the age group 9-13 years had the highest prevalence of overweight
  - 5% were underweight

<sup>1</sup> DoHA 2008, 2007 National Children's Nutrition and Physical Activity Survey, Main Findings, [http://www.health.gov.au/internet/main/publishing.nsf/Content/66596E8FC68FD1A3CA2574D50027DB86/\\$File/childrens-nut-phys-survey.pdf](http://www.health.gov.au/internet/main/publishing.nsf/Content/66596E8FC68FD1A3CA2574D50027DB86/$File/childrens-nut-phys-survey.pdf)



# BACKGROUND

## Contributing factors

### Changed eating patterns

- Increased use of convenience foods
- Fewer meals cooked from basic ingredients
- Less family time/fewer meals eaten together
- More food eaten away from home
- Larger serves of foods and drinks

### Decrease in physical activity

- Loss of secure play areas
- Increase in screen time
  - TV, movies, gaming, computers



# BACKGROUND

## Recent Data



### Australian children aged 5-16 years

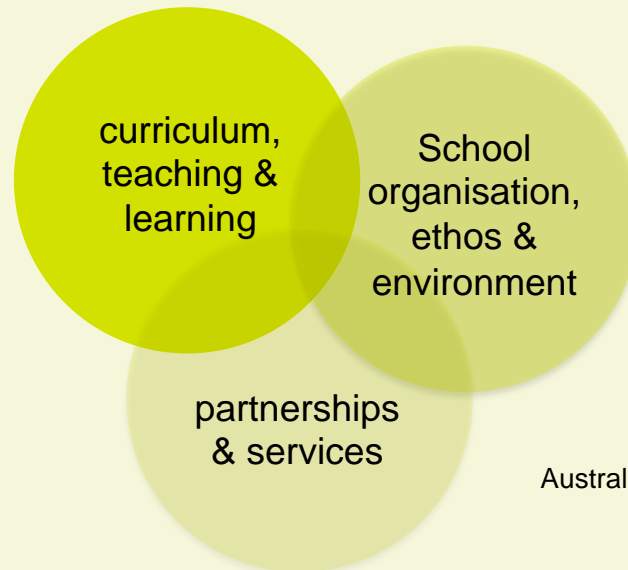
- Energy intake during school hours was 32% of total energy
- Fruit intake during school hours was 62% of total fruit consumed
- Vegetable intake during school hours was 17% of total vegetables consumed
- Calcium intake during school hours was 28% of total calcium consumed

# BACKGROUND

## Health promoting school



- School environment promotes health and wellbeing messages consistent with what is taught in the classroom
- Collaboration between schools, families and the wider community
- Support and involvement of school community members (including teachers and principals) in health programs and policies
- Working with food industry and local businesses and suppliers to develop and promote healthy food choices in school canteens



# ROLE OF THE SCHOOL CANTEEN IN CONTRIBUTING TO A HEALTHY PROMOTING SCHOOL

WA data suggests 45-46% of school children order lunch at school at least once per week <sup>1</sup>

A study conducted in SA found:

- 13% of children ordered lunch, and
- 3% ordered recess on the day they were surveyed<sup>2</sup>

Canteen's role:

- Model healthy eating
- Reinforce classroom messages
- School culture of healthy eating



<sup>1</sup> Pettigrew et al 2009, *Addressing Childhood Obesity through School Canteens*, Report to the WA Department of Education and Training, UWA business School, the University of Western Australia, and the Centre for Behavioural Research in Cancer Control, Curtin University. Perth.

<sup>2</sup> Jones et al 2008, Evaluation Report, Part 1: Baseline Data Collection, South Australian Department of Health, South Australia.

# DISCUSSION



What is a healthy school canteen?  
(Workbook, p.4)



# NUTRITION



## TOPICS:

- Defining nutrition
- Exploring the factors that affect food intake
- Classifying food according to *The Australian Guide to Healthy Eating* (AGTHE)
- Defining nutrients of interest
- Identifying the nutrients of particular relevance to children

# **NUTRITION Definition**

Nutrition is a 3-part process

- Food or drink is consumed
- The body breaks down the food or drink into nutrients
- The nutrients travel through the bloodstream to different parts of the body where they are used as ‘fuel’ and for many other purposes



# NUTRITION

## Circumstances that affect eating habits



What factors influence the requirements of canteen customers?  
(Workbook, p.6)



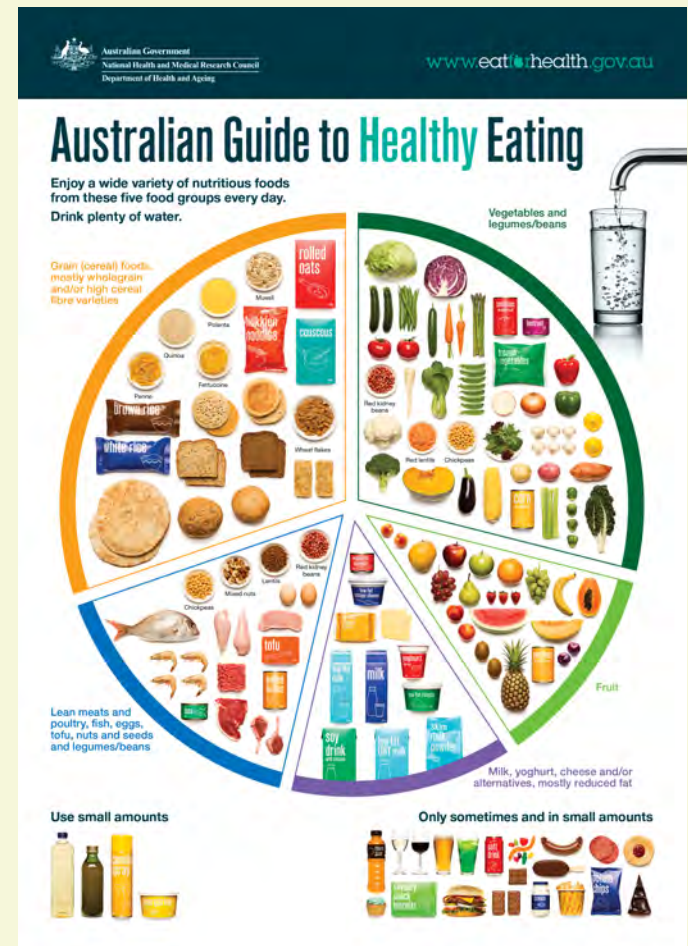
# NUTRITION

## Food Classification



Foods in Australia are classified according to *The Australian Guide to Healthy Eating* as:

- Vegetables and legumes
- Fruits
- Dairy and alternatives
- Meat and alternatives
- Grains and cereals



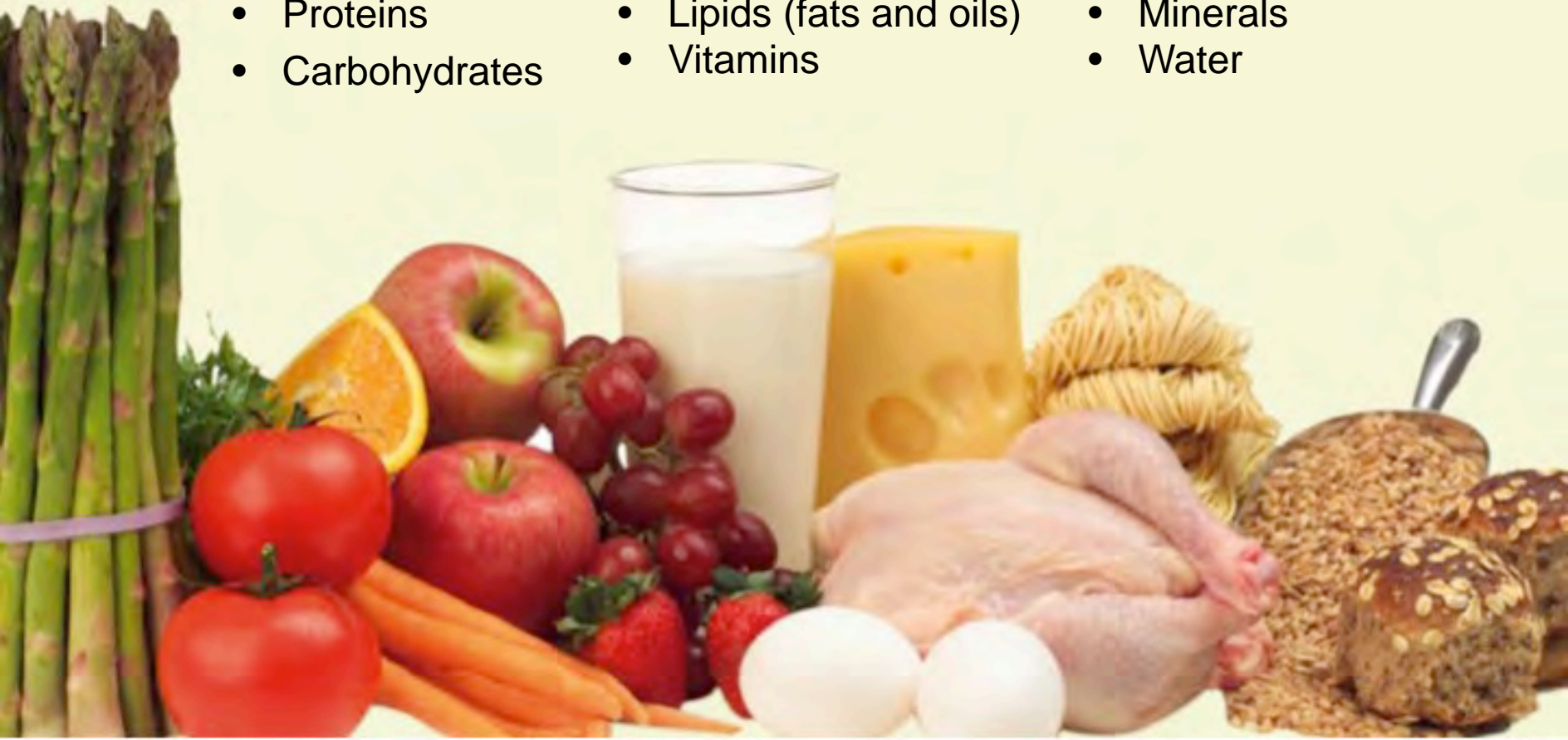
# NUTRITION

## Nutrients

Nutrients are substances that make up foods.

There are 6 essential nutrients:

- Proteins
- Carbohydrates
- Lipids (fats and oils)
- Vitamins
- Minerals
- Water





# NUTRITION

## Energy

### Definition

- Needed by the body to function and for physical activity
- Obtained from food and drinks
- To maintain weight

Energy In

=

Energy Out



# NUTRITION

## Energy

Energy in Australia is measured in kilojoules (kJ)

- Some countries around the world still use the calorie system (4.2 kJ  $\approx$  1 calorie)

Carbohydrates, fats/oils (lipids) and proteins are the nutrients that provide energy

A day's intake is measured in thousands of kJs

- Children between the ages of 4-18 years require 6500 to 14000kJ per day depending on their age and level of physical activity<sup>1</sup>

<sup>1</sup>NHMRC 2005, Nutrient Reference Values for Australia and New Zealand,  
<http://www.nrv.gov.au/>

# NUTRITION

## Nutrients of Interest

Some nutrients have been linked to chronic disease

- Saturated fat
- Sodium (salt)
- Dietary fibre (lack of)

Excess overall energy intake

- Excess added sugar and fats



# NUTRITION

## Nutrients of Interest

### Carbohydrates

- Starchy foods that are good sources of energy and nutrients (bread, rice, pasta, grains, vegetables)
- Sugars in milk and fruit (lactose, fructose)
  - Added sugar (for example: sucrose, glucose, maltose)

### Dietary Fibre

- Is the part of plants that cannot be digested using normal digestive enzymes in the small intestine. Broken down by bacteria in the large bowel.
- Fibre is essential to bowel health and can be found in fruits, vegetables, wholegrain/wholemeal cereals and breads, legumes, nuts and seeds.

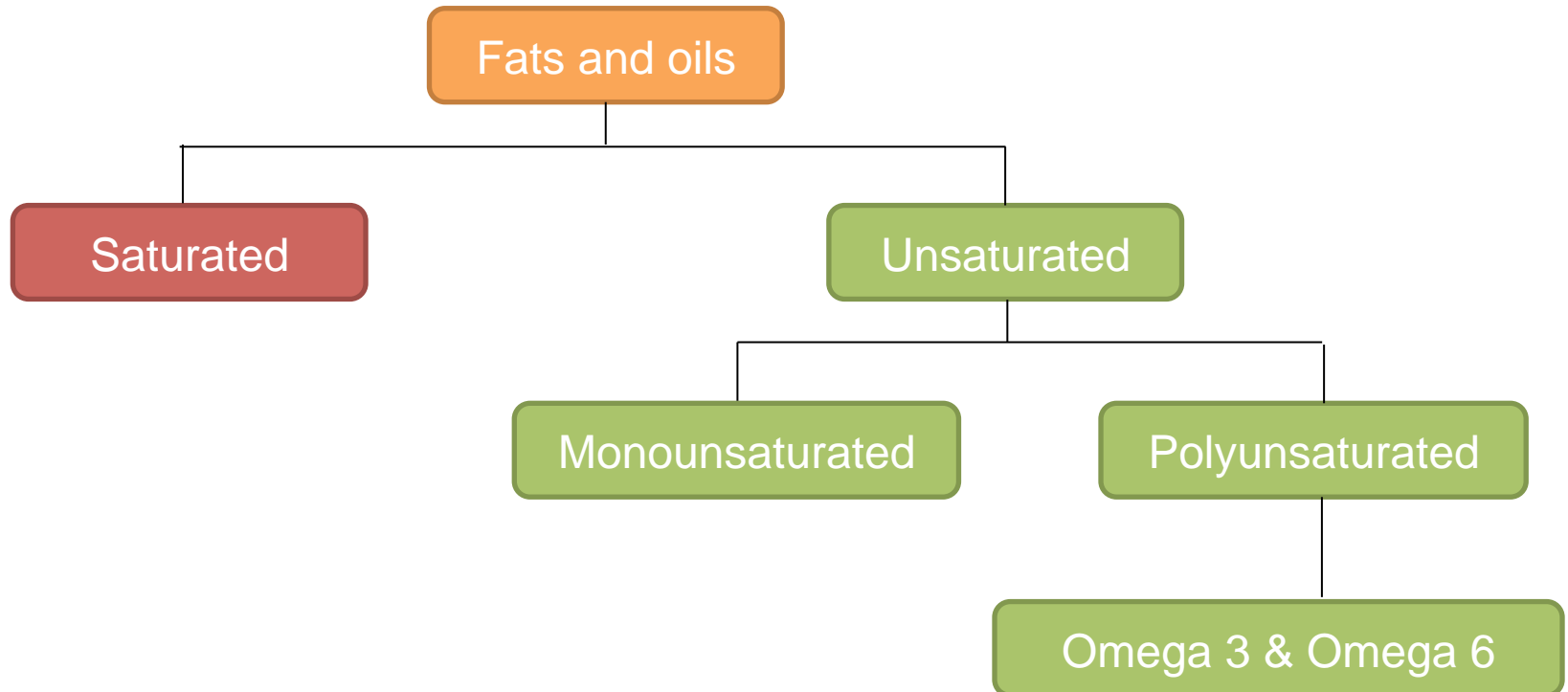




# NUTRITION

## Nutrients of Interest

Fats and oils (lipids) – how they are classified



# NUTRITION

## Nutrients of Interest



Healthy School Canteens



What foods contain mostly saturated or unsaturated fats?  
(Workbook, p.7)

| Food                              | Saturated | Unsaturated |
|-----------------------------------|-----------|-------------|
| Avocado                           |           |             |
| Butter                            |           |             |
| Canola Oil                        |           |             |
| Cheese                            |           |             |
| Coconut Cream                     |           |             |
| Coconut Milk                      |           |             |
| Cream                             |           |             |
| Fatty meat                        |           |             |
| Fish                              |           |             |
| Game meat (e.g. kangaroo, rabbit) |           |             |
| Margarine                         |           |             |
| Milk                              |           |             |
| Nuts                              |           |             |
| Olives                            |           |             |
| Olive oil                         |           |             |
| Palm oil                          |           |             |
| Seeds                             |           |             |
| Sunflower oil                     |           |             |
| Vegetable oil                     |           |             |

# NUTRITION

## Nutrients of Interest

### Sodium (salt)

- Mostly found in processed foods and added 'at the table'
- When used in excess, salt has been linked to loss of calcium and development of high blood pressure in adulthood<sup>1</sup>



<sup>1</sup> DoHA 2008, 2007 National Children's Nutrition and Physical Activity Survey, Main Findings,  
[http://www.health.gov.au/internet/main/publishing.nsf/Content/66596E8FC68FD1A3CA2574D50027DB86/\\$File/childrens-nut-phys-survey.pdf](http://www.health.gov.au/internet/main/publishing.nsf/Content/66596E8FC68FD1A3CA2574D50027DB86/$File/childrens-nut-phys-survey.pdf)

# NUTRITION

## Nutrients of Interest

### Calcium

- Is important for building strong, healthy bones and teeth
- Adequate intake since childhood and adolescence protect against osteoporosis later in life
- Has been identified as a nutrient at risk, especially in older children<sup>1</sup>
- Almost 90% of girls aged 12-13 years do not meet estimated requirements
- Dairy products (for example: milk, yoghurt and cheese) are the richest sources of calcium in the diet



<sup>1</sup> DoHA 2008, 2007 National Children's Nutrition and Physical Activity Survey, Main Findings, [http://www.health.gov.au/internet/main/publishing.nsf/Content/66596E8FC68FD1A3CA2574D50027DB86/\\$File/childrens-nut-phys-survey.pdf](http://www.health.gov.au/internet/main/publishing.nsf/Content/66596E8FC68FD1A3CA2574D50027DB86/$File/childrens-nut-phys-survey.pdf)

# FOOD LABELLING



## TOPICS:

- What is on a label?
- Reading food and drink labels:
  - Ingredients
  - Additives
  - Nutrient Information Panel (NIP)
  - Nutrient content claims

# FOOD LABELLING

## What's on the label?



Healthy School Canteens

- Labels must tell the truth and be legible
- Name or description of the food
- Nutrition Information Panel (NIP)
- Ingredients list
  - Percentage labeling
  - Food additives
- Information for allergy sufferers
- Date marking
  - Best before
  - Use-by-date
- Directions for use and storage
- Country of origin
- Food recall information
- May contain nutrient claims
  - High in fibre
  - No added preservatives

**vegetable**  
*SOUP*

| NUTRITION INFORMATION                                 |                      |                   |
|---|----------------------|-------------------|
| Servings per package: 2<br>Average serving size: 250g |                      |                   |
|   | Quantity per Serving | Quantity per 100g |
| ENERGY  | 392kJ<br>(94 Cal)    | 157kJ<br>(38 Cal) |
| PROTEIN   | 4.5g                 | 1.8g              |
| FAT   |                      |                   |
| – Total   | 0.5g                 | 0.2g              |
| – Saturated   | <0.1g                | <0.1g             |
| CARBOHYDRATE  |                      |                   |
| – Total   | 17.5g                | 7.0g              |
| – Sugars  | 4.0g                 | 1.6g              |
| SODIUM  | 725mg                | 290mg             |

**INGREDIENTS:**  
Vegetables (29%) (Carrots, Celery, Onions, Zucchini, Corn, Green Beans, Spinach), Tomato Puree (27%), Water, Pasta (11%) Durum Wheat Flour, Egg Whites, Ferrous Sulphate, Niacin, Thiamine Mononitrate, Riboflavin, Folic Acid, Tomatoes (10%), Salt, Sugar, Flavours (Contain Wheat And Soy), Garlic, Yeast Extract, Thickener (Guar Gum), Herbs, Mineral Salt (509), Spices, **Contains Wheat, Egg And Soy.**

**COOKING DIRECTIONS:**

- Pour soup into a saucepan.
- Heat gently, stirring frequently until hot.
- Do not allow to boil.



**GENTLY HEAT**

**MICROWAVE DIRECTIONS:**

- Do not place can in microwave.
- Pour soup into microwave safe container, cover.
- Heat on HIGH for 2-3 minutes or until hot.
- Stir half way through heating and before serving.
- Heating times may vary depending on power of microwave.



**HEAT ON HIGH**

**SOUP'S AUSTRALIA**

81 Collins Road, Belford 4657  
® Registered Trade Mark of Soups Australia Company

**BEST BEFORE: 15/07/2011**

**CONSUMER INFORMATION:**  
Freecall (Aust) 1800 664 534  
Freecall (NZ) 0800 443 254  
Locked Bag 77, Sarnia VIC 4523 AUST  
www.soupsaustralia.com

TO MAINTAIN FRESHNESS,  
STORE IN COOL DRY PLACE

✓ No Added Preservatives  
✓ Low In Calories



3 010029 020519 >

MADE IN AUSTRALIA FROM LOCAL AND IMPORTED INGREDIENTS

# FOOD LABELLING Ingredients

Are written in order of weight from the largest to the smallest



**Ingredients:** wheat flour, rye meal, rice flour, milk solids, salt, sugar

**May contain traces of nut, egg or seed**



# FOOD LABELLING Additives

Are used:

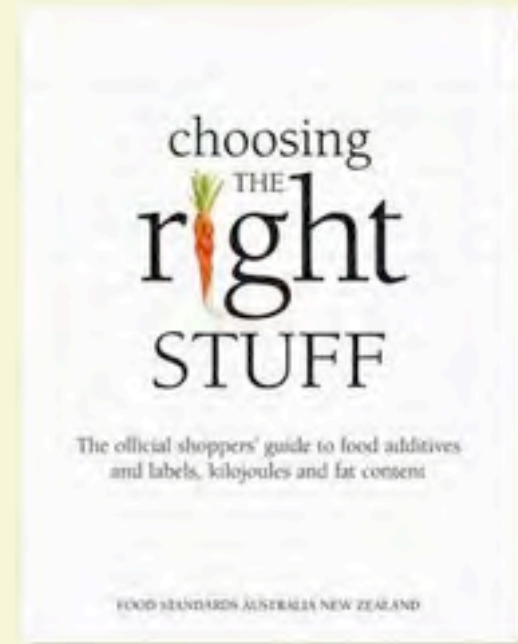
- To preserve food
- Improve 'keeping' quality
- Improve taste or appearance.

Are grouped in categories – for example:

- emulsifiers
- colourings
- Sweeteners

Are listed by name and/or number on food labels

- For example, monosodium glutamate (621)



# FOOD LABELLING

## Additives - Example



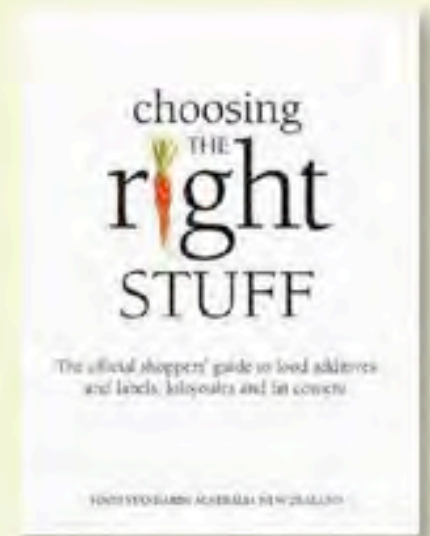
Healthy School Canteens



Activity: Food label ingredient lists  
(Workbook, pp. 8-9)



**Ingredients:** Low-fat milk, milk solids non-fat, sugar, cream (contains **milk**), strawberries (min 5%), fructose, thickener (1442), lemon juice, flavours, natural colours (120, 160b), preservative (200), live yoghurt cultures; s. Thermophilus, l. Acidophilus & bifidobacaterium.



# FOOD LABELLING

## Additives - Example



Must appear on most food packages.

Must contain information per serve and per 100g for:

- Energy (kJ)
- Protein (grams)
- Fat (grams total and saturated)
- Carbohydrate (grams) total and sugar
- Sodium (milligrams).

| NUTRITION INFORMATION   |                              |                            |
|-------------------------|------------------------------|----------------------------|
| Servings per package: 1 |                              | Average serving size: 250g |
|                         | Average quantity per Serving | Average quantity per 100g  |
| ENERGY                  | 658kJ                        | 263kJ                      |
| PROTEIN                 | 9.8g                         | 3.9g                       |
| FAT                     |                              |                            |
| – total                 | 3.5g                         | 1.4g                       |
| – saturated             | 2.3g                         | 0.9g                       |
| CARBOHYDRATE            |                              |                            |
| – sugars                | 21.3g<br>20.5g               | 8.5g<br>8.2g               |
| SODIUM                  | 160mg                        | 64mg                       |

# FOOD LABELLING

## Nutrient content claims



What claims do you look for on food packages when ordering for the school canteen?

(Workbook, p.9)

Statements about a specific nutrient in the food.

- Examples: low-fat, lite, high in fibre.

The quantity of that nutrient must appear in the NIP.

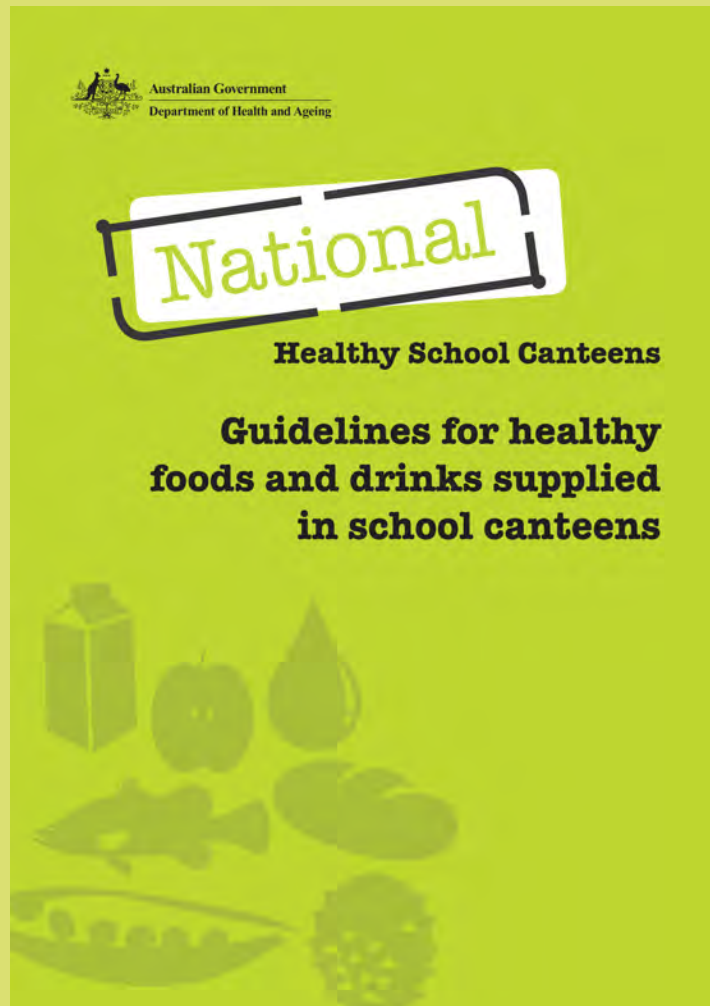
FSANZ (Food Standards Australia New Zealand) is the government body that regulates those claims – each claim has a specific meaning.

- For example, low-fat means the product contains less than 3g of fat per 100g of food or less than 1.5g of fat per 100mL of liquid.

# NATIONAL HEALTHY SCHOOL CANTEENS (NHSC)



Healthy School Canteens



## The NHSC food categorisation system

# NATIONAL HEALTHY SCHOOL CANTEENS (NHSC)



## Topics

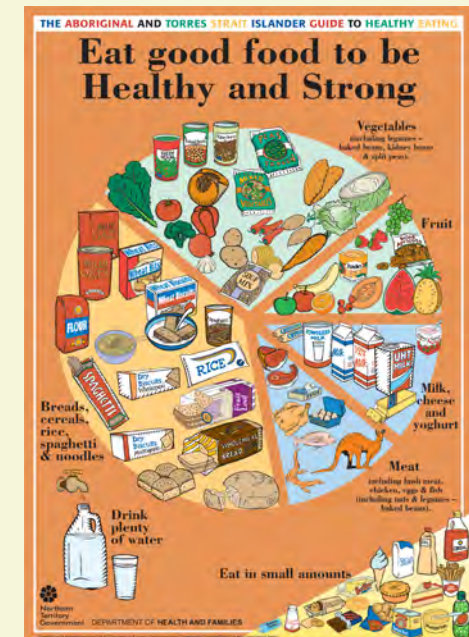
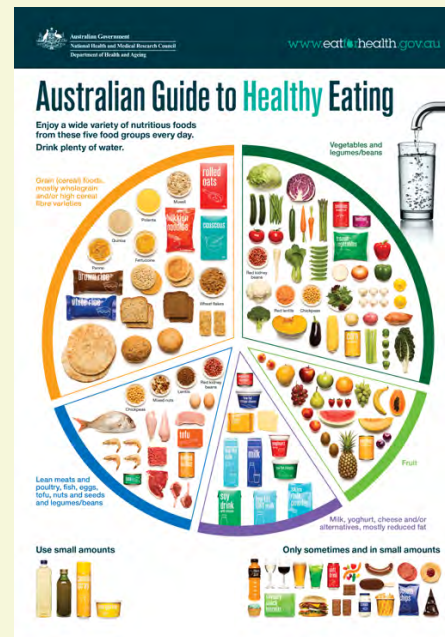
- What is the NHSC food categorisation system?
- *The 2013 Australian Dietary Guidelines*
- *The Australian Guide to Healthy Eating*
- Applying the NHSC food categorisation system

# NATIONAL HEALTHY SCHOOL CANTEENS (NHSC) Canteens Project

The food categorisation system is a 'traffic light spectrum' based on;

- *The 2013 Australian Dietary Guidelines*

- *The Australian Guide to Healthy Eating*





# ***2013 Australian Dietary Guidelines***



- Enjoy a wide variety of nutritious foods from the five food groups every day:
  - Plenty of vegetables
  - Fruit
  - Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties
  - Lean meats and poultry, fish, eggs, tofu, nuts and seeds, and legumes/beans
  - Milk, yoghurt, cheese and/or their alternatives, mostly reduced fat
- And drink plenty of water



# ***2013 Australian Dietary Guidelines***

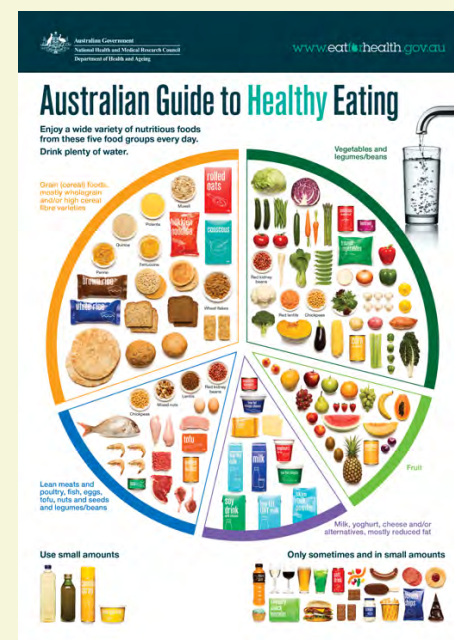
- Limit intake of foods high in saturated fat
- Limit intake of foods and drinks containing added salt
- Limit intake of foods and drinks containing added sugar



# NHSC

## *The Australian Guide to Healthy Eating*

The Australian Guide to Healthy Eating is a food selection guide which visually represents the proportion of the five food groups recommended for consumption each day.



# 2013 Australian Dietary Guidelines – recommended number of serves



The recommended serves for children are:

| Food Groups                 |             | Number of Serves |               |               |  |
|-----------------------------|-------------|------------------|---------------|---------------|--|
| Boys                        | 4 – 8 years | 9 – 11 years     | 12 – 13 years | 14 – 18 years |  |
| Vegetables                  | 4 ½         | 5                | 5 ½           | 5 ½           |  |
| Fruit                       | 1 ½         | 2                | 2             | 2             |  |
| Grain (cereal)              | 4           | 5                | 6             | 7             |  |
| Lean meats and alternatives | 1 ½         | 2 ½              | 2 ½           | 2 ½           |  |
| Dairy and alternatives      | 2           | 2 ½              | 3 ½           | 3 ½           |  |
| Girls                       | 4 – 8 years | 9 – 11 years     | 12 – 13 years | 14 – 18 years |  |
| Vegetables                  | 4 ½         | 5                | 5             | 5             |  |
| Fruit                       | 1 ½         | 2                | 2             | 2             |  |
| Grain (cereal)              | 4           | 4                | 5             | 7             |  |
| Lean meats and alternatives | 1 ½         | 2 ½              | 2 ½           | 2 ½           |  |
| Dairy and alternatives      | 1 ½         | 3                | 3 ½           | 3 ½           |  |



How many serves would the following be?  
(Workbook, p.12)

| Food Groups  | Serve Size  |
|--|---|
| <b>Vegetables – different types and colours, and legume/beans</b>                  | <ul style="list-style-type: none"> <li>• ½ cup cooked green or orange vegetables (eg broccoli, spinach, carrots or pumpkin)</li> <li>• ½ cup cooked dried or canned , peas or lentils</li> <li>• 1 cup green leafy or raw salad vegetables, ½ cup sweet corn, ½ medium potato or other starchy vegetables (sweet potato, taro or cassava), 1 medium tomato</li> </ul>   |
| <b>Fruit</b>   | <ul style="list-style-type: none"> <li>• 1 medium apple, banana, orange or pear</li> <li>• 2 small apricots, kiwi fruits or plums</li> <li>• 1 cup diced or canned fruit (no added sugar)</li> </ul>  |
| <b>Grain (cereal) foods, mostly wholegrain and/or high in fibre</b>                | <ul style="list-style-type: none"> <li>• 1 slice bread, ½ medium roll or flat bread,</li> <li>• ½ cup cooked rice, pasta, noodles, barley, buckwheat, semolina, polenta, bulgur or quinoa</li> <li>• ½ cup cooked porridge, 2/3 cup cereal flakes, ¼ cup muesli</li> <li>• 3 crispbreads, 1 crumpet, 1 small English muffin or scone</li> </ul>   |
| <b>Lean meats and poultry, fish, eggs, tofu, nuts and seeds, and legumes/beans</b> | <ul style="list-style-type: none"> <li>• 65 g cooked lean red meats such as beef, lamb, veal, pork, goat or kangaroo (about 90-100 g raw)</li> <li>• 80 g cooked lean poultry such as chicken or turkey (100 g raw)</li> <li>• 100 g cooked fish fillet (about 115g raw) or one small can of fish</li> <li>• 2 large eggs (120 g), 1 cup (150 g) cooked or canned legumes/beans such as lentils, chick peas or split peas</li> <li>• 30 g nuts*, seeds, peanut* or almond butter *or tahini or other nut or seed paste</li> </ul> |
| <b>Milk, yoghurt, cheese and/or their alternatives, mostly reduced fat</b>         | <ul style="list-style-type: none"> <li>• 1 cup (250ml) milk, ½ cup (120 ml) evaporated milk, 2 slices (40 g) hard cheese, such as cheddar</li> <li>• ½ cup (120 g) ricotta cheese</li> <li>• ¾ cup (200 g) yoghurt</li> <li>• 1 cup (250ml) soy, rice or other cereal drink with at least 100mg of added calcium per 100ml</li> </ul>   |

\*Check your school policy regarding the use of nuts and products containing nuts



How many serves would the following be?  
(Workbook, p.12)

How many serves would the following be?  
(Workbook, p.12)

**SERVE**

2 apricots

1 cup of milk

1 beef sandwich with:

• 2 slices of bread

• 1 slice of beef

• 3 slices of tomato

• 1/4 cup of cucumber and lettuce

• 2 teaspoons of margarine

**TOTAL:** \_\_\_\_\_



# NHSC

## *Food categorisation system*



Healthy School Canteens

Foods and drinks have been categorised as:





# THE GREEN CATEGORY

## ALWAYS ON THE CANTEEN MENU



Encourage and promote these foods and drinks as tasty, good value choices:

- Provide them every day
- Present as the main choice

Because they:

- Offer a wide range of nutrients
- Are generally low in saturated fats and/or added sugars and/or salt



# THE GREEN CATEGORY



Healthy School Canteens

- Breads, wholegrain breakfast cereals (without added confectionery), lower in added sugar, higher fibre
- Dairy foods: low or reduced fat milk plain and flavoured, yoghurt, and cheese
- Fruits (not dried); fresh, frozen or canned
- Vegetables (including legumes): fresh, frozen, canned



# THE GREEN CATEGORY



Healthy School Canteens

- Unprocessed lean meat and poultry, fish, eggs, nuts\*
- Rice, pasta, plain noodles
- Water, plain and nothing added
  - Tap, spring, mineral or sparkling



\* Check your school policy regarding the use of nuts and products containing nuts.

# THE AMBER CATEGORY

## SELECT CAREFULLY



Healthy School Canteens

These foods contain some nutrients but are generally higher in saturated fat, salt and added sugar

- If eaten regularly or in large amounts, foods in the **AMBER** category may contribute to excess energy being consumed
- Provide in smaller serve sizes
- “**GREEN**” these foods at every opportunity



# THE AMBER CATEGORY



Healthy School Canteens

## Some restrictions:

- Full-fat dairy foods: milk (plain and flavoured), yoghurt, custard, cheese
  - Coffee milk/soy drinks 375mL or less may be sold in secondary school
- Fruit and vegetable juice – no added sugar
  - At least 99% fruit juice, maximum 250mL serve size
- Dried fruit
  - Including 100% fruit leathers
- Ice slushies, fruit jellies – no added sugar
  - At least 99% fruit juice, maximum 200mL serve size
- Ice blocks – no added sugar
  - At least 99% fruit juice, maximum 125mL serve size
- Jam/honey/toppings/syrups
  - In small amounts



# THE AMBER CATEGORY



## Need to meet criteria:

- Lean processed meats
- Savoury pastry and bread products
- Ready-to-eat pasta/rice/noodle dishes
- Ready-to-eat hot mixed dishes
- Oven-baked potato products
- Snack food bars (breakfast bars, cereal bars, fruit filled bars)
- Some un-iced cakes, muffins, sweet biscuits
- Savoury snack foods, biscuits, crackers and crispbreads
- Low or reduced-fat ice creams, milk-based ices and dairy desserts

