**School Story**

**The Orchard at Wantirna College**

When Wantirna College redeveloped their school canteen area they wanted to create a café style area where students could sit and eat together in a space they enjoyed and respected. After consultation with students, parents and teachers they developed The Orchard, named after the orchards that were on the land before the school was built.

The Orchard is a popular and valued space that is encouraging students to eat healthy food together in a social space. [Find out more.](#)

**Resources**

**Food Revolution Day**

On Friday 15 May, Jamie Oliver will be hosting his [Food Revolution Day](#) cooking lesson, where he’ll make his Squash it sandwich. You and your students can cook along in the classroom!

Register here to download the school resource pack – filled with everything teachers need to prepare the lesson.

**Rethink Sugary Drink**

This partnership between the Heart Foundation, Diabetes Australia and Cancer Council is designed to educate Australians on making better choices when it comes to drinks. Visit the website to access great classroom resources:

- Campaign video
- Downloadable posters
- [The drink calculator](#) works out how far you would need to walk to burn off the energy consumed from sugary drinks.
- **How much sugar is in it?** – This gives you a break down of how much sugar is in popular soft drinks.

**Research**

**Associations between food and beverage groups and major diet-related chronic diseases**

Fardet & Boirie provide an interesting review of 304 pooled/meta-analyses and systematic reviews published between 1950 and 2013 that support the Australian Dietary Guidelines.

The review found:

- That plant food groups are more protective than animal food groups against diet-related chronic disease.
- Within plant food groups, grain products are more protective than fruits and vegetables.
- Among animal food groups, dairy/milk products have a neutral effect on the risk of diet-related chronic disease, while red/processed meats tend to increase the risk.
- Among beverages, tea was the most protective and soft drinks the least protective against diet-related chronic disease.

How are you progressing?

- How are you improving food literacy in your school community? You can share your story [here.](#)
- Check out Healthy Together Victoria’s [new website](#) for ideas and support materials.
- Access the Achievement Program [Coordinate](#) and [Create](#) resources.
- Do you need further support or ideas – contact us and let us know how we can help.

Email: [healthpromotion@hev.com.au](mailto:healthpromotion@hev.com.au)
Tel: 03 9642 1061
Twitter: [@HEFL_HomeEcVic](#)

---

Healthy Together Victoria, funded by the Victorian Government, is improving the health of our community.