



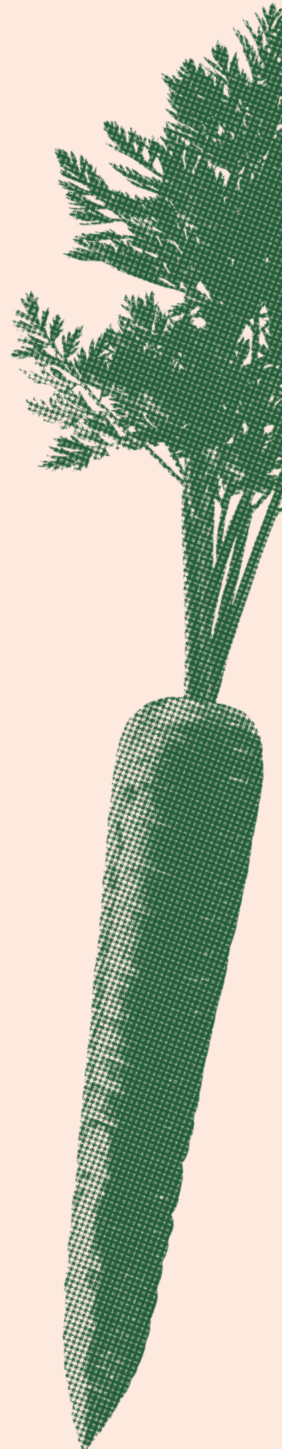
what you eat.

school celebration guide for national nutrition week.

National Nutrition Week is a great opportunity to bring students together to explore, celebrate and connect through food.

This year's Love what you eat theme encourages students to discover the many ways food can connect us to culture, community, people, places and experiences, while building their confidence and curiosity around food.

Here are some easy and inclusive ideas to help your school get involved. Aligned with the Australian Curriculum Version 9.0 - Food and wellbeing Curriculum connection, it includes curriculum-compatible activities that teachers can adapt to suit their students and year levels.



NATIONAL
NUTRITION
FOUNDATION

explore food through senses.

primary school.

Food is an experience for all our senses! Encourage students to explore food by noticing its colour, shape, smell, texture and taste.

Try a fun Mystery food detective activity where students use descriptive words to describe different foods while their classmates guess what they are. This is a great way to build food vocabulary and encourage students to notice the different sensory properties of food.

You could also explore how food changes when it is prepared or cooked, for example, how a carrot changes from crisp to soft.



see the freshSNAP lesson plan on the next page!



print the freshSNAP activity sheets on the following pages!

find more teacher resources on the [freshSNAP website!](#)

Introducing Key Messages

Learning Task One: The Science of Yum

Overview

In this learning task, students explore the different sensory properties of food through an interactive game.

Time: 2 lessons (2 x 45-60 min)

Learning objectives:

- Understand how sensory properties of food influence our food choices.
- Identify a range of words to appropriately describe the sensory properties of food.
- Explore foods that may not have been tried before, encouraging a willingness to try diverse sensory properties of food.

Lesson Plan

PART A

- Place students into groups of three. Hand out an A3 sheet of the *Foods and Our Senses* Activity Sheet to each group.
- Explain to students that they are going to create giant dice to play a game with. They will need to write and/or draw at least two food examples of each of the following categories in the corresponding boxes.
 - A food that has a crisp texture (how it feels in your mouth when you bite into it)
 - A food that has a soft texture
 - A food that has a strong smell
 - A food that is a bright colour
 - A food that has a sour taste
 - A food that has a sweet taste
- Students cut out the outline of the boxes, fold the dotted lines and paste the edges to make the 3D box/dice.
- Place students into groups of 6. Each group should have two dice per group. Rotate the dice between each group to enable students to view new foods on different dice.
- Hand out the *Sensory Vocabulary* Activity Sheet to each group.
- Students play 'Mystery Food Detective', a guessing game requiring descriptive language.
 - One student rolls both paper dice without showing their group.
 - They describe one of the foods on either dice, without saying its name, using clues like texture, smell or taste.
 - The group must guess the clue. The group that guesses the most foods by the end of an allocated timeframe (suggested 5-10 minutes to ensure each student has a turn) wins!
- On the *Sensory Vocabulary* Activity Sheet, students can write down any other descriptive words they may have heard.

- Discuss the different properties of common foods, such as texture, colour, taste, smell, change to food properties during preparation or cooking e.g., carrots go from crunchy when raw to soft when cooked, eggs go from runny to firm when poached, rice softens and swells when boiled, potatoes can be boiled to become soft and then baked to become crunchy.
- Ask students:
 - *Who prefers sweet tasting food?*
 - *Who prefers sour tasting food?*
 - *Who prefers salty tasting food?*
 - *Who prefers bitter tasting food?*
- Record votes and discuss reason for the results.
- Explain that we are born with some tastes and others happen when we are exposed to new foods.
 - *For instance, babies from early in life have a preference for sweet food because breast and formula milk is slightly sweet. They also naturally avoid bitter foods because many poisons are bitter. Scientists also know that we develop a liking for a taste if we are exposed to it regularly, so therefore, young children should be regularly exposed to a wide range of healthy and nutritious foods from an early age. This is the reason why our tastes change as we get older.*
- Ask students:
 - *Remember the foods you didn't like when you were younger and you like now?*

Resources

- *Foods and Our Senses* Activity Sheet – 1 A3 sheet per pair.
- *Sensory Vocabulary* Activity Sheet – 1 per group

Foods and our Senses

Write and/or draw at least two food examples of each of the categories in the boxes. Then, cut out the outline of the boxes, fold the dotted lines and paste the edges to make a 3D box.

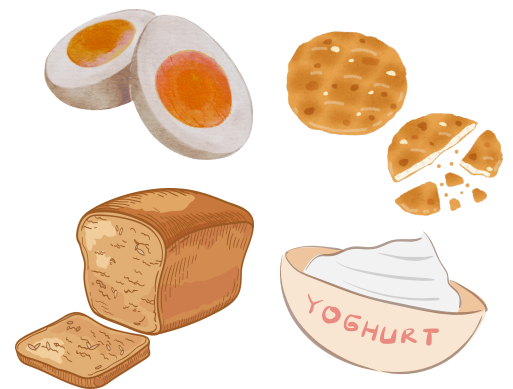


Paste

Foods with CRISP texture



Foods with SOFT texture



Paste

Foods with STRONG smell

Foods with BRIGHT colour

Paste

Foods with SWEET taste

Paste

Paste

Paste

Paste

Foods with SOUR taste



[illegible]

share a food story.

secondary school.

Food can reflect our culture, identity, family, community and personal experiences. Invite students to explore how food can be connected to their lives and the people, places and traditions that are meaningful to them.

Their food story could be about a:

- family recipe or tradition
- food connected to their culture or heritage
- food enjoyed during a cultural celebration or special occasion
- food that connects them to a particular person, place or community
- food associated with a special memory or experience
- food that has meaning within their family or community
- food they enjoy and would like to share the story behind

Students can use the My food story activity sheet to explore their chosen food and consider its connection to their culture, identity, relationships, experiences or community. They can then share their story with a partner, small group or the class, while listening to and appreciating the different experiences and perspectives of others.



**print the 'my food story' activity sheet
on the following pages!**

my food story.

Every food has a story. What's yours?

Think of a food that has a special connection, memory, tradition or story behind it.

1. What food did you choose?

Food:

Draw it or describe what it looks like.

2. Where is this food commonly found, made or produced?

3. What's the story behind it?

What makes this food meaningful, interesting or memorable to you?

4. Where does this story come from?

Think about where you first encountered this food or how you came to know about it.

my food story.

5. When do you eat or enjoy it?

6. What makes this food memorable?

Think about the things you experience when you eat it.

It looks:

It smells:

It tastes:

It feels:

It reminds me of:

7. What does this food mean to you?

8. What connections can you see between food, people and place?

Think about how food can connect people to each other, places, cultures, traditions, memories or experiences.



what's in season.

primary & secondary school.

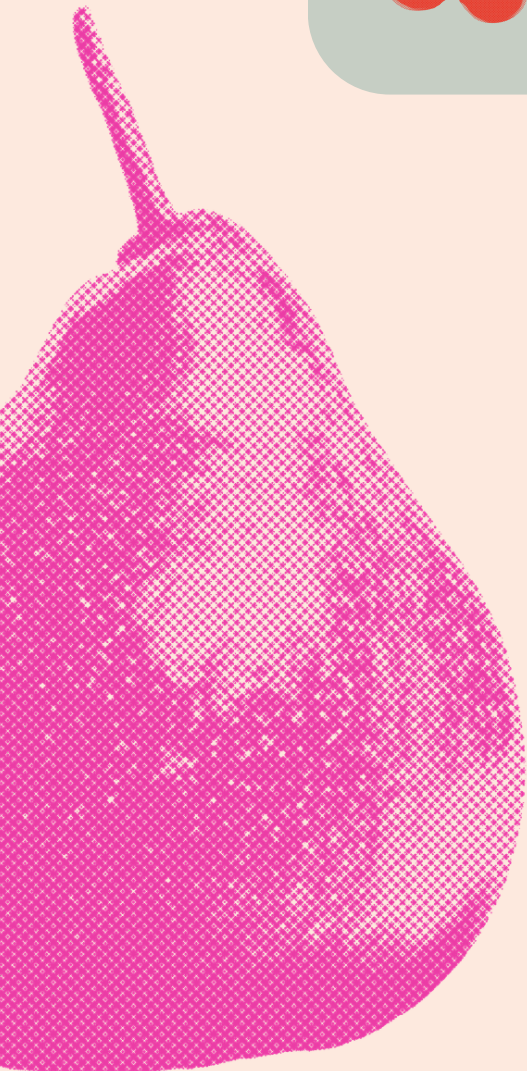
Help students discover how the foods available to us can change throughout the year.

Different fruits and vegetables grow at different times of the year. Exploring seasonal food can help students discover what grows in their local area and when different foods are available.

This activity is a simple way to connect students with local food, growing seasons and the foods produced in their community.



print the 'sort the foods' poster and activity sheet on the following pages!



seasonal fruit & veg.

Research the list of fruit and veggies below and find out when each one is in season. Write or draw each one in the correct season on the poster.

Some fruit and veggies can be in season across multiple seasons!

Add your favourite fruit and veggies, and any others you can think of.

Strawberries

Carrots

Apples

Tomatoes

Broccoli

Oranges

Mangoes

Potatoes

Spinach

Pears

Bananas

Cucumbers

what's in season.

summer.

autumn.

winter.

spring.

create a recipe book.

primary & secondary school.

Celebrate National Nutrition Week by creating a recipe book filled with the foods students and families love.

Invite students and their families to share a favourite recipe, along with the story behind it. It could be a family favourite, a recipe that has been passed down through generations, or a dish connected to a special memory, celebration, or cultural tradition.

Creating a class recipe book is a great way to celebrate the many ways food brings people together while recognising the diverse food experiences within your classroom or early childhood setting.

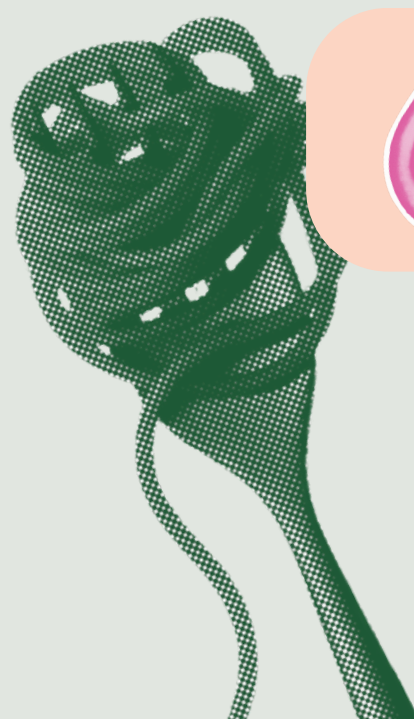
Students can also contribute by:

- Drawing a picture of their favourite meal
- Sharing why they enjoy a particular food
- Describing a food they like to prepare with their family

Compile the recipes into a digital recipe book and share it with student and families as a keepsake to enjoy long after National Nutrition Week has ended.



download our recipe template here!



make it your own.

There are lots of ways to celebrate National Nutrition Week at your school. You don't need to do everything, choose an activity that works for your students, your school and the time you have available.

keep the conversation going.

National Nutrition Week is a great opportunity to start conversations about food, connection and the experiences that make food meaningful.

Keep the conversation going beyond National Nutrition Week by giving students opportunities to share, explore and talk about the food they enjoy, the traditions they celebrate and what makes food special to them.

show us how your school is celebrating.

 @nationalnutritionfoundation

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 National Nutrition Foundation

#LoveWhatYouEatNNW
#NNW2026



what you eat.