

# EMPOWERING STUDENTS ACROSS WESTERN AUSTRALIA THROUGH HEALTHY EATING AND COOKING (2007-2022)

*Food Sensations*® for Schools, a curriculum-linked food literacy and cooking program teaches school children how to identify, choose, prepare and cook healthy food. Delivered from 2007-2022, the Program empowers students by improving their knowledge, confidence and skills to help break the cycle of food insecurity and poor nutrition.

## OUR 16 YEAR IMPACT



**41,834**  
Empowered students



**874**  
Schools

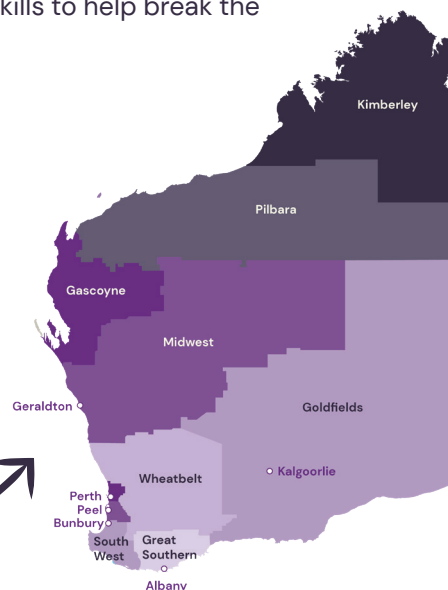


**2,027**  
Nutrition and cooking sessions



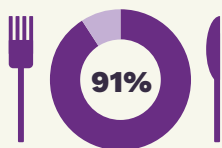
**3,500+**  
Teaching hours

Across every region of Western Australia

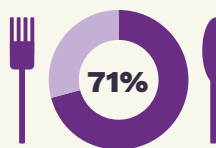


## WHY STUDENTS AND TEACHERS LOVE THIS PROGRAM

### Of students who participated



Enjoyed the session



Tasted new foods



2 out of 3 would make the recipes at home

### Teachers agreed students improved in



Food knowledge and skills  
**96%**



Positive attitudes to healthy foods  
**70%**

**98%**  
of teachers reported the program was



Source: *Food Sensations*® for Schools Program (FSS) Foodbank WA 2022 Evaluation Report, Jan 2023

## ABOUT THE PROGRAM

Our public health nutritionists deliver a fun and hands-on experience with a strong impact for kindergarten to Year 12 students and their teachers in classrooms across Western Australia. The Program also offers wider positive impacts for the whole school community and local stakeholders. The 90-120 minute sessions include interactive activities teaching key food and nutrition concepts and skills. Students then join in cooking and sharing a variety of healthy and delicious recipes. Primary school sessions incorporate our popular *Superhero Foods*® characters, developed to empower children to make healthy lifestyle choices.

## WHY IT WORKED

Our public health nutritionists are university trained professionals who use best practice, evidence-based models and information to improve food choices through nutrition education.

**Feed. Educate. Advocate.**



## WHY TEACHERS LOVE OUR PROGRAM

For the past 16 years teachers found our *Food Sensations* for Schools Program to be an incredibly valuable incursion. The curriculum-linked Program gives students the confidence to have a go at cooking and makes them more aware of the food choices they make. The pride and excitement shown by students who learned new skills and tried new foods is heart-warming evidence of the impact of our Program. Evaluation results consistently showed students improved their food knowledge, confidence and skills. Teachers were highly satisfied with our Program.



"Students from our school (with a low SES) really need this kind of education and you helped me to support the curriculum in doing this. The students loved the experience, and we really appreciate these kinds of incursions. This is a very valuable program and we hope programs like this continue!"

Teacher (2021)

"It was a fantastic hands-on, authentic experience for the children, many of whom do not have opportunities to prepare healthy foods at home. All the dishes were easy to prepare but also very tasty and visually appealing for the children."

Teacher (2020)

"The students loved it and we refer to the skills they learnt regularly. Parents have been sending in photos of their children cooking recipes from the book which is fabulous! Overall, students are more aware of healthy food choices and more confident in their ability to make good food for themselves. Thanks again for a wonderful incursion."

Teacher (2021)

## RESEARCH AND EVALUATION

Our thanks to the evaluation teams at Edith Cowan University, Curtin University and the University of WA. The ongoing evaluation of our Program resulted in widespread recognition of *Food Sensations* for Schools as an effective food literacy program for school children in both metropolitan and regional areas.

For more information please visit [foodbank.org.au/WA/nutrition-evaluation-reports](http://foodbank.org.au/WA/nutrition-evaluation-reports)

## THE FUTURE OF NUTRITION EDUCATION IN SCHOOLS

We are thankful for the long-term funding from Department of Education and Department of Primary Industries and Regional Development, and the WA Department of Health in previous years, for the opportunities and growth they have fostered in our Program.

We believe every child in Western Australia deserves to have access to healthy food and develop the important life skills taught in our Program. We are seeking alternative funding to ensure this vital Program can continue to empower children through quality education, as it has done for the last 16 years.

If you believe you or your organisation can offer support, please get in touch.



Learn more about our nutrition education at [foodbank.org.au/healthy-eating](http://foodbank.org.au/healthy-eating)  
Find Superhero Foods characters and resources at [superherofoodshq.org.au](http://superherofoodshq.org.au)  
Or email us at [info@foodbankwa.org.au](mailto:info@foodbankwa.org.au)

