

School Health Programs – Nutrition for Health

Ballarat Community Health Centre offers *Nutrition for Health* sessions to primary and secondary school students across all year levels. These learning opportunities include label reading, healthy lunchbox ideas, the healthy food pyramid, sometimes and everyday foods, facts and fallacies about food and so on.

Alternatively, Ballarat Community Health Centre can assist with other forms of support such as lesson plans, worksheets, research information, leaflets and factual information to support your school in providing nutrition education.

As research highlights the benefits of providing education in a holistic way, Ballarat Community Health provides this program together with teachers and in line with VELS outcomes. This creates a supportive teaching and learning environment that can continue to be built upon beyond Ballarat Community Health Centre's involvement.

Additionally, Ballarat Community Health provides opportunities for dietetic support for parents, students and the wider community through access to individual nutritional information, policy support, healthy canteen support and various adult programs offered throughout the year such as Healthy Weight for Women program, Healthy Weight for Men program and Cooking for One classes.

For further information or nutritional resources please also check out our website list.

Please contact Demelza on (03) 5338 4500 or by email at demelzar@bchc.org.au to register your interest in these or any other school opportunities for 2009.

Please note that Ballarat Community Health Centre staff require a minimum of four weeks notice when working in schools.

