

School Health Programs – Nutrition for Health

Ballarat Community Health 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 Australian Guide to Healthy Eating, sometimes and everyday foods, facts and fallacies about food.

Alternatively, Ballarat Community Health 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'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.

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.

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

