



REACHING OUT

Nutrition Support in Alternative
Education Centres for Challenging
Secondary Students

Overview

- What are Activity Centres?
- Needs assessment
- Lesson plans and description
- Challenges
- Results and outcomes
- What we would do differently

Alternative Education Centres: What are they?

- Where at risk secondary school students referred
- Behaviour problems
- Average 16 students at a time
- Length of stay: 1 - 4 terms
- Average age 14 - 16 years

Alternative Education Centres: How are they run?

- Director, teacher, teacher aide, volunteers
- Goal; re-integrate back to school, introduce into workforce or course at local polytech
- Teach correspondence and direct one on one
- Supported by outside agencies

Adolescent Health Research Group [AHRG] Survey

- Over 50% - family not financial enough to buy food
- 70% frequently witness violence in homes
- 50% females sexual abuse
- Over 25% high levels of depressive symptoms

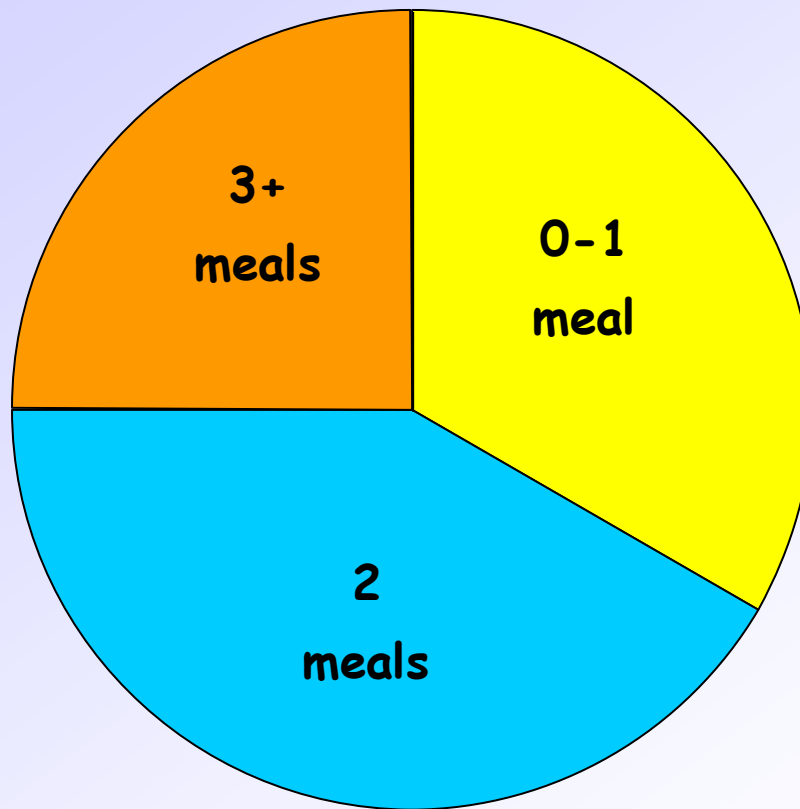
'Acceptance' is vital



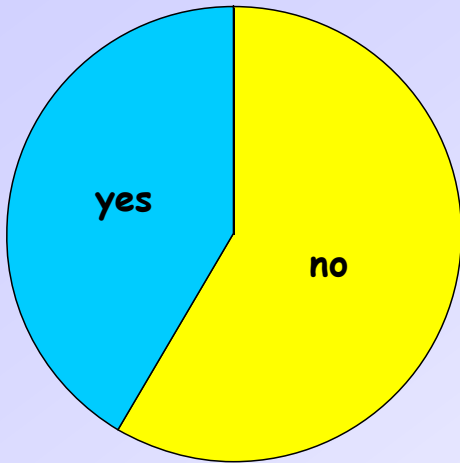
- AHRG survey: 80% of students enjoy Activity Centres and feel they are part of the school
- "Students like coming to the activity centre because, they are accepted for who they are and don't feel like we are trying to change them..."

Survey to Students

How many meals do you have per day?



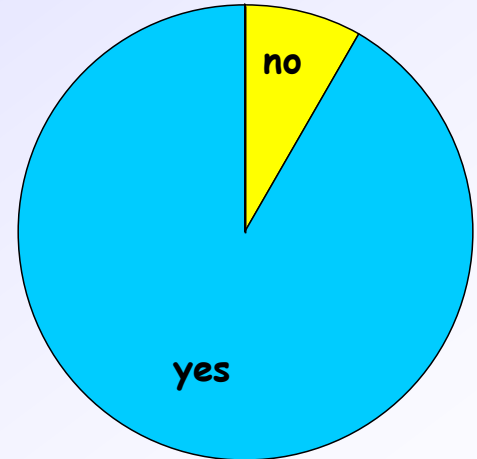
Do you have
breakfast?



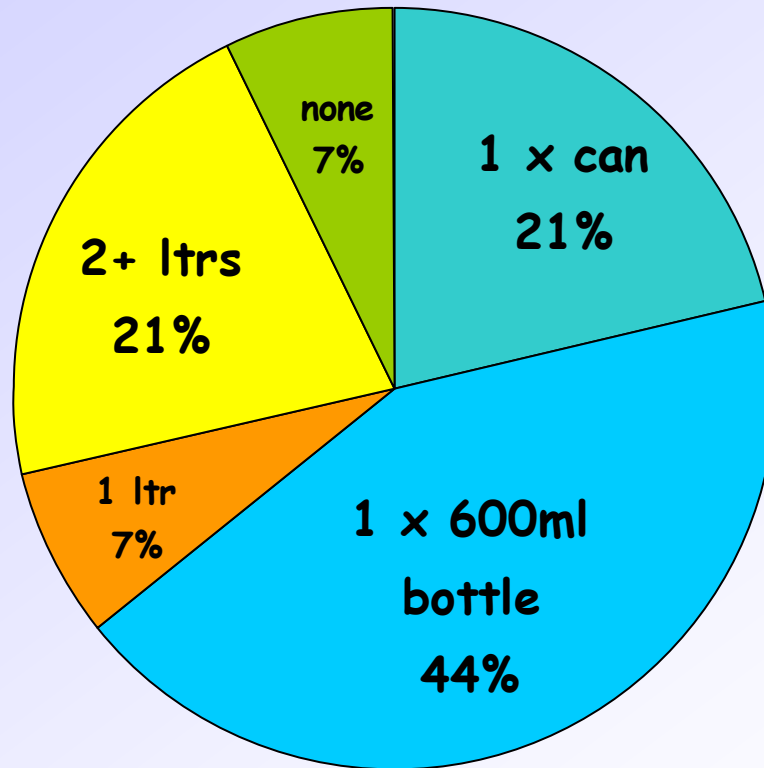
Do you have
lunch?



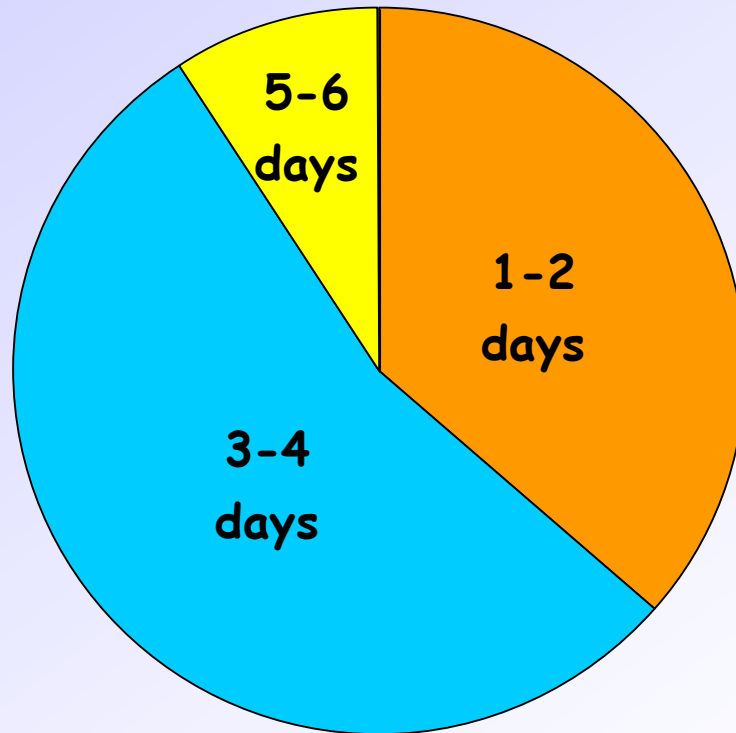
Do you have
dinner?



How much soft drink or energy drink
do you drink per day?



How many days of the week would you have
takeaway meals?



Observations

Poor eating habits contribute to:

- Lack of concentration
- Mood swings
- Increased sickness/flu and absence from school
- Longer healing time for simple cuts and abrasions
- Lifestyle diseases [obesity, diabetes etc]

Lesson Plan Example

Fats, Sugars, Quick Healthy Meals

GOALS:

1. Understand short term effect of high fat, high sugar diet
2. Take-away's and sugary drinks; learn fat/sugar amounts in these
3. How to cook quick, healthy, cheap meals

Lunch-to-go

Guidelines:

Choose a carbohydrate base

- Add some protein
- Complete with fruit or vegetables

Lunch-to-go

Carbohydrate	Protein	Fruit/ Vegetable
2 minute noodle	Ham/cooked chicken	Apple
Grain bread roll	Luncheon	Raw carrot
Hash browns	Poached egg	Tinned tomatoes
Micro-waved potato	Baked beans and cheese	Optional: kiwifruit

Cooking



- Smoothies [low fat milk, yoghurt, tinned fruit, bananas]
- Beef and vegetable stir fry
- Hamburgers
- Chicken burritos

Recipe Book

- "Cool Creative Cooking"
- Designed especially for this group



Challenges - lessons

- Short attention spans [ADHD etc.]
- Keeping students engaged
- Moody students
- As outsider; relationship building
- Responding to inappropriate/irrelevant comments

Challenges - cooking

- Lack of facilities and equipment
- Expectations not clarified
- Rely on positive comments from directors/
teachers

Feedback from sessions

Students

Session: Food Groups and Importance of Breakfast



" Well, it's not every day you get to know about foods."

Energy in Foods

Energy balance, Diabetes



"Well, it's good to know these things"
"I learnt how to make chicken burritos"

Dinner Meals

Effect of high fat on the blood vessels



" I learnt that eating a lot of fat can really effect your blood vessels."

Lessons learnt:

- Feedback obtained after each session
- Sessions had one clear focus
- Support during sessions provided by all teachers

Hutt Activity Centre: Better Eating Lunch Programme



- Students menu plan, purchase and cook meal daily
- Rotating roster

Heart Foundation Bronze Award



Summary

- Activity Centres are very challenging
- Lessons short, interactive
- Practical component important
- Supportive role