



Bite Size Nutrition Project

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Team Energize, Sport Waikato

The Goal



To facilitate the development of a student-led nutrition conference for Western Waikato Primary Schools cluster by the end of 2011.

‘Bite Size Nutrition Project’

- Four schools by the end of 2010
- Steering group helping to plan, organise, support and advise
- Met with schools to discuss how to carry out the project and to set presentation dates
- Met with students to analyse food and drink surveys

Food and Drink Survey



Funded by the WDHB

- Completed by families
- Focus on habits and trends rather than specifics
i.e. 'did' they eat breakfast rather than 'what' did they have for breakfast

Te Mata School



Topics selected by the students:

- Room 1 (year 0-2) **water**
- Room 2 (year 3 & 4) **vegetables**
- Room 3 (year 4 & 5) **snack foods**
- Room 4 (year 6-8) **breakfast**

Te Mata School



- Visited classrooms to work with students
- Held two parent nutrition policy meetings on 11 February
- Presentation day held 1 April
- 44 parents from 78 students
- Surveys to be carried out again next year to assess the success

Te Mata School Presentation

Day

All classes presented the information in plays

- Room 1 - **The importance of Water**
- Room 2 - **Stone Soup and their favourite vegetables**
- Room 3 - **'The Case of the unhealthy snack food'**
- Room 4 - **Breakfast and its importance**

Breakfast

The most important meal of the day

Which of these cereals are healthy breakfast options?

Per 100 gms of cereal:

- Sugar = less than 15 gms
- Fat = less than 10 gms
- Fibre = more than 5 gms



nutrition information

Serving Size: 30g (1.06 oz)			
Amount Per Serving			
	% Daily Value*		% Daily Value*
ENERGY	100 kJ	20%	20%
PROTEIN	5.2 g	10%	10%
FAT	0.2 g	0.4%	0.4%
SUGAR	2.2 g	4.4%	4.4%
FIBRE	4.2 g	8.4%	8.4%
SODIUM	2.7 g	5.4%	5.4%
IRON	1.2 g	2.4%	2.4%
PHOSPHORUS	1.2 g	2.4%	2.4%
POTASSIUM	121 mg	2.4%	2.4%
Calcium	236 mg	4.7%	4.7%
Thiamine	0.25 mg	5.0%	5.0%
Riboflavin	0.4 mg	8.0%	8.0%
Niacin	2.5 mg	5.0%	5.0%
Vitamin B6	0.4 mg	8.0%	8.0%
Folate	100 µg	2.5%	2.5%
Iron	2 mg	4.0%	4.0%
Magnesium	15 mg	3.0%	3.0%
Zinc	1.5 mg	3.0%	3.0%

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Nutritional Substitution Chart

Serving Size: 30g (1.06 oz), 1/2 cup	
Amount Per Serving	
	% Daily Value*
Energy (kJ)	440
Protein (g)	5.2
Fat - Total (g)	0.2
Carbohydrate - Total (g)	34.2
Sugars (g)	2.2
Fibre (g)	4.2
Sodium (mg)	270
Iron (mg)	1.2
Phosphorus (mg)	121
Calcium (mg)	236
Thiamine (Vitamin B1) (mg)	0.25
Riboflavin (Vitamin B2) (mg)	0.4
Niacin (mg)	2.5
Vitamin B6 (mg)	0.4
Folate (µg)	100
Iron (mg)	2
Magnesium (mg)	15
Zinc (mg)	1.5

NUTRITION INFORMATION

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Protein	5.2	10%	10%
Fat	0.2	0.4%	0.4%
Carbohydrate	34.2	68.4%	68.4%
Sugars	2.2	4.4%	4.4%
Fibre	4.2	8.4%	8.4%
Sodium	270	5.4%	5.4%
Potassium	121	2.4%	2.4%
Thiamine (B1)	0.25	5.0%	5.0%
Riboflavin (B2)	0.4	8.0%	8.0%
Niacin (B3)	2.5	5.0%	5.0%
Vitamin B6	0.4	8.0%	8.0%
Folate	100	2.5%	2.5%
Iron	1.5	3.0%	3.0%



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Healthy Snack Song

Healthy Snacks (yeah!)

Healthy Snacks (yeah!)

Make me want to ditch the fat!

Eat them between breakfast, lunch and tea

Healthy snacks are for me (yeah!)

Raglan Area School



- Met with syndicate staff early in term one
- Met with students the following week
- Weekly meetings with students booked in
- Presentation day originally scheduled for 27 March

Raglan Area School

Students from year 7-10, seven Whanau groups focusing on:



1. Surveying the students in this age group
2. Breakfast
3. Drinks
4. 5+ A day fruit and vegetables
5. Snack foods
6. Take away food
7. Healthy swaps

Raglan Area School



- 100% student focus, no specific lesson time
- Research has led to good observations
- Students to present on PowerPoint
- Unforeseen circumstances led to presentation date being change

Some foods you could swap.

Swap	For
Chips	Crackers, fruit
Chocolate sweets	Nuts, berries
Energy drinks	Water, milk, fresh juice
Noodles	Tuna salad, soup
Sweet cakes, cookie time	Sponge cakes, dried fruit
Mc D's, takeaways	Subway, home meals
Milo cereals	Porridge, Weetbix

Sugar content: per serve		Fat content: per serve	
Chips: less than 1g	Fruit: natural sugar/ fructose	Chips: 12.4g	Fresh fruit: fat free
Chocolate : 55% sugar	Nuts: 3g Berries: fructose	Chocolate: 14g	Berries: fructose Nuts:7g
Energy drink: 28g	Milk: natural Juice:7.2g	Energy drink: N/A	Milk: natural Juice: 1g
Noodles: 3.7g	Tuna: none Soup:18g	Noodles: 14.8	Tuna: 3g Soup: 7g
Cookie time: 37g	Sponge cake: 1g Dried fruit: fructose	Cookie time: 13g	Sponge cake: 8g Dried fruit: 1g
Cheese burger: 9g Chinese: 1g	6 inch sub :5g Roast: N/A	Cheese burger: 42g Chinese:2g	6 inch sub: 3.5g Roast: 2.2g
Milo cereals: 17g	Porridge: 13g Weetbix: 1g	Milo cereals: N/A	Porridge: 4g Weetbix: N/A

Thirdly



Stay away from the sugary cereals, syrups, pastries, and white breads because they are digested quickly and will leave you hungry and tired in a couple of hours.

Protein and fibre satisfy your hunger and will keep you feeling full until lunch time.



Any questions?



Waikato District Health Board



sportwaikato
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