

# Student food challenges

Food challenges are activities that students complete outside the classroom, usually at home. The aim of food challenges is to encourage parent discussion, involvement and positive reinforcement of their child's nutrition education in the home environment.

It is recommended that teachers invite the involvement and support of parents to assist students to complete food challenges. Each section – Lower Primary, Middle Primary and Upper Primary – contains a sample letter to parents seeking their support. This page can be photocopied onto school letterhead and sent home to parents.

Student progress towards food challenges can be recorded on individual record sheets maintained by the student and authorised by the teacher. A master copy of this record sheet is located at the end of each section. Alternatively, progress can be recorded on a class chart. On completion of a series of food challenges, teachers can award students a certificate noting their achievements. A master copy of this certificate can be found at the end of each section. Teachers may choose to limit the number of food challenges students need to perform to receive a food challenge certificate. All students should receive a certificate at the end of the program.

