

**PENZ 2025:
Nutrition for a Healthy Heart
- Activities for your
classroom**



What we'll cover

- Introductions
- How to talk about food
- Food groups activity
- Processed foods activity
- Where to find more information

How to talk about food

- Keep it neutral
- Effect on wellbeing
- Balance
- Food insecurity and food choice



The four food groups

1. Fruit and vegetables
2. Grain foods
3. Milk and milk products
4. Legumes, nuts, seeds, fish and other seafood, eggs, red meat or poultry (e.g. chicken)



Activity

In groups, place the cards under the correct headings.

Discuss how you can extend this activity for your students.

Report back to the wider group.



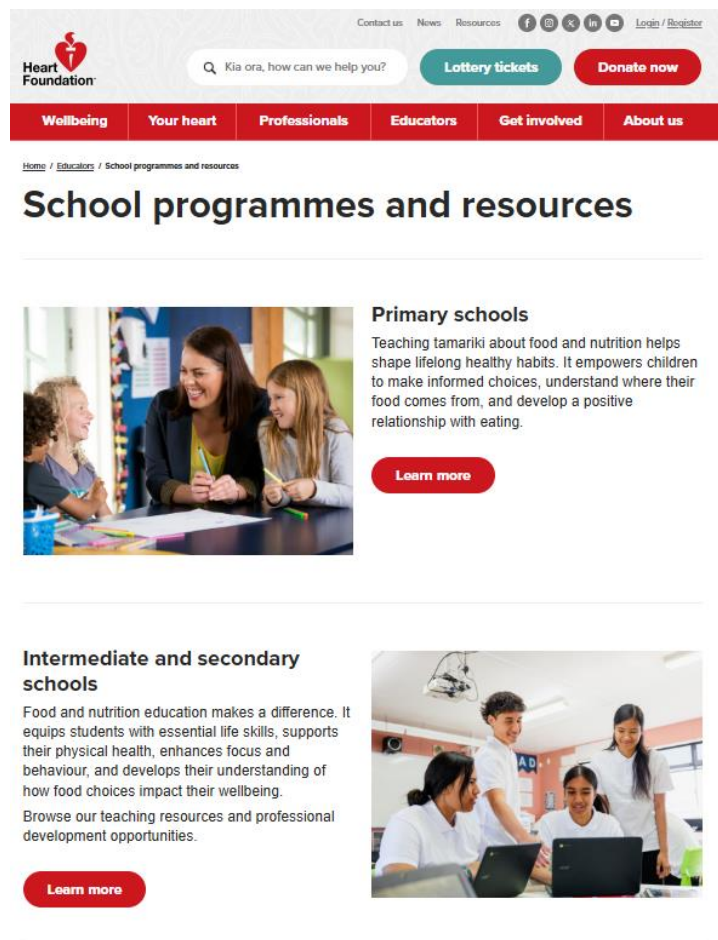
Processed foods activity

Place the cards in order of least to most processed.

How could you extend this activity for your students?

Pineapple	Canned pineapple	Dried pineapple	Pineapple juice	Pinapple lumps
				

How to find us



The screenshot shows the top navigation bar of the Heart Foundation website. It includes the logo, a search bar with the text 'Kia ora, how can we help you?', and buttons for 'Lottery tickets' and 'Donate now'. Below the navigation bar is a red menu with categories: Wellbeing, Your heart, Professionals, Educators, Get involved, and About us. The main content area is titled 'School programmes and resources' and features two sections: 'Primary schools' and 'Intermediate and secondary schools'. Each section includes a photograph of people in a classroom setting, a brief description of the program, and a 'Learn more' button.

Primary schools
Teaching tamariki about food and nutrition helps shape lifelong healthy habits. It empowers children to make informed choices, understand where their food comes from, and develop a positive relationship with eating.

Intermediate and secondary schools
Food and nutrition education makes a difference. It equips students with essential life skills, supports their physical health, enhances focus and behaviour, and develops their understanding of how food choices impact their wellbeing. Browse our teaching resources and professional development opportunities.



The graphic features a green topographic map of New Zealand. Numerous small portrait photos of nutrition advisors are scattered across the map, indicating their locations. The text 'Nutrition Advisors available to support early learning services and schools near you!' is written in red. At the bottom right, the text 'Get in touch today.' is also in red. The Heart Foundation logo is in the top right corner.

Nutrition Advisors available to support early learning services and schools near you!

Get in touch today.

Questions

