

Useful websites

For more helpful resources and information go to:

The Heart Foundation	heartfoundation.org.nz/educators#	The Heart Foundation's site provides useful information for educators such as teaching tools, recipes and nutrition training
Fuelled for Life	fuelled4life.org.nz	Provides support and resources to help schools and early learning services make better choices around nutrition
5+ A Day	www.5aday.co.nz	Information and curriculum-aligned resources around the importance of fruit and vegetables
Ministry of Education	www.tki.org.nz	Provides advice, resources and support for curriculum teaching
Health Promoting Schools	hps.tki.org.nz	Health Promoting Schools provides resources and national coordinators to support schools in their health journey.
Ministry of Health	www.health.govt.nz/our-work/eating-and-activity-guidelines/current-food-and-nutrition-guidelines	This site provides nutrition guidelines, publications and educational resources around food, nutrition and physical activity.
Physical Education New Zealand	penz.org.nz	Physical Education NZ (PENZ) – Te Ako Kori Aotearoa – is a professional not-for-profit organisation and incorporated society for people interested in promoting physical activity
HETTANZ	www.hettanz.org.nz	HETTANZ encourages learning Home Economics and Technology education. They offer many benefits including professional learning opportunities, curriculum and assessment updates, online forums, and networking events.
Toi Tangata	toitangata.co.nz	Toi Tangata is a Māori agency which develops, delivers, and champions kaupapa Māori-based approaches to health, movement, and nutrition.
Fonterra Milk for Schools	www.fonterramilkforschools.com	Fonterra Milk for Schools programme is available for all primary schools years 1-6.
Kidscan	www.kidscan.org.nz	Kidscan is a charity that helps New Zealand primary and intermediate schools to aid children with food insecurity.
Life Education Trust	www.lifeeducation.org.nz	Life Education is a charity providing primary and intermediate children with information to make informed choices about their health
Food for Thought	www.foodforthought.co.nz	Food for thought is a free nutrition education programme taught in schools for years 5-6 students.
Kids can cook kitchen	www.kidscancookkitchen.org.nz	Kids can Cook have developed specific programmes for New Zealand Kids that focus on easy to make, energy giving foods that feed the body and mind.
Rosie's Education	www.rosieseducation.co.nz	This site provides a wide range of resources for years 1-9 for teachers to create their own custom lesson plans.