

Useful websites

For more helpful resources and information go to:

Heart Foundation	heartfoundation.org.nz/educators	The Heart Foundation's site provides useful information for educators such as teaching tools, recipes and nutrition training.
5+ A Day	5aday.co.nz	Information and curriculum-aligned resources around the importance of fruit and vegetables training.
vegetables.co.nz	vegetables.co.nz	Resources that help to support the promotion of vegetables.
Ministry of Education	tki.org.nz	Provides advice, resources and support for curriculum teaching.
Manatū Hauora Ministry of Health	health.govt.nz/your-health/healthy-living/food-activity-and-sleep	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	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	fonterramilkforschools.com	Fonterra Milk for Schools programme is available for all primary schools years 1-6.
KidsCan	kidscan.org.nz	KidsCan is a charity that helps New Zealand primary and intermediate schools to aid children with food insecurity.
Life Education Trust	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	foodforthought.co.nz	Food for thought is a free nutrition education programme taught in schools for years 5-6 students.
Kids can cook kitchen	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.
Dairy NZ Schools	dairynzschools.co.nz	This site provides a wide range of resources for years 1-9 for teachers to create their own custom lesson plans.
Garden to Table	gardentotable.org.nz	Supports schools to teach tamariki about growing and preparing food.