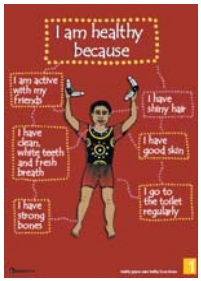
# Enhancing the capacity of Gold Coast primary schools to deliver culturally appropriate nutrition programs to their students.

## Healthy jarjums make healthy food choices

is a curriculum based resource, designed to increase awareness and knowledge of good nutrition.

It focuses on traditional and contemporary food and food related practices of Aboriginal and Torres Strait Islander cultures.



Posters from the Healthy jarjums make healthy food choices flip chart.

**Jarjums is an Aboriginal word meaning CHILDREN**

Students from Currumbin State Primary School make Apple Slinky's.

## Program reach

Six state primary schools on the Gold Coast with a 'significant' Aboriginal and Torres Strait Islander student population.

Aunty Bakoi Idagi, a Torres Strait Islander Elder from the Gold Coast, teaches the children grass weaving.

"Flexible – really good for multi-age classes – easy enough for younger years and still challenge the older years at the same time"

*Teacher – Palm Beach State School*

## 2007 Evaluation

Completed by the Gold Coast Health Service District Indigenous Health Team and the Southern Area Population Health Services' Public Health Nutrition Team

- six Gold Coast state primary schools*
- each school implemented the program in a different way
- seven Gold Coast state primary schools planning to implement in 2008
- 100 per cent of teachers who responded to the survey found the flip chart and educator manual "useful; appropriate; easy to use; relevant"

## Flexible implementation

Each school ran the program in a different way

* Although six schools implemented the program only five schools participated in the evaluation.

"Great resource – would definitely recommend it to others".

*Teacher – Palm Beach State School*

## Contacts

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