



Back to Basics for Kids

Back to Basics for Kids is one of our Country Kitchens activities designed to promote healthy eating and living through nutrition education and hands on skills with children. The program is designed to be delivered in person by you, our trained QCWA Country Kitchens facilitators in local communities. It can be delivered in schools, in partnership with external organisations or in other community settings.

How does the program run?

Facilitators and community organisations can choose to run a 4 to 8 session program over an agreed period of time. For example, you may choose to run a 4-session program every fortnight over a school term, or deliver an 8-session program over the course of a year, which equates to around 1 session per month.

The Back to Basics for Kids series is designed to teach participants all about the 5 key messages. Each session is structured to run for approximately 1.5 hours, with a 20-minute nutrition education segment and 60-minute cooking segment. The team have put together a set of resources to support each of the 8 sessions, with suggested recipes, required ingredients and a few take home items for participants. Below is the basic outline for what is covered in the 4 - 8 sessions focused on the 5 key messages:

4 Session Back to Basics for Kids Course			
Session	Key Message	Nutrition Activity	Cooking
1	Get more fruit & veg into your meals	Why are foods good for us?	Rice paper rolls
2	Check your portion size	What is a serve?	Rainbow frittata muffins
3	Cook at home	Sometimes vs everyday foods	Traffic light English muffin pizza
4	Be aware of sugar in your drinks	Sugary drinks display	Sticky date and pear muffins
8 Session Back to Basics for Kids Course			
Session	Key Message	Nutrition Activity	Cooking
1	Get more fruit & veg into your meals	Why are foods good for us?	Rice paper rolls
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5	Sit less, move more	Why do we need to be active every day?	Bean Brownie
6	Visit to a local farm/ community garden		
7	Revision Week – All 5 key messages	Revise 5 key messages and prepare for presentation to parents	Healthy sausage rolls with tomato chutney and pineapple and carrot cake
8	Presentation Week – All 5 key messages	Presentation to parents	Chicken skewers and crunchy coleslaw

How do I start a Back to Basics activity in my community?

If you are passionate about improving the health of your community through running a Country Kitchens Back to Basics program, please contact your Country Kitchens buddy today. The team can set you up with an easy to use Back to Basics kit that contains all of the lesson plans, recipes, shopping lists and resources for each session. Your CK buddy can also travel to your community to support a few sessions in person, until you feel confident to run the sessions on your own.