



Be a healthy school

EAT HEALTHILY

AN UNHEALTHY diet can increase your cancer risk, while a healthy diet can help protect against some cancers.

The Australian Dietary Guidelines provide information on food choices to keep us healthy and reduce the risk of a range of diseases, including cancer.

QUEST provides resources and strategies to assist schools to promote healthy eating. Some easy ideas that can be found on QUEST include:

- How to make a healthy lunchbox.
- How to swap unhealthy food items for healthier options.
- Healthy fundraising ideas.
- How to create a healthy tuckshop.

Enjoy a wide variety of nutritious foods from these five food groups every day:

- Plenty of vegetables of different types and colours, and legumes and beans
- Fruit
- Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties, such as breads, cereals, rice, pasta, noodles, polenta, couscous, oats, quinoa and barley
- Lean meats and poultry, fish, eggs, tofu, nuts and seeds, and legumes/beans
- Milk, yoghurt, cheese and/or their alternatives, mostly reduced fat (reduced fat milks are not suitable for children under the age of two).

TIPS

- Drink plenty of water
 - Reduce the consumption of saturated fat, added salt and added sugars.
- Reducing these by even small amounts can make us healthier (as recommended by Australian Dietary Guidelines).



YOUR school can make easy, healthy choices to reduce the risk of cancer by joining Cancer Council Queensland's free online healthy lifestyle program, QUEST at quest.org.au.

What is QUEST?

QUEST is an acronym for Quit smoking, Understand your body and get checked, Eat healthily and drink less alcohol, Stay SunSmart every day and Take time to be active. These five areas can help reduce the risk of cancer and promote good health for the short and long term.

QUEST supports schools – parents, students and staff – by providing access to a variety of resources.

Use QUEST at your school to access curriculum activities aligned with the Australian Curriculum for use in the classroom, identify innovative school project ideas for Student Councils and P&C/P&Fs to operate, or set up a healthy workplace program for staff and students.

It's as easy as identifying the health areas that are most important in your school.

QUEST also

provides an opportunity to share and celebrate your school's health and wellbeing achievements with the community.



DID YOU KNOW?

- Around 25,000 Queenslanders will be diagnosed with cancer this year, and about 8300 will die from the disease
- CHOOSE THE STAT FROM YOUR AREA FROM NOTES BELOW
- One in two Queenslanders will develop cancer in their lifetime
- 1/3 of all cancers can be prevented through healthy lifestyle choices.

CLASSROOM ACTIVITY

JOIN IN THE QUEST
Discuss as a class, foods you can include in your lunchbox to be healthy. Use the five food groups to ensure you include a healthy range.

LOOK OUT for the next edition on Tuesday, June 16 for more information about QUEST – Taking the time to be active.



WHY ARE FRUIT AND VEGETABLES IMPORTANT?

FRUIT and vegetables are low in fat and calories (kilojoules), high in fibre and contain important vitamins, minerals and antioxidants. Eating plenty of fruit and vegetables will help children grow big and strong, avoid becoming overweight or obese and may reduce the risk of developing a range of cancers long term including cancers of the mouth, throat, oesophagus, stomach, bowel and lung.

HEALTHY RECIPE

Blueberry and oat muffins

MUFFINS are a great way to include a variety of fruit and vegetables in your diet.

- 1 cup self-raising flour
- 1 cup wholemeal self-raising flour
- 1/2 cup brown sugar
- 2 eggs, lightly beaten
- 100ml olive oil
- 1 1/2 cups plain or Greek yoghurt
- 1/2 cup rolled oats
- 1 cup blueberries
- Extra oats for topping

Preheat oven to 180°C. Spray muffin tray with cooking spray or line with muffin cases. Sift flours into a bowl, stir in sugar and oats. Whisk yoghurt, eggs and oil together. Add to flour mixture and fold in the berries. Mix until just combined. Divide the mixture evenly into a muffin pan until three-quarters full. Sprinkle with extra oats. Bake for 20-25 minutes or until golden and cooked in the centre.

