



Holy Cross

Healthy Lifestyle Movement

2016



On the 20th of May, as part of promoting a healthy lifestyle, Holy Cross participated in Walk to School Day and Jamie's Food Revolution Day. We provided a healthy breakfast full of fresh fruit donated by Smithfield Local Fruit and Veg and muffins and yogurt from the Holy Cross Tuckshop. This was followed by a whole school assembly where students, staff and parents went for a walk around the school and were then treated with an investigation into the sugar content in cereals and a healthy breakfast cooking demonstration. There was plenty of student involvement and a live video feed so the audience was able to have a firsthand view of the action.

After all the excitement we launched the Holy Cross Healthy Chef Competition as part of Jamie's Food Revolution Day, giving students the opportunity to show off their culinary skills, explore healthy eating options and win some great prizes! Jamie's Food Revolution is about inspiring real, meaningful, positive change in the way our children access, consume and understand food.



"Good food education enables people everywhere to develop a better, more understanding and balanced relationship with food, in turn empowering them to make responsible, healthy, sustainable food choices, for life. With better food education, people can make better choices with what is available to them"

[\(http://www.jamiesfoodrevolution.org/\)](http://www.jamiesfoodrevolution.org/)



On the 6th of June we were presented with 30 Nutri-licious dishes from chia puddings to slow cooked curries. We were overwhelmed by the positive response from the students especially in their way of thinking outside the box to create tasty dishes low in sugar and salt, and full of nutrients. Our judging panel had the envious task of tasting the dishes and scoring them on presentation, taste and nutrition. After indulging in seconds and thirds the judges chose 6 finalists...

Steve Norris – Watermelon Fruit Cake
Charleigh Whitehouse – Fresh Sushi
Ty Cummins – Mini Quiche
Layla Burt – Curry, Naan Bread and Yogurt
Maui Carpenter-Reed – Coconut Chai Chia Pudding
Riley Jackson – Quinoa Muffins



This term our finalists will go spoon to spoon in a cook off, putting their own spin on one of Jamie Oliver's recipes. From there we will decide a winner and they will receive a \$100 Voucher from L'Unicos and a tour of their commercial kitchen.



Stay tuned for the results and follow-up events!