

Actions carried out to support ‘**Fundraising in the school community**’ are highlighted in bold in the student’s response.

Student 4: High Achieved

NZQA Intended for teacher use only

Experts have said that children do not make healthy choices when exposed to the healthy and unhealthy food choices in school canteens today; **our class's main goal was to educate the children of our local School about healthy eating and choosing the healthy options for fundraising in the schools as this supports what the children learn in the health curriculum at the primary school. The reason for our class to be participating and contributing to this is to support healthy eating and also to help the school to show that there are healthy ways into fundraising for money.** We wanted to use the whole school community i.e.: children, parents, teachers so that they can also become educated about healthy eating as that is the message we are trying to get across and even the board of trustees as it would help them to learn what healthy eating is, how to fundraise using healthy food and then to realise what they can change in the schools canteen. **The value of collective action is to follow up on what we have done and tried to achieve and how we have done this by involving ourselves and being role models and yet helping them to decide for themselves to change their eating habits and try get the school to support the children in the change of eating habits. We wanted active participation from the student,** we did that by the **amazing race** which was a fun knowledge based activity and then to reinforce what they learnt in the amazing race they had to **cook a burger and make a healthy choices.**

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The first day was held at our school. The amazing race seemed to be a huge success with minimal problems occurring during it. Barriers we came up with were: **Time is a major issue in more than one aspect as it is very hard for both schools to agree on a day and time that these activities can take place as there are many other schooling matters such as exams and sports days which would take priority.** It also was a barrier as they were going to be **arriving early and we needed to have each stall set up and ready as soon as they arrived leaving enough time for the other Home Economics class to undergo their activities.** We also thought a barrier would be that **each stall would take a different amount of time so some of the children may have finished and become bored and not interested in finishing of the rest of the race.** Therefore we overcame the barrier of time by successfully **agreeing on a date that suited both schools although we missed out on other classes it was a sacrifice we had to make and catch up later on. We also got our first period of class off that day in order for all the prepping to be done like cutting fruit as if it was done the day before then it could have gone brown, and that as soon as the school arrived we were ready. To overcome the barrier of different timed stalls the leader of each group made questions and put them on cue cards so that if the group was to finish early then they could answer some question for some bonus points,** all of these **questions were to do with healthy food** and to increase their knowledge such as "name 4 vegetables that grow in the ground." Another barrier was where to hold this race as we needed a large area so considered the field but we also needed electricity available so therefore overcame this barrier by having **the race in the gym which turned out to be perfect with plenty of space for all the stalls plus easy access to outside area for the goo and relay stalls.** Another barrier was the fact that **healthy food is very expensive although we weren't in need of that many food items what we did need was mainly fruits and veggies that were out of season** so added to the cost which needed to be minimal as the students did not pay to attend this day. We overcame this by getting absolute **minimal amount of fruit and were sure to use it sparingly; the fruit was also bought from a fruit and vegetable market as opposed to a supermarket which would be far more expensive.**

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Enablers to the day were that the children would have been excited to be leaving their school and coming to compete in an amazing race which truly showed as the children were very energetic but listened to all of our instructions and worked very well as a class. After our amazing race the senior class set off to the foods room to partake in a master chef class where they would make a burger of their own. The class chose a burger because "it is a fun, enjoyable meal that children love." It also is associated with fast food so the class wanted to prove that they could show them a healthier and tastier alternative to the burgers they would purchase from fast food restaurants. The class set out a wide variety of ingredients for the class to pick and put in their burger including unhealthy options such as high fat mayonnaise and low fat mayonnaise. This gave the students an opportunity to make the right decision when it came to food choice and meant that they would have to read the packaging to see what option was better. This master chef session proved to be a very successful activity where all students participated and could use their own ideas and share them with class mates in order to produce the best possible burger.

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The next day was held at the primary school and the whole school was involved rather than just the senior class. Whilst the children were playing the games another group were making burgers for the whole school. We set up tables where each student and teacher would walk along the line picking which ingredients they wanted in their burger. We only presented them with the healthy mayonnaise and healthy tomato sauce to prove that it is the healthier option and "children do not always have the maturity and cognitive development to make the healthiest food choices." When a student picked vegetables to go in their burger they were praised by our class to show they had made the right decisions, however when a student asked for minimal vegetables we encourage them to have more vegetables. This meant that all students had lots of vegetables in their burgers and they did eat them. We also made fruit kebabs with different yoghurt dips for the children to eat after their burger. This station proved to be successful where we got through every student and teacher in perfect amount of time. **The fruit kebabs** were a hit as by simply cutting up fruit and putting it on a stick makes children so much keener to eat fruit as it adds a quirky factor and there is more than one fruit rather than eating a whole apple. Barriers to this day were minimal as we had learnt from mistakes made on the previous day. We had plenty of food and timing was perfect as once the activities were over the burgers were ready. Enablers were the attitudes of the students to learn and try new things. They were very keen to help us cut up vegetables and fruit and liked to share things with us about what they had learnt.

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On the day we were able to make a profit from the food as we sold the burger and the kebab as a sort of a combo deal for only \$5.00, we then worked out that it had cost us only \$2.46 to make the combo so from the cost we were able to make a 50% profit or \$2.54. We received a thank you letter from the school Principal who said "A tidy profit was made, which will be put towards the purchase of new library books." so this showed the school that it could make a profit from selling healthy food. The parents weren't present on the second day as we were hoping to influence them and educate them, even though there is a **recipe book** which would link all our work and our activity days together, the barriers would be, would they use it and would their children pass on the education from the days to their parents, as the parents do the fundraising for the school and also help out in the canteen, how many of them would give up their time as it took our class hours to shop, prepare and cook. However the principal also stated in his letter "Our parent group will now be looking seriously at replacing some of our existing canteen items with new, healthier options" so we can be hopeful that some change may occur.

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