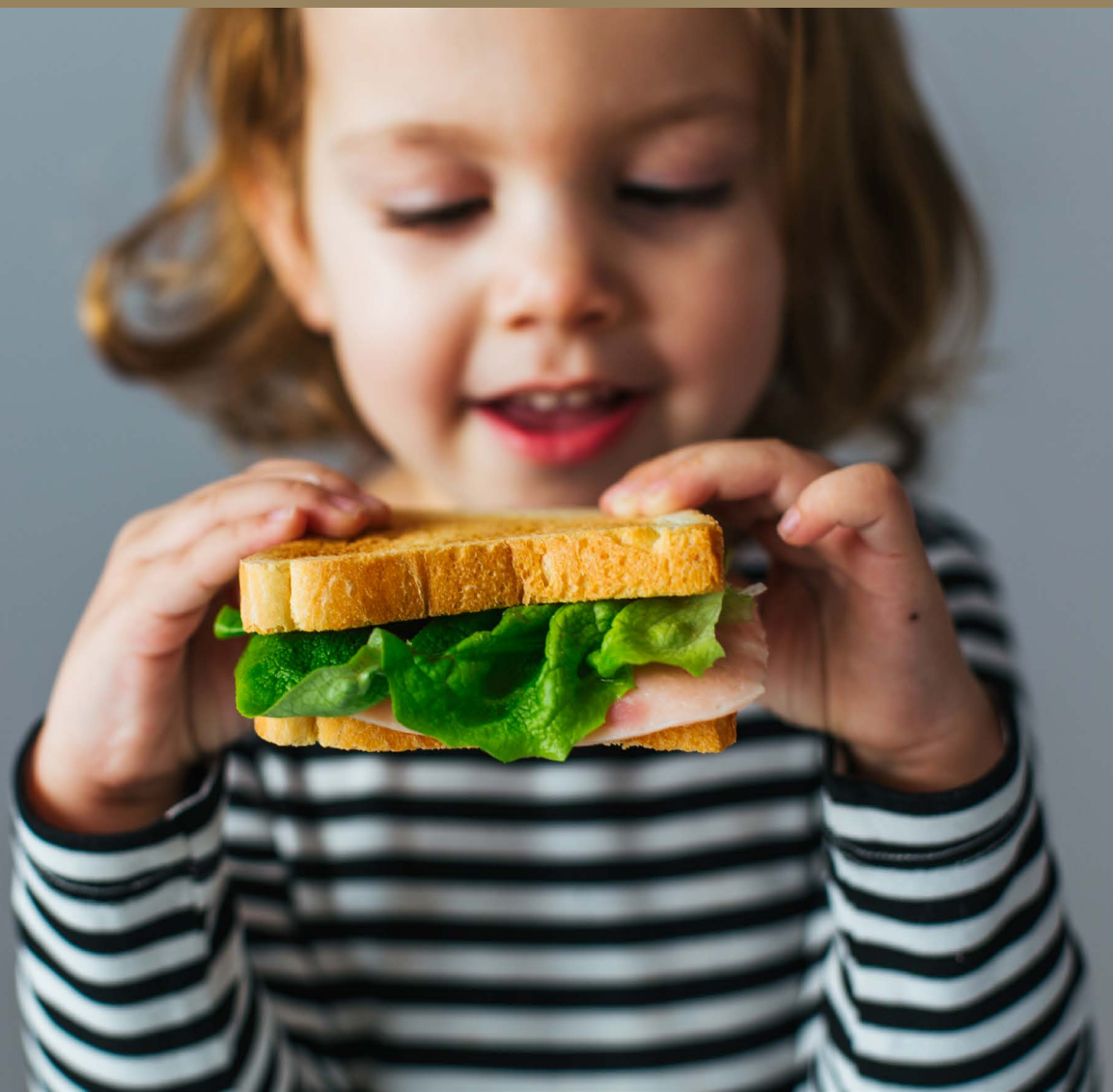




# COMPASS GROUP FACT SHEETS ON OUR VALUE ADD TO THE MOE SCHOOL LUNCHES PROGRAMME



# ABC

## HEALTHIER LIVES EDUCATION PROGRAMME

The six Healthier Lives Modules:

HEALTHIER LIVES  
**BALANCE**



HEALTHIER LIVES  
**FIT FOOD**



HEALTHIER FOOD  
**INVESTIGATING  
INGREDIENTS**



HEALTHIER FUTURES  
**FUTURE FOOD**



HEALTHIER FOOD  
**GLOBAL FLAVOURS**



HEALTHIER FUTURES  
**MY YOUNG MIND**



We promised at the start of this program that we would deliver a value add education module to the students. We've been delivering this throughout the year and will continue to deliver this ongoing. This Healthier Lives Program is delivered by our ambassadors of food, our Executive Chef and Master Chef NZ Winner Brett McGregor and Education Sector, Culinary Development Lead, Juan Antonio Pons-Seres De Brauwer. These two chefs have designed six food education modules which will continue to be conducted at your school until completion of the program. This 'Healthier Lives' education program is designed not only to educate but inspire young minds a healthy approach to eating and preparing food and how it fuels your body for an active day! This program drives engagement and invaluable knowledge the children can take with them as they grow up to inspire healthier eating habits in the long term. Our team have also held a number of parent evenings to help foster the engagement of the whole family unit in what the students are eating each day. These sessions were beneficial and saw mum and dad learn something new too!

- 1. BALANCE: NURTURING THE NEXT GENERATION OF FOODIES**  
Understanding the Eat Well Guide and how to find hidden sugars and fats and what it does to your body!
- 2. ENERGISE WITH FIT FOOD**  
Learning about energy and how can we fuel our bodies by being a food detective!
- 3. THE FUTURE OF FOOD & PACKAGING**  
What do we know about plastic and the environment and how can we help?
- 4. GLOBAL FLAVOURS - TASTE THE WORLD**  
Discovering cuisines from all over the world and take the students on a culinary food journey!
- 5. INVESTIGATING INGREDIENTS - EAT WELL GUIDE**  
Investigating ingredients learning about food make up including starches, carbohydrates, dairy, good fats VS bad fats etc. All whilst taking a food journey with a very hungry caterpillar!
- 6. MY YOUNG MIND - LISTEN TO YOUR GUT**  
Addresses mental health by linking the brain cravings with the gut and the digestive system and discussing how food makes you feel. Wait, was that a poo chart?!





COMPASS GROUP DELIVERING OUTSTANDING  
HEALTHY AND NUTRITIOUS SCHOOL LUNCHES

