



MEAT

Healthy jarjums make
healthy food choices

FRUIT

BREAD

MILK

CEREALS

DAIRY PRODUCTS



Queensland
Government

2011

Healthy jarjums make healthy food choices

This curriculum resource embeds Aboriginal and Torres Strait Islander perspectives in the early years by incorporating the cultural practices of Aboriginal and Torres Strait Islander peoples into the Health and Physical Education key learning area. It was developed in Brisbane and meets the Queensland Studies Authority's Health and Physical Education core learning outcomes to increase the awareness and knowledge about good nutrition.

Healthy Jarjums is intended to be used once with classes at some stage during the early years (Prep to Year 3). The program focuses on traditional and contemporary food and food-related practices of Aboriginal and Torres Strait Islander cultures, with learning outcomes in nutrition, food practices, food safety and personal hygiene.

While the resource can also be used with mainstream classes, it aims to be inclusive of Aboriginal and Torres Strait Islander students, prompting the uniqueness and appreciation of cultural values to all children in the school community. It is a resource that can be used by schools in partnership with members of their local Aboriginal and Torres Strait Islander community to foster relationships, and build on the processes of reconciliation and 'Closing the Gap' in Health and Education.

Healthy Jarjums was first developed by an Aboriginal primary school teacher and a nutritionist in 1999. Evaluation in 2002 showed that pupils' nutrition knowledge and preferences for 'everyday' foods increased. Evaluation on the Gold Coast in 2007 showed that the resources are flexible enough to be used in a variety of different ways and that teachers found them very helpful and the program very enjoyable. This edition was revised in 2010 to align with curriculum developments.

The program includes:

- a teaching manual filled with activities, handouts, 4 flexible lesson plans, and resources about nutrition, food hygiene, food safety and bush tucker
- Aboriginal and Torres Strait Islander cultural awareness of Indigenous values, customs, language and food-related practices
- 11 flip charts (594 x 420mm), brightly coloured, laminated and bound – great for class activities.

Acknowledgements

Healthy jarjums make healthy food choices school nutrition program (Edition 3) was written by Julie Rogers and Katherine Cullerton, Indigenous Health Program, QEII Hospital Health Service District, Queensland Health and Simone Lowson, Southern Public Health Unit Network, Queensland Health

Updated in 2010 by Wendy Foley, Inala Indigenous Health Service

Original artwork by Julie Rogers

Jarjums and Julie Rogers

Julie Rogers is a Woppabura woman from Great Keppel Island in Queensland. Julie grew up in Brisbane and completed a Bachelor of Arts and a Graduate Diploma of Teaching. When Julie was growing up, the word 'jarjums' was widely used by Julie's family and friends to mean children. It is for this reason that 'jarjums' has been used in the title of this resource.

Manual design and formatting by VC Graphics

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This manual includes adaptations from: *The Food Star* by Sally Burt and Shelley Woodrow, and *Food for fun and health*, Northern Territory Department of Education, 1996.

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