



# FOODBANK WA SUPERHERO FOODS

A fun way to teach nutrition

*"THE SUPERHERO RESOURCES ARE WONDERFUL, RELEVANT AND ENGAGING FOR ALL AGES."* Teacher, 2018

Foodbank WA has been fighting hunger since 1994. Today we source and distribute enough food to provide **6.1 million meals to over 480 registered charities.**

Foodbank WA's School Breakfast Program provides an additional 2.5 million serves of breakfast to over 450 schools throughout the state. Foodbank WA also delivers a range of nutrition education and healthy eating programs that promote healthy eating and cooking amongst vulnerable children and adults.

Foodbank WA's unique Superhero Foods initiative supports the WA Curriculum; Health and Physical Education and makes teaching and learning about food and nutrition fun.

## Superhero Foods Resources

There are over 100 resources available to choose from including:

- Lesson plans for K-10, including the Achievement Standards for each year level
- Recipe booklets - quick, easy, tasty and healthy!
- Breakfast placements - can be used in the classroom too!
- Collector/game cards - fun & educational and great for student incentives
- Storybooks - 'Joe's Epic Adventure' and 'Let's Eat'
- Newsletter inserts, posters, clip art and much more...

Free and easy to access at:  
[www.superherofoodshq.org.au](http://www.superherofoodshq.org.au)



## Background

Foodbank WA's Superhero Foods initiative adds the "KaPow" to food literacy education. The initiative aims to increase the dietary intake of WA school aged children in accordance with National Dietary Guidelines and encompasses a suite of free nutrition resources that support schools and health professionals to deliver and promote nutrition to children. The success of Superhero Foods is underpinned by a commitment to innovation, ethical practice, collaboration and health equity.

The Superhero Foods concept is built around the innovative approach of using cartoon characters to promote healthy eating. This approach enables Superhero Foods to present evidence based research in a fun and engaging way. All key messaging is linked to the National Dietary Guidelines and recipes adhere to the WA Schools Healthy Food and Drink Policy. The Health Promoting Schools Framework has also been considered in resource development to help support a comprehensive, holistic and whole school community approach.

## Everyday Foods are Superhero Foods

There are 36 fun and quirky Everyday Food characters that transform into their Superhero Food alias. Each of the five food groups are represented including:

- Vegetables
- Fruit
- Milk, yoghurt, cheese
- Lean meat and alternatives
- Grains (cereal foods)



## Zombie Foods

Zombie Foods portray foods and drinks that high in sugar, salt and fat. These "discretionary or extra foods", contain low levels of essential nutrients and are energy dense. If chosen should only be eaten sometimes and in small amounts.

## Children Characters

A number of children characters promote healthy eating and cooking messages.



There is also a range of Superhero Foods characters that promote healthy choices for children living in regional and remote areas which include bush foods.

## Superhero Foods key messages:

1. Choose Superhero Foods
2. Choose water
3. Everyday Foods are Superhero Foods in disguise
4. Eat Superhero Foods for a healthy body and strong mind
5. Eat like a rainbow...Choose lots of colourful fruits and vegetables
6. Choose Water - Zombie drinks are loaded with sugar
7. Wash your hands before eating or cooking
8. Eat a healthy breakfast every day.
9. Cook at home to make yummy, healthy meals for you & your family



**CHOOSE  
SUPERHERO  
FOODS!**

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