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## HETTANZ June Editorial- Fresh Made

Healthier food and drink choices in New Zealand schools and Early Childhood Education Services will now be even easier with the launch of Fresh Made, an exciting new category of fuelled4life, providing nutrient guidelines for non-packaged foods.

The Heart Foundation Food and Beverage Classification Systems Manager Sally Hughes says, "Fuelled4life was created to inspire schools and Early Childhood Education Services (ECE) to provide tasty, nutritious food and to encourage the food industry to produce and supply healthier foods and beverages that appeal to young people."

Working on a simple rating system, fuelled4life classifies the foods children commonly consume as 'everyday' or 'sometimes' food according to their nutrient profile. For example bottle plain water is classified as 'everyday' and fruit juice is recommended as a 'sometimes' beverage. Participating food companies have to submit their products to the Heart Foundation analysis and if approved, foods are then classified in one of the two categories.

Fuelled4life launched its classification system for packaged food products last year and is now used in 2617 schools and early childhood education centres.

Ms Hughes says Fresh Made is an important step towards creating healthier learners as many schools use local food suppliers, such as cafes, bakeries and takeaways to provide meals for students. Online school lunch ordering systems are becoming more and more popular among students and parents and as a consequence, have a large impact on child health and nutrition.

"It's often challenging for busy canteens and caterers to get the right balance of taste and nutrition while still being affordable. We've launched the new guidelines to support school canteens and other local food suppliers in making foods they prepare healthier," says Sally.

Heart Foundation Food Industry Team Nutritionist Kai Hong Tan says Fresh Made introduces the fuelled4life criteria to the foodservice businesses such as those who supply lunch to schools, without compromising their taste of the food and profit margins.

"Fresh made is aimed to meet both the customer and the providers, with the aim that the children like the healthy food options and business continues to grow", says Kai Hong.

"If a school or ECE want to ensure their fresh made food either prepared by themselves or from a catering company is of a high nutrient value, Fresh Made have a compliance programme to ensure the food consistently meets the criteria," says Ms Tan.

Ms Tan comments how Fresh Made will help teachers, parents and students to identify and choose the healthy options on the menu at the school or the local food outlet.

"If your school or ECE want nutritional advice on how to improve the food being served for meals or snacks or at the tuckshop or canteen, the Heart Foundations Fresh Made team is here to help."

For more information please contact Sally Hughes on 09 526 8425 or email [sallyh@heartfoundation.org.nz](mailto:sallyh@heartfoundation.org.nz) or look on the website <http://www.fuelled4life.org.nz/fresh-made-food>



Congratulations to Nicola Potts St Patricks Silverstream Upper Hutt on her presentation to delegates at the 2013 ANA conference. It is affirming to have a Home Economics teacher presenting at such an event and showcasing the value and importance of Home Economics education in Aotearoa New Zealand. Nicola spoke on Tuition for Nutrition Cognition and what has been achieved in her five years of teaching boys across all levels at St Patricks. She also highlighted the important role of Mission On funding and other initiatives in the delivery of Home Economics Education. Nicola's presentation showed the value and academic prowess of Home Economics in contemporary education; eliciting admiration from those present. Thanks Nicola.

# Presidents report—Adrienne Reeves

## President's comment term 2



Welcome to the term two newsletter. This term is a busy term for HETTANZ and the executive look forward to meeting many members at the 2013 AGM in Dunedin.

The AGM was held in Cambridge last year; and Christchurch in 2011. The last HETTANZ conference in Dunedin was in 1992 and so it is timely to have the 2013 AGM in Dunedin. Members are urged to support this AGM – the program has been set to start later in the morning to allow sufficient time for members to drive up from Southland; across from Central Otago, and down from South Canterbury. If you are driving to Dunedin for the AGM please bring some other members with you.

The professional development program is rich in contextual learning and we are very fortunate for teachers of NCEA to have both Cheryl Pym and Rachael Dixon presenting. Please ask your schools to support you in attending this day; there is no teacher relief making it cost effective professional development for schools.

The Christchurch renewal plan and the announcements earlier in June indicate to the nation as a whole that the face of education in New Zealand is set for change. Technology and Home Economics teachers are amongst those most highly affected and HETTANZ recognises the anxiety that many of our Canterbury members will be facing.

TESAC conference, October 2013 Register now if you haven't already done so. The program was sent to all schools in week one of this term. There is something in the program for everyone and some delegates are likely to choose workshops targeting other specialist areas within Technology Education – which is absolutely fine. The conference definitely has a Home Economics strand in it and has an impressive and broad set of workshops and visits for teachers in the intermediate sector. Wellington High School is the venue which has kept the registration cost at \$350.00. Delegates do need to organise their own accommodation. I stay at the Comfort Hotel in Cuba Street when in Wellington; if you are looking for something a bit more luxurious then there is the Quality Hotel – next door in the same building! [www.cqwellington.com](http://www.cqwellington.com)

Register at [www.trcc.org.nz](http://www.trcc.org.nz)

t news Reminder that HETTANZ has a page in every edition; plus this year there is a 'conference page'. All HETTANZ members should be taking time to read t news.

Kind regards and all the best for the remainder of term two,

Adrienne Reeves

President HETTANZ

TESAC conference convenor

### **NORTHERN SOUTH ISLAND REGION REPORT - Aileen Walker**

The Christchurch branch held their AGM at Hagley Community College on the 21st March. We have a committee with a Secretary and Treasurer but we are still looking for a Chairperson to lead us for 2013. After this meeting we had the pleasure of farewell retiring members and thank them for their time and contribution they have given to our Branch. Rachel Dixon ran a workshop in May on Health Promotion – From theory to practical. It was aimed at enhancing teachers understanding of the theoretical aspects of students Health Promotion learning experiences in Senior Home Economic courses. Rachel's workshops are always full of great ideas and opportunities for networking. It was well attended and very helpful. We are having a mid-winter Christmas dinner on Friday 28th June at 6pm at the Halswell Vicarage. We are combining this to farewell Martin James and Rachael Kearns in appreciation for their long standing contribution given to our Branch. We are also organising a workshop with Cheryl Pynn on level 2 and 3 Textile Technology with a main focus on level 3. Details will be confirmed shortly. The South Canterbury Branch held their AGM on 21st March at Mountain View High School. Fran Nimo also presented a sustainability workshop.

### **HETTANZ AGM DUNEDIN 22 JUNE**

Please support your association by attending the AGM in Dunedin on Saturday 22/6 at Technique Restaurant at Otago Polytechnic starting at 11 am After the AGM we will be served lunch by the Bachelor of Culinary Arts Students before the workshops begin at 1.30 pm

#### **Workshops**

Cheryl Pym, Rachel Dixon, Kevin Gilbert (Bread Baking) or sign up for the Fashion and Design Tour includes visits to Tamsin Cooper, Moodie Tuesday and Architecture Van Brandenburg.

**REGISTER NOW.**

# Regional Round Up

## Central Region Report—Sarah Wirth

Wellington HETTANZ had an amazing AGM at the Le Cordon Bleu 10 April 2013. For afternoon tea followed by a tour of Le Cordon bleu.

### Wellington HETTANZ

Chairperson Julie Clement (Wellington Girls College), Secretary Nan Walden (Hutt Valley High School). Treasurer Christine England (Chilton St James) Committee - Heather Pointon (Avalon Intermediate) Sue Hannaway (Onslow College), Zoe Hainge (Onslow College), Julie Clement (Wellington Girls College), Bernadette Coup (Naenae College),

A big thank you to Shirley Wilson who has stepped down from Treasurer and all her exceptional work.

**TARANAKI HETTANZ** had their AGM on the 10th APRIL 2013 at New Plymouth Girls' High School Where they got to view the new Foods Rooms and Textiles Technology Room.

Spotswood College have kindly volunteered to run Taranaki HETTANZ with Jocelyn as Chairperson and Katy as Secretary Treasurer. A big thanks to Colleen Horne and Karilyn Findlay for all their fantastic years of service.



Some of the Tasty treat served to the Wellington members on their visit to Le Cordon bleu.

## Northern Region Report—Sandra Milliken

As another term whizzes by I wonder when the fast pace that we are all expected to work at will slow down. Every teacher I talk to is always so busy, overworked and underpaid. Thank you to those of you who find the time to support the committee with all that they achieve for us. Since the last newsletter the Auckland branch has organised three functions for its members. The Auckland AGM was held on the 19th March, at the AUT in town. It was followed by a tour of the textile labs and a demonstration of some of the amazing projects that the students produce in the labs. After our tour some members opted to go out for an informal dinner, just to chat and catch up, this was a really pleasant evening for all. The second event was to be held at Albany Senior high, unpacking some more standards.

Unfortunately this had to be cancelled due to lack of interest, I think it was just bad timing for everyone. On Tuesday 4th June we visited a company Kendall Engraving suppliers in Greenlane, who import laser cutting machines into New Zealand. We had an excellent turnout with 32 people registered to attend. The afternoon tea provided by the Papatoetoe Hospitality students was well received and the demonstration was fascinating. Steve the owner showed us many examples of work produced by the lasers and from students in schools.

## Northern Region Report—Continued

This will be my last regional rep report as I am standing down. I have thoroughly enjoyed my time on executive, making many new friends and learning so much more about our subject. Thank you to everyone who has supported me in this role.

Regards

Sandra Milliken

Kristin School

smilliken@kristin.school.nz

Participant watch the printer in action



Southland Boys High School Culinary Team who competed at the Southern Light Regional Salon Culinaire in Cromwell bringing home 2 Silver Medals, 7 Bronze Medals which also included 2 1st places.

**Southern South Island Region Report—Scott Richardson.** The heat has been on in the Southern South Island region even though it has been getting colder. With us preparing to host the National AGM and Workshops on Saturday 22nd of June at the Otago Polytechnic Technique Restaurant. Holding our AGM's and a host of events over the past 3 months. The 21st of March saw me host 60 year 6 students from Waihopai School to a session on feeding your family which included me giving a demonstration and tasting of homemade Naan Bread and Pumpkin Hummus to celebrate World Home Economics Day. The 14th of April saw me host the ILT Southland Secondary Schools Cooking Competitions with over 100 entries from schools in Southland including some entries from Queens High School in Dunedin. The event was also supported by corporate member Southern Hospitality who provided the 1st place prizes as well as judges coming from New Zealand Chefs Association members and local industry chefs. The 11th May then saw the staging of the 15th Southern Light Regional Salon Culinaire in Cromwell at the Otago Polytechnic. With over 200 entries from industry and the tertiary sector there were also students from Queens High School in Dunedin and Southland Boys High School in Invercargill. On a local level the Invercargill branch hosted a session with local Cheese Producer Blue River Dairy including their Sheep's Milk Ice Cream (look out for a sample of their Cheese in your AGM Goodie Bag). So don't forget to get your registration in for the AGM. We look forward to seeing you there.

## HETTANZ BOOK OFFER

In Hop Skip Jump by Fiona Dalton, author of the hugely-popular blog of the same name, shows us how to make gorgeous soft toys using natural and repurposed materials. There's a raft of fun characters to sew, including Arnold the penguin, Doris the sausage dog and Harriet the tortoise. They're all beautifully designed; inspired by the handcrafted toys of yesteryear but with some modern twists. Only \$37.00 plus \$3.00 P&P Please email orders to [mailto:Treasurer@hettanz.org.nz](mailto:mailto:Treasurer@hettanz.org.nz)



## vegetables.co.nz

Vegetables New Zealand (VNZ) established [vegetables.co.nz](http://vegetables.co.nz) to promote fresh New Zealand grown vegetables. VNZ is affiliated to Horticulture New Zealand. Their website is [www.vegetables.co.nz](http://www.vegetables.co.nz). Similarly, Potatoes NZ has a strategy to educate and inform consumers about New Zealand grown potatoes. Their website is [www.potatoes.co.nz](http://www.potatoes.co.nz). The websites have information about fresh New Zealand grown vegetables; from storage, selection, availability, and nutritional value to cooking tips and recipes. There are 250 seasonal recipes and a great range of downloadable resources, including the image bank. HETTANZ members can register for the image bank which is a huge gallery of free high-res vegetable related images ideal for reproduction. Both sites have a great resources, including posters for the classroom and leaflets to assist you to inspire your students to prepare, cook, eat and enjoy our fantastic New Zealand produce. Contact for [vegetables.co.nz](http://vegetables.co.nz) Pip Duncan; [pip@foodadvisory.co.nz](mailto:pip@foodadvisory.co.nz) Contact for Potatoes NZ is Glenda Gourley; [gourley@xtra.co.nz](mailto:gourley@xtra.co.nz)



## Recent Article in the New Zealand Herald.

### Fat NZ: Health crisis looming - experts

By Martin Johnston

*Obesity increases a person's risk of developing type 2 diabetes, high blood pressure and heart disease. New Zealand adults are on average the second heaviest among 50 countries, a health list reveals - prompting warnings of a looming medical crisis for some Kiwis.*

*The average Kiwi was estimated to weigh 81.3kg last year, lighter only than the average American, who weighed 82.7kg.*

*The weight list was compiled by the Bloomberg news service using data from the World Health Organisation, the OECD and a survey funded by the US Agency for International Development.*

*It does not include any Pacific countries, where rates of obesity are up to more than twice those of many Western nations.*

*In separate statistics, Bloomberg recorded New Zealand women as the sixth heaviest in the world at an average 74.6kg, and Kiwi men as 8th heaviest at 88.54kg.*

*Despite its Pacific gap, the list has reinforced alarm among some public health experts about New Zealand's increasing rate of obesity. It has also surprised Maori Party co-leader Tariana Turia, who has had a struggle with her weight.*

*"I have travelled and seen obesity worldwide ... I wouldn't have thought [New Zealand] would be second in the world," said Mrs Turia, who lost 35kg after she paid to have obesity surgery in 2009.*

*Obesity increases a person's risk of developing type 2 diabetes, high blood pressure and heart disease. Professor Don Matheson, of the Centre for Public Health Research at Massey University and a former Ministry of Health deputy director-general, said Pacific Island health systems were becoming overwhelmed by type 2 diabetes and its complications, such as kidney failure.*

*New Zealand was heading for the same sort of crisis "for some populations", he said.*

*Ethnic groups in New Zealand have widely differing rates of obesity. The Pacific group has the highest rate, at 62 per cent of adults, Maori are at 44 per cent, European and "others" 26 per cent and Asian 16 per cent.*

*The obesity rate is also much higher (40 per cent) among people living in the most deprived areas than among people in the least deprived localities (23 per cent).*

*Otago University senior research fellow Dr Rachael McLean said having to deal with the complications of type 2 diabetes, such as limb amputations, blindness and renal dialysis, had "huge consequences" for the health system.*

*She urged the Government to adopt community and school-based activity and nutrition schemes. The Government focus for new nutrition programmes is on mothers and babies.*

*It is also spending more than \$10 million extra in the coming financial year on more screening for diabetes and cardiovascular disease, and on providing more "green prescriptions", in which GPs and nurses encourage patients to get more exercise and improve their diet.*

*Bloomberg rankings*

*The rankings are skewed by the absence of Pacific nations.*

*In Nauru, 79 per cent of adults are obese, says the World Health Organisation data. The adult obesity rate in Kiribati is 51 per cent, in French Polynesia, 41 per cent and in American Samoa, 75 per cent. The US rate, measured in 2006, was 34 per cent.*

*The latest New Zealand rate, in the 2011/12 health survey, was 28 per cent.*

By Martin Johnston Email [Martin](mailto:Martin)

**New Kenwood HETTANZ school resource plus a fantastic offer!**

**HETTANZ and Kenwood have joined forces to produce a 'Single and Multi-Function Equipment' school resource for Year 10 students working in the Home Economics, Health and Physical Education curriculums with a fantastic school offer.**



#### **SCHOOL OFFER:**

**Buy 50 Kenwood 'Single and Multi-Function Equipment' school resources @ \$12 plus GST each and receive a FREE Kenwood KMM330 Kitchen Machine worth \$629RRP for your classroom!**

#### **Dunedin Branch AGM.**

I had the opportunity to attend their AGM back in March held at the redeveloped Toitū Early Settlers Museum. After the meeting we were given a tour of some of the redevelopment especially around the areas of textiles and food technology. With Dunedin having a long history especially in the areas of food production, technology development and even early food television it was great to see this displayed. Scott Richardson



#### **WORLD HOME ECONOMICS DAY 2013**

Catering Teacher at Southland Boys High Scott Richardson has built a strong relationship with Waihopai School a Year 1– 6 school which is situated on the Boys High Boundary. Scott annually brings the Year 6 pupils across to the school to not only celebrate World Home Economics Day but to have the hands on experience of Cooking.

The idea was to show how cooking can be fun and exciting but also instilling in the students a community responsibility to what food is, from many factors including sustainability, environmental factors and the impact of technology to name a few. This year saw the pupils learn about poverty and how we can feed ourselves by using simple ingredients with Scott showing the students how to make Naan Bread and Pumpkin Hummus. The 60 students enjoys the demonstration and Tasting but are looking forward to coming back at the end of the year when they will have the opportunity to engage in some hands on cooking by make some Christmas treats.

The image and article appeared in the Southland Times Community Newspaper the Eye.

#### **WEBSITE OF INTEREST:**

<http://www.nutritionexplorations.org/kids.php>

<http://www.nourishinteractive.com/kids/5-food-group-games>

<http://nutritionforkids.com/kidactivities.htm>



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