

Parental Guidance Recommended



DVD

Childhood Eating Habits Last a Lifetime was produced in 2002. The DVD provides a good summary of the PGR program.

It is important to note that some of the information is not up to date. When showing the DVD please discuss with the group the information that is not up to date. For example:

- The WA Government, through the Department of Education and Training, has set policy and standards for the provision of healthy food and drink choices in public schools. The standards are based on a traffic light system:
 - GREEN - fill the menu
 - AMBER - select carefully
 - RED - off the menu.

For more information refer to Workshop A, page 34.

- We have modified the guidelines about what to look for on a nutrition information panel. For more information refer to Workshop A, page 18.

If you have any questions contact the PGR Project Officer.