



# health watch

Nutrition editor Nicole Senior shares news and tips to improve your health

## Intake away

Less than a quarter of Aussie kids eat enough vegetables, but a Thai research program has found cartoons, tasting parties and junior cooking classes can help. The eight-week kindergarten program used multimedia and teacher role-modelling, and involved planting seeds and cooking vegetable soup. After completing the program the children doubled their vegie intake from two to four serves a day, and also ate a wider variety.



Junior chefs are vegie lovers!

## mythbusting

**Myth:** You can't get food poisoning from 'low-risk' foods such as fruits and vegetables

**Fact:** Fruits and vegetables can cause illness if not handled correctly. E-coli has been found in green onions, salmonella in spinach and orange juice, and listeria in pre-packed vegetables and salads. Stay safe and well by handling all foods with care. Go to [www.foodsafety.asn.au](http://www.foodsafety.asn.au) and turn to p90 for our top food safety tips.



**@Zoe\_figureate** To be 100% certain you're making a healthy lunch choice, prepare your own food. You could save \$3,000 a year!

From Twitter. You can follow *Super Food Ideas* at [www.Twitter.com/superfoodideas](http://www.Twitter.com/superfoodideas) and Nicole at [www.Twitter.com/NicoleMSenior](http://www.Twitter.com/NicoleMSenior)

## ecoating Mug's game

Love a take-away coffee? Reduce landfill from the estimated 1 billion take-away cups we toss each year (most of which cannot be recycled) by carrying a reusable cup. Your friendly barista will love you more if you have one that fits nicely under their espresso machine. Check out the reusable cups at [www.keepcup.com.au](http://www.keepcup.com.au) or [www.hookturnindustries.com.au](http://www.hookturnindustries.com.au)



Snacks can be a dieter's downfall. Dietitian Amanda Clarke has produced *Your Portion Perfection Healthy Snack Bible*, a handy guide to the kilojoule counts of everyday and occasional snack foods. It's available at bookshops (RRP\$7.95) and at [www.greatideas.net.au](http://www.greatideas.net.au)

## February what's on

**20 Donate Life Week**  
Learn the facts about organ donation, make your choice and register at [www.donatelife.gov.au](http://www.donatelife.gov.au)

**23 Ovarian Cancer Awareness Month**  
Buy a teal ribbon or host an 'afternoon teal' or 'high teal' this month to raise much-needed funds.

**25 Sunnies For Sight Day**  
Don sunglasses to raise funds for the 670 million people worldwide who need affordable glasses and eye care. Go to [www.sunniesforsight.org](http://www.sunniesforsight.org)

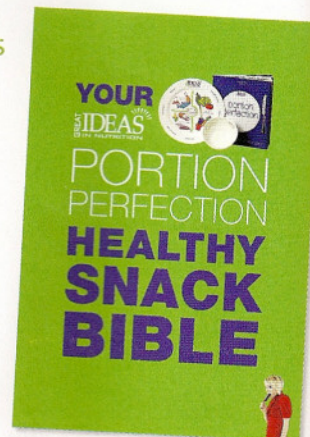


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