

# Food and wellbeing: Health and Physical Education

## Health and Physical Education

Food and nutrition is one of the focus areas in the Health and Physical Education (HPE) curriculum and includes developing knowledge, understanding and skills that will support students to make healthier choices. Students learn about food and nutrition by exploring the influences on these choices and developing skills to access and assess nutritional information to support healthy choices. In HPE, students learn about different stages of life and take increasing responsibility for their own growth and development by exploring and learning how to manage the many factors that influence their identities. They also develop a practical understanding of how connections to friends, family, other people, culture and society influence what we eat and drink.