

IDEAS FOR HEALTHY EATING



Healthy eating activities aim to:

- Increase fruit and vegetables (remember Go For 2 & 5!)
- Increase water in place of other less healthy drink choices
- Increase healthy food choices across school environment
- Promote healthy eating message
- Decrease unhealthy food choices (see RED category of the Right Bite Spectrum).

Some ideas and activities to use in your school:

- Maths lunch day – Eg. Food from home in mathematical shapes, numbers, clocks etc
- Students keep a sleep and healthy breakfast diary—collect data
- Promote healthy menu 'special days' at school canteen
- Providing fruit platters for classes
- Students provide healthy foods for a sporting event or plan a healthy fundraising activity
- Students plan and prepare for catering a healthy event for parents, students, teachers
- Plan lessons on healthy foods for students to plan, cook, prepare and consume a healthy meal
- Lessons about the Right Bite Healthy Food Supply Strategy followed by students assessing canteen or other food supply in school
- Organise a tour to a local market to purchase fresh, healthy ingredients to cook back at school



Note: This is PE week! Active children need plenty of fluids. This is a great opportunity to encourage water as the main drink. Sweet drinks such as cordial, soft drink and sports drinks are not needed for a healthy diet and are not recommended.

The more fruit and
vegies you eat,
the more they'll eat.



REVIEW OF HEALTHY EATING WEBSITES

For healthy eating and nutrition information and ideas for recipes, lesson plans, gardening, cooking ideas and more go to:

Go for 2 & 5 (click on state campaign info for SA campaign)- www.gofor2and5.com.au/

Includes great recipe ideas and tips, projects and programs, how much fruit and vegetables adults and children need, clarification of what a serve is, what is happening in and around the state and activities for children.

Crunch and Sip (click on submit your application for link to SA) - www.crunchandsip.com.au/default.aspx

A great program that encourages the whole school to have a set break to eat fruit and vegetables, and drink water. Learn about how to become a Crunch and Sip school.

Right Bite - Eat Well SA <http://www.decs.sa.gov.au/eatwellsa/pages/eatwell/>

This is a strategy that assists South Australian schools and preschools to select food and drink to promote healthy eating. Includes information for canteen staff, school and preschool leaders, healthy food ideas for parents, children and students and FAQs.

Healthy Active www.healthyactive.gov.au/

This website provides a range of information and initiatives on healthy eating, regular physical activity and overweight and obesity to assist all Australians to lead healthy and active lives.

Heart Foundation Website

www.heartfoundation.org.au/Pages/default.aspx

Includes various health information, recipes, reading food labels, exercise programs, indigenous health, resources and mental health.

Health Promotion Branch-SA Health, SA Gov.

<http://www.health.sa.gov.au/pehs/health-promotion.htm>

Information about healthy weight, mental health, nutrition, physical activity guidelines, research and links to other health websites.



Healthy Kids Website (NSW) - www.healthykids.nsw.gov.au/

Good food habits, nutrition in schools and daily physical activity - if your child has these, they're on the way to a healthy life. A great website which caters mainly to three user groups - kids and teens, parents and carers, as well as school and childcare teachers.

Fresh For Kids - www.freshforkids.com.au

The 'Fresh for Kids' Program primarily targets school age children and its main objective is to increase fruit and vegetable consumption by children in this age group. Its second objective is to promote a healthy lifestyle that incorporates regular activity teamed with a diet rich in fresh fruit and vegetables.

Smart Moves - Qld

<http://education.qld.gov.au/schools/healthy/physical-activity-programs.html>

A physical activity website that includes daily physical activity guides for schools with tips on sun safety and healthy eating strategies for your school.

The Human Race - SA www.human-race.org

Contains information about walking (including list of trails), local activities, exercises (including exercise diaries), resources and links to other sites.

1 Seven - www.1seven.com.au

The 1 Seven program aims to communicate a simple, but important message: encourage children (5-12 years old) to participate in at least one hour of moderate to vigorous physical activity and eat seven serves of fruit and vegetables (5 serves of vegetables and 2 fruit) every day. Lots of great ideas and activities for teachers, students and parents.

School Canteens - www.schoolcanteens.org.au

A great website which promotes the provision of healthy foods to children, influence food choices within families and school communities and encourage the celebration of food eating together.

Community Gardening Kit - www.communitygarden.org.au

A resource for those planning to start a community garden.

Kitchen Garden Foundation

www.kitchengardenfoundation.org.au Stephanie Alexander's Kitchen Garden Program which aims to positively influence children's food choices in ways that have not been tried before.

Register on page 6 if you are holding healthy eating activities and support materials will be sent to you for *be active* Physical Education Week!!

Tried & Tested Ideas for Healthy Eating Activities



- Shared healthy recess with buddy class
 - Cook off with the Home Economics Faculty
 - Fruit Kebabs
 - Compile a healthy eating Cook Book
- Worksheets about healthy eating
 - House theme points for fruit in lunchbox and water on desk
 - Raising money and awareness for Juvenile diabetes
 - 'Crunch and Sip' program
 - Waste free lunch (no wrappers)
 - Whole school picnic with a focus on healthy eating
 - Introduce the Australian Healthy Eating Guide and Go for 2&5 - stickers, leaflets, posters around the school
 - Healthy canteen food
 - Fruit platters at recess to share
 - Research food labels and what foods are actually good for you
 - Students plan a healthy camp or excursion menu
 - Hold a 'No wrapper' day - Minimises junk foods such as potato chips etc. as foods have to be wrapped in paper & lunch boxes



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More Tried & Tested Ideas for Healthy Eating Activities

- Make your own smoothie
- Fruit & Veg 'tasting party' incorporating unusual products kids may have not tried
- Include healthy tips in school bulletin
- Design a healthy lunch box (keep a diary)
- Sell bottled water in the canteen



- Make fruit salad and healthy pizzas to sell in the canteen or a stall
- Ask for donations from shops / supermarkets of fresh produce to enable a whole school morning tea
- Focus on healthy dinners students can make
- Grow a vegie garden, including lots of interesting herbs etc.
- Organise an active excursion to the local markets or supermarket to look at the variety of fresh and healthy ingredients
- Healthy breakfast before school
- Hold a physical activity and nutrition expo
- Stop for a Fruit snack at 10am
- Fruit juice stalls

