

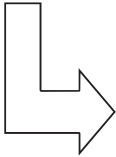


# IDEAS FOR HEALTHY EATING



## 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:

- Themed healthy lunch days –eg. bring a healthy food from home
- Class activity around Healthy Snacks
- Plant a veggie garden at school or at home
- Students keep a sleep and healthy breakfast diary
- Healthy lunchbox activity – students keep record for the week
- Promote healthy menu 'special days' at school canteen
- Have a fruit and water snack at recess every day
- Visit a supermarket or fruit and vegetable shop and students buy produce on a budget
- Plan lessons on healthy foods then students plan, cook, prepare and consume healthy meal
- Providing fruit platters for classes
- Students plan and prepare for catering a healthy event for parents, students, teachers
- Hold a 'No wrapper' days - Minimises junk foods such as potato chips etc. as foods have to be wrapped in paper & lunch boxes
- Plan lesson on reading labels to encourage healthy eating - then students plan and pack their own lunch
- Students plan a healthy camp or excursion menu
- Students provide healthy foods for a sporting event
- Plan a healthy fundraising activity
- Lessons about the Right Bite Healthy Food Supply Strategy and students assess canteen or other food supply in 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.*

## Spring to life with Fruit and Veg!

September - November

Spring is a time of renewal and a great time to improve your diet! A key aim for most South Australians is to eat more fruit and vegetables, to Go for 2 fruit and 5 veg every day.

Go for produce that is in season. It usually provides better value for money and tastes better than produce that is not in season.

Take action this Spring. Enjoy fresh fruit and veg.

<p><b>FRUIT:</b></p> <p><b>Apples</b> Bananas Blueberries <b>Cherries</b> <b>Cumquats</b> Dates <b>Grapefruit</b> Honey Dew Kiwi Fruit <b>Lemons</b> <b>Limes</b> <b>Mangoes</b> <b>Nashis</b></p>	<p><b>Oranges</b> Pawpaw Papaya Passionfruit <b>Pears</b> Pineapple <b>Rhubarb</b> Starfruit Strawberries <b>Tamarillos</b> <b>Tangelos</b> Watermelons</p>	<p><b>VEGETABLES:</b></p> <p><b>Artichokes</b> Asparagus Avocado Beans <b>Beetroot</b> <b>Bok Choy</b> <b>Broccoli</b> Brussels Sprouts Cabbage <b>Capsicums</b> <b>Carrots</b> <b>Cauliflower</b> <b>Celeriac</b> <b>Celery</b> <b>Chicory</b></p>	<p><b>Cucumbers</b> <b>Eggplant</b> Fennel <b>Horseradish</b> <b>Leeks</b> <b>Lettuce</b> <b>Lobok</b> <b>Mushrooms</b> Okra <b>Onions</b> <b>Parsnips</b> <b>Peas</b> <b>Potatoes</b> <b>Pumpkins</b> <b>Radish</b></p>	<p><b>Salsify</b> Shallot Bulbs <b>Shallots</b> <b>Silverbeet</b> <b>Spinach</b> Squash <b>Swedes</b> Sweet Corn Sweet Potatoes Taro <b>Tomatoes</b> <b>Turnip</b> Witlof <b>Zucchini</b></p>
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\* Bold represents SA grown

An Australian Government, State and Territory Health Initiative

Government of South Australia  
SA Health

# 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/](http://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](http://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** [www.decs.sa.gov.au/rightbite](http://www.decs.sa.gov.au/rightbite)

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/](http://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](http://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-Department of Health, SA Gov.** [www.dh.sa.gov.au/pehs/branches/health-promotion/hp-healthy-weight.htm](http://www.dh.sa.gov.au/pehs/branches/health-promotion/hp-healthy-weight.htm) - Information about healthy weight, mental health, nutrition, physical activity guidelines, research and links to other health websites.

## **Victorian Government Health Information**

[www.health.vic.gov.au/nutrition/child\\_nutrition/fv\\_resources.htm](http://www.health.vic.gov.au/nutrition/child_nutrition/fv_resources.htm)  
Provides professional development ideas for teachers and Fruit + Veg Kids in the Kitchen Teachers' Manual.



## **Healthy Kids Website (NSW) -** [www.healthykids.nsw.gov.au/](http://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](http://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.



## **Active-Ate - QLD**

[www.education.qld.gov.au/schools/healthy/active-ate](http://www.education.qld.gov.au/schools/healthy/active-ate)

A nutrition and physical activity website with various activities for all school levels with good lesson activities to download.

## **The Human Race - SA** [www.human-race.org](http://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](http://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](http://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](http://www.communitygarden.org.au)

A resource for those planning to start a community garden.

## **Kitchen Garden Foundation**

[www.kitchengardenfoundation.org.au](http://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

- Hold a physical activity and nutrition expo
- Have cooking sessions

### Students make fruit **Smoothies** to be sold in the canteen



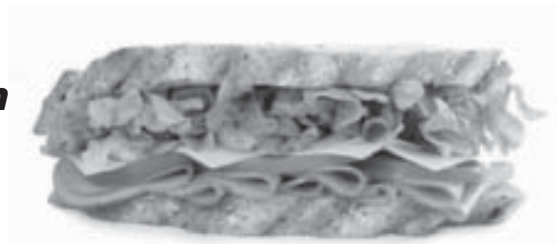
- Have regular fruit and water snacks – Crunch and Sip
- Go for 2 & 5 activities and Rite Bite, lessons given by peer leaders
- Healthy eating lessons during health time, have learning links between intake of energy and its usage, curriculum focus on healthy food choices, balanced diet and increasing knowledge of various foods
- Healthy lunch day
- Shared fruit and vegetable tastings, taste tests of different foods
- Governing Council supplying a healthy lunch on Sports Day
- Modify recipes to make them more healthy
- Go for a walk around the neighbourhood or run a "jump off" and hold a fresh fruit time after it
- Award House theme points for fruit in the lunchbox, water on tables, no wrappers etc



### Hold a **healthy breakfast** before school

- Raise money for a charity eg Juvenile Diabetes (JDRF)
- Shared fruit recess with buddy class
- Look at food advertising and food labelling

### Design a healthy sandwich



## More Tried & Tested Ideas for Healthy Eating Activities

- *Look at food advertising and food labelling*
- *Have a waste-free day 'no wrappers'*
- *Get resources, leaflets, stickers to give to families about Go for 2 & 5 and other programs*
- *Have a healthy eating day in conjunction with the canteen*

**Make** *fruit salad,* **Healthy pizzas**  
**to sell in the canteen** *or a stall*



- *Display healthy eating posters around the school or have a competition to design a healthy eating message poster*
- *Sell bottled water*
- *Make your own wraps lunch day or choose a range of healthy fillings for tacos*
- *Ask for donations from shops / supermarkets of fresh produce to enable a whole school morning tea*
- *A sports day led by upper primary students with a healthy eating meal deal for lunch*
- *Whole school healthy shared lunch with restrictive canteen*
- *Focus on healthy dinners students can make.*
- *Coloured healthy snack day – reward for having healthy snacks*
- *Several classes doing a food unit and special cooking lessons*
- *Healthy picnic lunch on the oval – whole school*
- *Compile a healthy eating cook book*
- *Healthy cook off – Master Chef*

