

# Fabulous fruit!

The Children's Nutrition Survey revealed only about two out of five children met the recommended number of serves of fruit (at least two per day) Fruit is a rich source of antioxidants, which may reduce the incidence of heart disease and some cancers. It is important for children to try a range of fruit and vegetables to develop life long healthy eating habits.

Eating **5+ a Day, the colour way** will ensure you receive a good range of antioxidants especially if you include red, green, blue/purple, and yellow/orange fruits and vegetables.

## Tips to increase fruit intake

- Support your school to develop a culture that encourages fruit consumption. E.g. small children bring a piece of fruit daily to put in the class fruit bowl for sharing later in the day, have a school wide fruit and veggie break, offer fruit for sale in the canteen, get involved in 5+ a Day activities, investigate bulk purchasing of fruit and vegetables for your school community.
- Follow the 5+ a Day rule. Aim for at least 3 or more servings of vegetables and 2 or more servings of fruit. Remember 1 serving equals the amount you can hold in your hand.
- Eat colourful fruits and vegetables, especially green, yellow, red and orange ones.
- Eat berry fruits when in season (blueberries, boysenberries, blackcurrants). Frozen berries sprinkled onto cereal are delicious.
- Try fruit kebabs with a selection of seasonal fruit such as banana, grapes, strawberries, melon, add marshmallows for a treat.
- Add pottles of diced fruit in natural juice to lunch boxes.
- Offer fruit based desserts and muffins e.g. canned fruit and custard/yoghurt, fruit salad, fruit crumble.
- Make sure fruit is available at celebrations such as birthdays e.g. a fruit platter with mandarin segments, pineapple and strawberries served with toothpicks and chocolate dairy food as a dip.
- Try fruit smoothies-use trim milk blended with seasonal fruit.
- Chop fruit into manageable chunks for small children's lunchboxes e.g. orange quarters, apple slices with lemon juice to prevent browning.

## **Healthy Nibbles** Nutrition & Physical Activity Updates for Primary Schools

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