



# Eat your way through **Fruit + Veg**

**Eat your way through Fruit + Veg** is a class activity where students predict the amount of fruits and vegetables they can consume during Fruit + Veg Week and record their progress using fruits and vegetable stickers. Students keep individual records of fruits and vegetables eaten in their Fruit + Veg diary, and set goals to maintain and/or increase consumption levels.

**Eat your way through Fruit + Veg** provides teachers and students with opportunities to discuss the importance of fruits and vegetables as part of a healthy diet, and recommended daily servings. It also enables students to review and evaluate their current intake of fruits and vegetables and plan strategies to sustain or improve their eating habits.

# Countdown to Eat your way through Fruit + Veg

In the lead-up to Fruit + Veg Week, use activities from this manual such as:

**Years 1-3** - The Food I Need

**Years 4-5** - Food Selection Models

**Years 6-7** - Food Selection Models

These activities are designed to stimulate students' interest in food, fruits and vegetables, and provide opportunities for discussion about the importance of fruits and vegetables as part of a healthy diet.

Find out if the school canteen is participating in Fruit + Veg Week, and speak to the canteen manager about what meals and snacks they are offering during the week. Inform students of the canteen's Fruit + Veg 'specials', or involve students in activities that promote canteen creations.

## The week before...

- Remind students that **Eat your way through Fruit + Veg** is coming up and ask them to start thinking about how they are able to contribute to the week.
- Photocopy a Fruit + Veg diary (four pages) for each student.
- Brainstorm with students about the amount of fruits and vegetables they currently consume. This may involve students mapping their consumption rates over a few days (using page one of their Fruit + Veg diary). Students calculate the amount of fruits and vegetables they eat on average each day and record this information in their Fruit + Veg diary.
- After class discussions, students set a class and personal fruit and vegetable consumption targets for Fruit + Veg Week and identify barriers to, and enablers of, increased consumption (see Class Activity Instructions).

## The day before...

- Discuss how fruits and vegetables eaten during Fruit + Veg Week are recorded (See **Eat your way through Fruit + Veg** recording instructions).

Please note that teachers will need to modify all or parts of the class activity to suit ability levels of students.

## *Class activity instructions*

- 1 Using the average amount of fruits and vegetables students eat in one day, calculate the average class consumption and transfer this information onto a class graph or collage. Explain that this information will be used to set a fruit and vegetable consumption target during Fruit + Veg Week.
- 2 In small groups, students discuss a target of fruits and vegetables to be eaten during Fruit + Veg Week (remind students that their target needs to be realistic and achievable). In groups, students brainstorm or research the advantages of eating fruits and vegetable and use this information to help set consumption targets.
- 3 As a whole class, calculate the total of fruits and vegetables that will be eaten during the week. Again, use a class graph or collage to illustrate this information.
- 4 Students identify and plan ways to reach their personal target. This will include developing strategies that will enable them to sustain or increase their level of fruit and vegetable consumption, identifying barriers they may face, and planning ways to overcome these barriers. Students complete their Fruit + Veg plan and share strategies in small groups.
- 5 At the start of each day, students record daily consumption levels in their Fruit + Veg diary, and discuss their progress in small groups. If necessary, students re-evaluate their targets and discuss why they have needed to do so.
- 6 At the end of the week, using the questions in the Fruit + Veg diary, students reflect on their achievements and share their findings with the class.
- 7 Students report on their activities during Fruit + Veg Week by writing articles for the school newsletter, local paper or letter to Fruit + Veg Program at VHETTA, 3 Windsor Ave, Mount Waverley, 3149.
- 8 Photocopy the Fruit + Veg Week participation certificates and distribute to the class.

## *Eat your way through Fruit + Veg recording instructions*

Students are to record the number of serves of fruits and vegetables eaten during Fruit + Veg Week. Make sure students include all fruits and vegetables eaten before, during and after school.

Fruits and vegetables that can be recorded in the Fruit + Veg diary include all fresh, canned and dried fruits and vegetables.

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The following food items are NOT to be included as fruit and vegetables serves:

**Fruits:** fruit leather, fruit roll ups, fruit metres or any similar, fruit pies or cakes, jams, jellies, olives and fruit juices.

**Vegetables:** potato crisps, hot potato chips, vegetable pies, pasties and pastries, vegetable cakes or fritters, vegetable quiches, popcorn and vegetable juices.

**Nuts and seeds.**

Please inform students of the above.

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According to the Australian Guide to Healthy Eating

**A sample serve of fruit includes:**

1 medium piece (150g) of fruit (eg apple, banana, orange, pear) 2 small pieces (150g) of fruit (eg apricots, kiwifruit, plums)

1 cup (150g) diced pieces or canned fruit

1½ tablespoons sultanas, 4 dried apricot halves

Small children may have eaten a half or quarter piece of fruit so these amounts may be recorded.

**A sample serve of vegetables includes:**

½ cup (75g) cooked vegetables

1 cup salad vegetable

1 small potato

**Other examples of serve sizes**

**carrot:** approximately four carrot sticks, or ½ small carrot

**celery:** two celery sticks (approx. 10 centimetres)

**tomato:** one tomato or a handful of cherry tomatoes

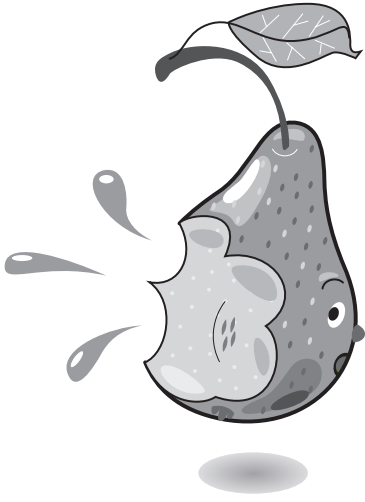
**salad:** any amount of salad or vegetables in a sandwich, roll or burger, on a pizza, or as an individual salad is half a serve vegetable soup: one cup of any vegetable soup

**NB:** For the purposes of the Fruit + Veg diary, tomatoes will be grouped as a vegetable.

**How many fruits and vegetables should children eat?**

Children should eat two pieces of fruit and five serves of vegetables daily. Children's serving sizes may be small, and will depend on age, appetite and activity levels.

This should include some raw fruits and vegetables, some high in vitamin C (for example: citrus fruits, tomato, capsicum and broccoli), some high in vitamin A (all green, orange and red fruits and vegetables), and some cruciferous vegetables (for example: cauliflower, broccoli, Brussels sprouts and cabbage).



# Fruit + Veg Diary

## My Fruit + Veg intake

name \_\_\_\_\_

Class \_\_\_\_\_

What fruit and vegetable items have you eaten in the past two days? (draw or write)

	Day 1	Day 2
Start of the day		
Morning recess		
Lunch		
After school		
Evening		
Total pieces of fruit		
Total serves of vegetables		

Calculate the average amount of fruit and vegetables you eat in one day. Use the space below for working out. Write this information below as pieces of fruit and serves of vegetables.

\_\_\_\_\_

\_\_\_\_\_

In one day I eat an average of \_\_\_\_\_ pieces of fruit and \_\_\_\_\_ serves of vegetables

# Fruit + Veg Diary

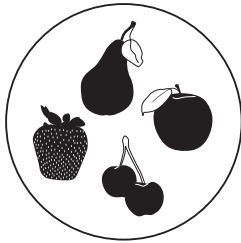
## My Fruit + Veg plan

Use the space below to plan the amount of fruits and vegetables you will eat over the week. Remember to make your target simple and realistic.

What is your class target for Fruit + Veg Week?

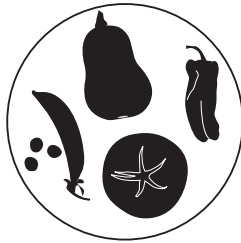
What is your personal target for Fruit + Veg Week?

**Fruit**



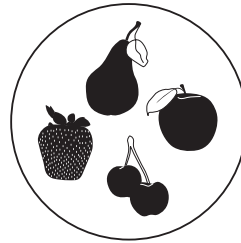
Class target

**Veg**



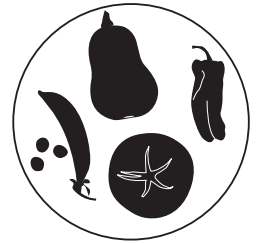
Class target

**Fruit**



My target

**Veg**



My target

What will you do to reach your target?

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What things (barriers) might stop you from reaching your target?

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How will you get over these barriers?

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### Check point

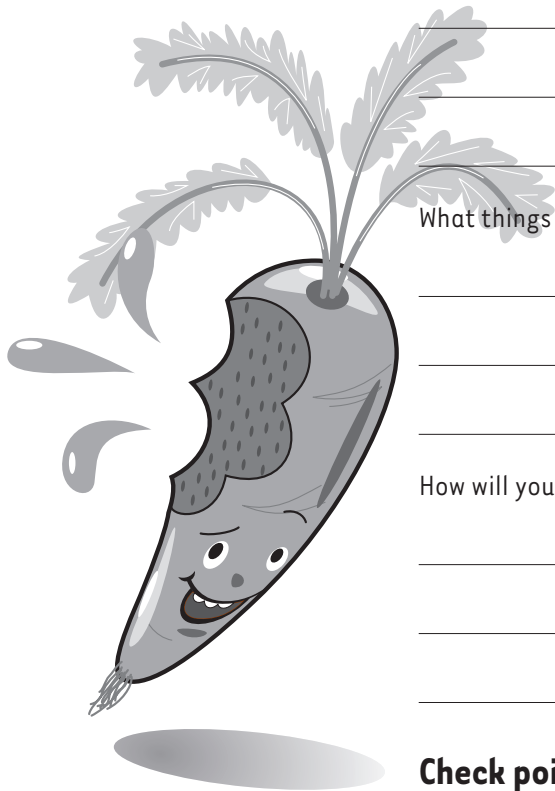
It is day two. Are you on course to reach your target? \_\_\_\_\_

If necessary, make changes to your target.

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# Fruit + Veg Diary

My Fruit + Veg week

Name: \_\_\_\_\_

Class \_\_\_\_\_

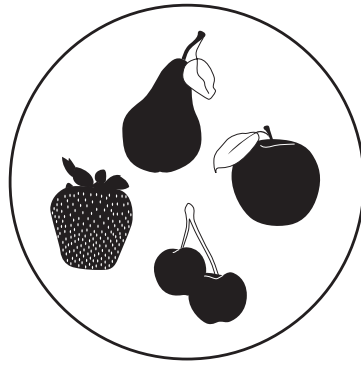
Day	Fruits and vegetables eaten
1	
2	
Check Point. See your Fruit + Veg plan to check your progress.	
3	
4	

# Fruit + Veg Diary

## My Fruit + Veg week

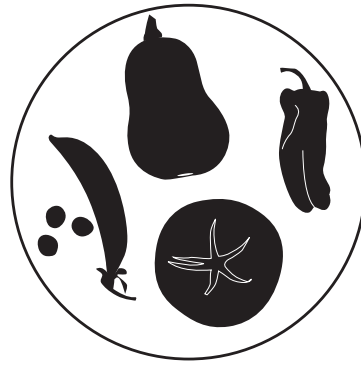
What was your personal fruit and vegetable target?

**Fruit**



+

**Veg**



\_\_\_\_\_

My target

\_\_\_\_\_

My target

Did you meet your personal fruit and vegetable target?

If yes, what helped you to do so?

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If no, what happened?

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Would you like to continue to eat your way through Fruit + Veg?

If so, what can you do over the next week?

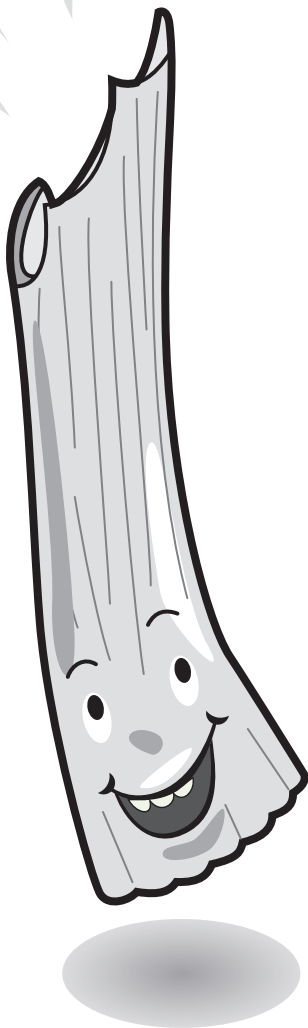
What can you do over the next two weeks?

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# Fruit + Veg Week

*Certificate of Participation  
awarded to:*

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*Congratulations for Eating your  
way through Fruit + Veg*

Teacher: \_\_\_\_\_

Date: \_\_\_\_\_

