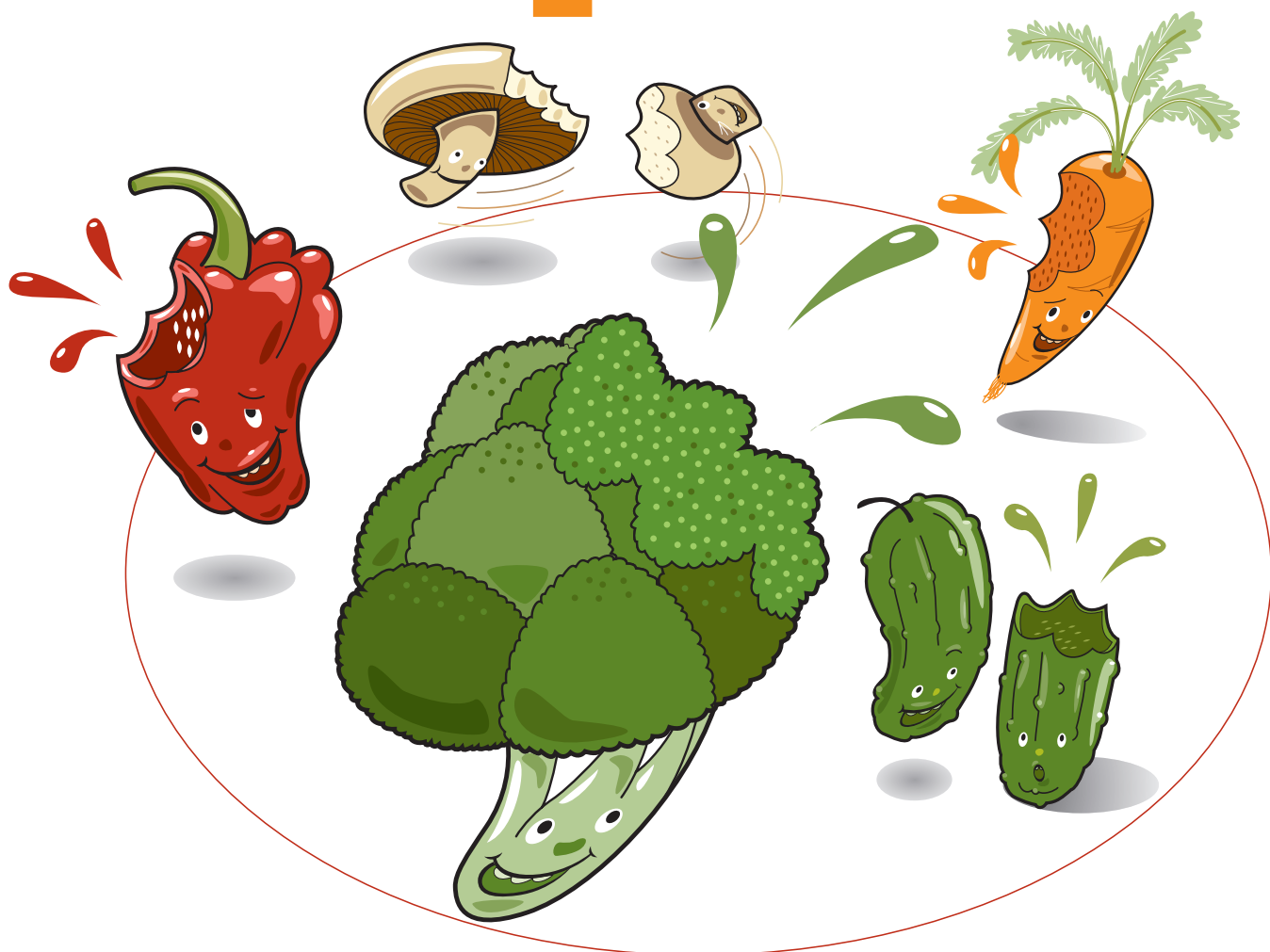
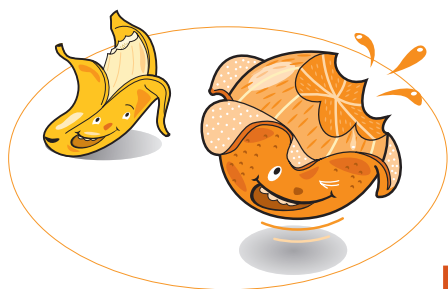


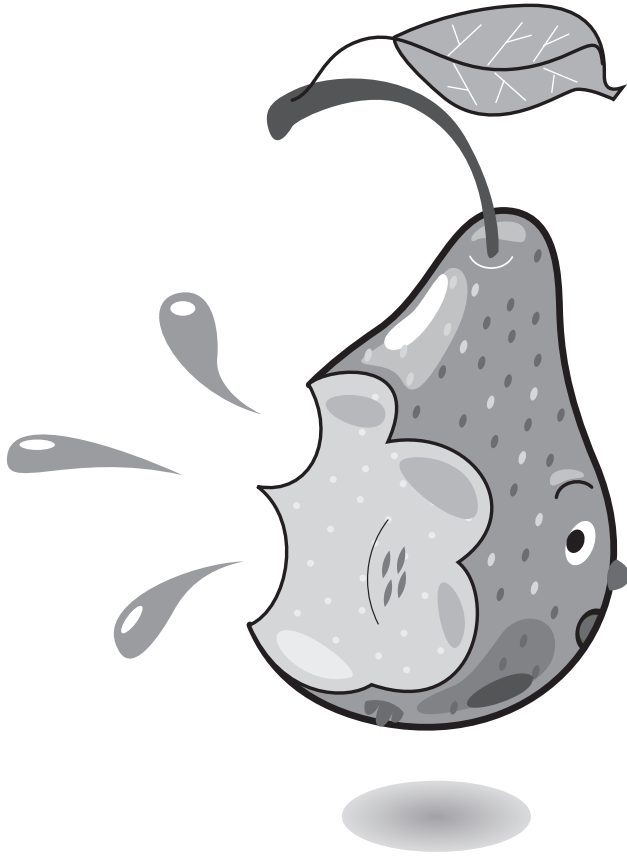
Kids – 'Go for your life'



Fruit + Veg

Kids in the kitchen

Teacher's Manual



**go
for
your
life™**

Victoria
The Place To Be

eat it!
Fruit + Veg

Western Australia
Health Department of Western Australia

Please Note:

Pages in this resource may be copied for educational purposes only.

This Teacher's Manual was first published by the Health Department of Western Australia. It has been modified by VHETTA (Victorian Home Economics and Textiles Teachers' Association) to include teaching plans and activities addressing the Victorian Essential Learning Standards. It has been produced for use within Victoria by the Victorian Government through the 'Go for your life' campaign. Conducted in Victorian primary schools, the Fruit + Veg program is offered by the Department of Human Services in partnership with the Department of Education & Training and is funded by the Victorian Government's Community Support Fund.

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Introduction

This Manual was produced by the Health Department of Western Australia as part of a Fruit 'n' Veg Eat It campaign. This campaign has operated in Western Australia since 1992 and has succeeded in raising children's awareness of the need to eat more fruit and vegetables. The kit has been modified by VHETTA to suit the Victorian Essential Learning Standards (VELS) and has been produced as part of the Victorian Department of Human Services own Fruit + Veg campaign, which is supported by the Department of Education & Training. The Fruit + Veg kit combines fruit and vegetable based recipes from the popular Kids in the Kitchen Cookbook. The kit aims to increase fruit and vegetable consumption among primary school-aged children.

This teachers manual has been developed to help primary school teachers include healthy food preparation in classroom activities, and to reinforce the healthy eating message across the curriculum. Studies have found that a significant number of Australian children lack basic cooking skills, which can contribute to poor food choices during childhood and adulthood. This manual equips teachers with the curriculum support materials to address this problem while enabling students to develop the knowledge, attitudes and skills that will assist them to make healthy food choices.

The objectives of the kit are:

- 1 To maintain or increase positive attitudes towards fruit and vegetables among primary school-aged children.
- 2 To create positive attitudes towards, and interest in, food preparation among primary school-aged children.
- 3 To increase participation and confidence in food preparation among primary school-aged children.
- 4 To encourage school canteens to provide appealing, healthy fruit and vegetable products to students.

The Fruit + Veg Teachers Manual includes:

- whole-of-school activities to promote nutrition
- sample teaching plans for a week or term program
- learning and teaching activities for Years Prep-2, 3-4 and 5-6
- student food challenges
- recipes from the Kids in the Kitchen Cookbook

A supplementary booklet, Fruit + Veg Information for School Canteens is also available and is sent to canteens participating in the program. This booklet aims to encourage a supportive environment where healthy eating messages are reinforced.

Background nutrition information for teachers

Dietary guidelines for children and adolescents

The National Health and Medical Research Council has developed the following dietary guidelines for children and adolescents:

Encourage and support breastfeeding.

Children and adolescents need sufficient nutritious foods to grow and develop normally.

- Growth should be checked regularly for young children.
- Physical activity is important for all children and adolescents.

Enjoy a wide variety of nutritious foods.

Children and adolescents should be encouraged to:

- Eat plenty of vegetables, legumes and fruits.
- Eat plenty of cereals (including breads, rice, pasta and noodles), preferably wholegrain.

- Include lean meat, fish, poultry and/or alternatives.
- Include milks, yoghurts, cheese and/or alternatives. Reduced-fat milks are not suitable for young children under 2 years, because of their high energy needs, but reduced-fat varieties should be encouraged for older children and adolescents.
- Choose water as a drink.

And care should be taken to:

- Limit saturated fat and moderate total fat intake. Low-fat diets are not suitable for infants.
- Choose foods low in salt.
- Consume only moderate amounts of sugars and foods containing added sugars.

Care for you child's food: prepare and store it safely.

Why is it important to eat fruit and vegetables?

Fruit and vegetables are a good source of fibre, vitamins and minerals. To ensure these nutrients are included in the diet, children and adults alike are encouraged to eat a variety of fruit and vegetables.

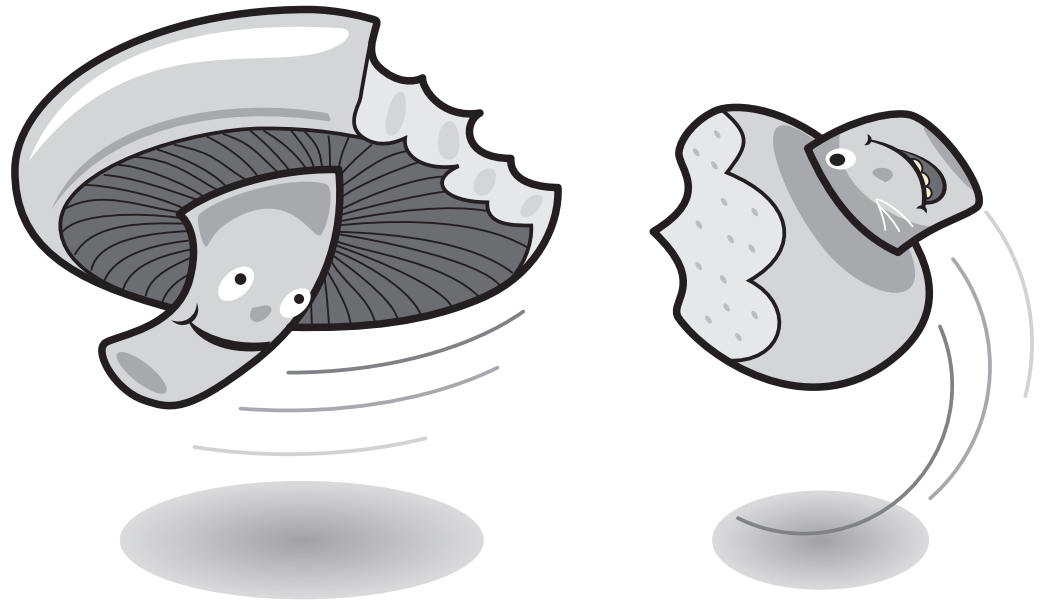
A diet high in fruit and vegetables helps:

- prevent some vitamin deficiencies
- prevent obesity
- prevent constipation and other bowel

disorders

- reduce the risk of some cancers
- reduce blood pressure
- reduce blood cholesterol levels
- improve diabetic control.

Therefore it is important to introduce and reinforce good eating habits during childhood as a means of reducing the risk of diet-related diseases in adulthood.



Which fruit and vegetables are recommended?

All vegetables and fruits are healthy! Fruit and vegetables may be any colour, shape, texture or variety. They can be fresh, frozen, canned, or dried. They may be raw, cooked, steamed, boiled, microwaved, stirfried, or roasted. Variety is most important.

Try to choose different coloured fruit and vegetables, particularly yellow, orange, green, red and purple.

Choose from these groups of vegetables every day:

- Dark-green, leafy vegetables – cabbage, spinach, broccoli, bok choy, Brussel sprouts
- Orange-yellow vegetables – pumpkin, carrots, sweet potato

- Starch vegetables – potato, sweet potato, parsnip
- Other vegetables – beans, capsicum, cauliflower, celery, cucumber, lettuce, mushrooms, peas, sprouts, swedes, turnips, zucchini

Fruits, such as oranges, mandarins, grapefruit (citrus fruits), nectarines, pineapple, strawberries and kiwi fruit are particularly high in vitamin C, which is essential for healthy teeth and bones. Vitamin C also increases the iron absorbed from food containing iron, and promotes wound healing. Vitamin A keeps the skin and eyes healthy, and helps protect the body against infection. Vitamins C and A are anti-oxidants which help protect the body against cell damage.

How many fruits and vegetables are children eating?

The 1995 National Nutrition Survey found that on any given day:

- approximately **a third** of children aged 4 to 11 years had not eaten any fruit or fruit products.
- more than **20%** of children under 12 had not eaten any vegetables or vegetable products.

These figures indicate that children are not eating a healthy amount of fruit and vegetables. This raises concerns about their likelihood of developing diet-related diseases in adult life.

How many fruit and vegetables do children need to eat?

All Australians are encouraged to eat **2 fruit and 5 vegetables each day**, but most children and adults do not eat this much.

Sometimes children may learn to expect ‘tastier’ high fat and sugar snack foods instead, or maybe parents give up offering vegetables or fruit because it seems children often leave these on the plate or in the lunchbox.

Remember to **offer** children a **variety** of **fruit and vegetables** every day.

Children’s serving sizes may be small, and will depend on age, appetite and activity levels.

Remember that any amount of vegetables and fruit is better than none, and always be on the lookout for ways to include more. Focus on lots of different vegetables and fruit, not the amounts.

How can I get children to eat more vegetables and fruit?

It is not possible to force children to eat more fruit and vegetables. The first step is for parents and teachers to eat and enjoy vegetables and fruit every day. It may take time, but children learn best by modeling.

It is important to keep offering vegetables and fruit in a variety of ways, as children learn to eat what is familiar to them. Never assume that children dislike a particular fruit or vegetable; the next time it is offered may be the day they decide to try it. Children’s tastes do change with age.

The 5 key steps to success:

The following steps are suggestions for parents to undertake. Some of the suggestions may be appropriate for use in schools.

1 Involvement

Look for opportunities in school and encourage parents to:

- Involve children in choosing which fruit or vegetables they would like.
- take children fruit and vegetable shopping and let them see, smell, and feel the fruit and vegetables with you. Children can draw a picture and describe the food.
- Let children help wash and prepare fruit and vegetables. Use this opportunity to explore new colours and shapes.
- Encourage their skills by letting them make a simple salad to serve themselves.
- Count out grapes or berries together into a bowl.
- Grow some vegetables or herbs in the garden or pot. Let your child water and nurture the plant.

2 Enjoyment!

- Enjoy meals together as a family whenever possible. If children see parents eating and enjoying a wide variety of fruit and vegetables, they are more likely to join in.
- Sometimes children may prefer their vegetables raw to cooked.
- Children may not try new foods if mealtimes are stressful, so try and focus on the positives about the meal and avoid arguments.

3 Presentation

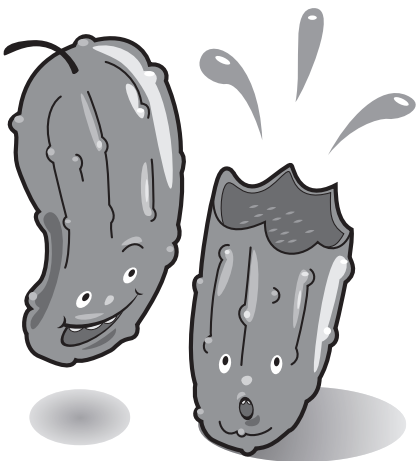
- Keep a bowl of fresh fruit handy, and vegetables such as peas, cherry tomatoes, baby carrots, and mushrooms in the fridge to grab for a quick snack.
- Make vegetables and fruit look great on the plate. Serve different coloured fruit and vegetables, chop them up for a change, or serve them on a special plate. This doesn't mean making rocket ships or faces, although that can be fun sometimes.
- For reluctant eaters, try a new fruit and vegetable once a week. Keep trying the new food to get used to the taste.

4 Include fruit and vegetables wherever possible

- Include vegetables and fruit in a range of ways, and at most meals and snacks. Many times, vegetables can be part of the meal without children even realising.
- Rather than searching for new recipes, try to increase the variety or amount of vegetables added to your favourite family recipes such as pasta sauce, soup or stir-fries.
- Include vegetables and fruit in snacks too. Try corn on the cob, jacket potato, plain home-made popcorn, cut up vegetables with salsa or yoghurt dips, muffins, pikelets or cakes made with fruit or vegetables. Enjoy frozen fruit or vegetable segments, skewers of fruit, stewed fruit, fruit crumbles, tinned fruits in juice, fruit salad or a fruit platter.

5 Keep trying

- Children need a chance to learn, or sometimes re-learn, to enjoy fruit and vegetables. Your job is to make them available. Remember that children may need to see a fruit and vegetable 10 or more times before they are ready to try.
- Always include a small serving on their plate as well; encourage them to try, but let them decide whether or not to eat.
- Perhaps offer some crunchy, raw vegetables before the main meal, when children are often most hungry.



What about?

Fruit juices?

Fruit juices are not necessary. It is better to eat the fruit instead and have a thirst-quenching glass of water. Fruit juices may be a good source of some vitamins, but the downside is they are high in natural sugars and low in fibre.

Potato chips and crisps?

Chips and crisps are made from potatoes, but are prepared by cooking in oil. They are high in fat and salt, and best eaten occasionally.

Fruit bars/straps?

These usually contain some fruit, but are also very high in sugar, low in fibre and stick to children's teeth. Children will love a fresh fruit platter or frozen fruit pieces if offered instead.

Pesticides?

Research shows that the amount of pesticides on fresh vegetables and fruit is very low and no concern; even in very young children and breastfeeding mothers. All vegetables and fruit do need to be washed before eating.

Frozen and tinned?

When vegetables and fruit are out of season and more expensive, save money by using frozen, tinned or dried vegetables and fruit. These have vitamin contents similar to fresh products.

Organic?

Research shows that both organic and traditionally grown produce is equally nutritious. Buyers can make a choice based on their personal preference.

