



AUGUST IS FRUIT & VEG MONTH!

Get involved and make August an opportunity to promote the Go for 2 fruit & 5 veg message

Activity Ideas for Primary and High Schools

Fruit & Veg Platter Tasting

Students could be encouraged to bring fruit or vegetables into class and together make an appealing platter to be eaten at recess/lunch time. This could be run as a competition, with prizes for the:

- Craziest platter
- Most colourful platter (best variation in produce)
- Most creative platter (most creative way of cutting and presenting produce, which could be in fancy shapes and twirls, or in animals, people or objects)

Healthy Lunch Box Week

- Students can be encouraged to bring in a piece of fresh fruit or vegetable each day in their lunch box which could then be used for the platter tasting. Make it fun by making each day a particular colour i.e. Monday is 'red fruit or veg day', Tuesday is 'green fruit or veg day', etc. This may encourage students to think beyond their usual choices!
- Organise an information morning tea for parents and guardians to attend, with fruit and veg platters and lunch box ideas. Display kits can be hired from EWT or the Community Nutrition Unit (Department of Health and Human Services) including the Great Lunch Box Dilemma, Healthy Snacks for Children and Lunch Box Ideas for Children.

Longest Lunch

Students could design and cook a fruit or vegetable dish together to share in a long lunch in the classroom, or at a school picnic on the lawns or in the hall. Classes could also compete against each other for the best spread of food! This would be a great opportunity to make use of EWT character costumes and other resources and taste new, healthy dishes.

Excursions

Classes could take an excursion to learn more about fruits and vegetables. This could be to local fruit and vegetable producers or retailers, and be tied in with research on particular fruits or vegetables to learn more about their nutritional content and benefits to health.

Fruit & Veg Crown Day

Select a day (which could coincide with Healthy Lunch Box Week, Long Lunch or other activities), where students can make fruit and veg crowns with simple fruit and vegetable cut outs attached to thick paper head bands. Students can colour them in and discuss why they chose their particular fruits and vegetables. Crown templates can be ordered from EWT.

Classroom quizzes

- Teachers could run in-class quizzes or ask on-the-spot questions based on Tasmanian fruits and vegetables, and use EWT resources as prizes during August.
- A different fruit or vegetable could be used as a central theme for each day, which can be found in Eat Well Tasmania's A to Z of Fruit and Vegetables booklet. This would widen children's knowledge and familiarity of the different produce available, and encourage them to taste new things!