Healthy Munching & Jumping in Outback Schools Program

What did we learn this week?
Students learned about all the different nutrients found in fruit and vegetables that make us healthy, reinforcing how important it is for us to get our 2 fruit and 5 veg every day. Students also worked as a class to come up with creative ways to include more fruit and vegetables in their diet.

What are we taking home?
Students were given a “Veggie up your recipe” homework task that parents will need to help with. Before next week, students have to help prepare an evening meal and come up with a creative way to add extra veggies. Make sure your child fills out the homework recipe sheet correctly, as these will be used to make a class cookbook!

How can your family start eating more fruit and veg?
There are lots of ways to help your whole family eat more fruit and vegetables. Here are some ideas to get you started:

- Children tend to follow by example: if they see you enjoying fresh fruit and veg, they probably will too
- Keep fruit and vegetables in the kitchen on a regular basis, so everyone gets used to seeing them
- Let your child get involved in the preparation of fruit and vegetables, e.g. peeling, washing, serving
- Offer vegetables and fruit as a snack, e.g. fruit salad, carrot sticks and cheese, zucchini slice, frozen grapes, celery sticks and hummus
- Variety is the spice of life: try to enjoy fruits and vegetables of different colours, shapes and textures

For more info check out: http://www.gofor2and5.com.au/

Where can you find more information about the program?
At any time, you can opt-in to receive program information and reminders via e-mail, SMS, phone or face-to-face sessions. Send an email to healthymunchingjumping@gmail.com with your name, your child’s name, and how you would like to receive program information. Alternatively, you can leave a message for Sally and Natalya at the front office on (08) 8088 2181 with your details.

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