



**Kick Start to
Crunch&Sip®**

WA Schools Information Booklet

Term One, 2009





Kick Start to Crunch&Sip[®] Term 1, 2009 Information Booklet

Kick Start to Crunch&Sip[®] in Term 1 2009 replaces the traditional Crunch&Sip[®] Week from previous years. The feedback from schools is that a set week did not necessarily suit everyone. In listening to your needs we have come up with a solution that we hope will provide schools with greater flexibility. This year schools can set their own days or week in Term 1 to focus on Crunch&Sip[®]. You can also choose your own level of involvement. We hope this works for your school!

Kick Start to Crunch&Sip[®] is designed to provide as much or as little support as schools and classroom teachers need to encourage the promotion of fruit and vegetable consumption and drinking water. More specifically Kick Start to Crunch&Sip[®] is designed to introduce (or even re-introduce) students, parents and teachers to a Crunch&Sip[®] break. Crunch&Sip[®] involves a fruit and vegetable break and drinking water throughout the day in the classroom.

A trial or a launch of Crunch&Sip[®] can take place over a few days or a week during Term One at a time determined by individual schools. That's right – you get to choose your own dates! Certified Crunch&Sip[®] Schools can use this as an opportunity to re-invigorate the program to the school community. The Crunch&Sip[®] trial or re-invigoration may involve one or more classes or the whole school. It is up to you!

Kick Start to Crunch&Sip[®] provides schools with the opportunity to engage the whole school community in the promotion of healthy eating and lifestyle activities. Kick Start to Crunch&Sip[®] is for schools who would like to trial Crunch&Sip[®], schools in the process of becoming a Certified Crunch&Sip[®] School, or existing Certified Crunch&Sip[®] schools that would like to re-invigorate or re-launch the program.

The Kick Start to Crunch&Sip[®] school information booklet contains practical information about planning Kick Start to Crunch&Sip[®] in your school plus a range of teaching and learning activities. A range of ideas for schools have been provided including whole school initiatives. Kick Start to Crunch&Sip[®] could incorporate any number of the activities provided and are designed to be flexible to suit individual school environments. Whether you are trialing Crunch&Sip[®] for the first time or your school is already a Certified Crunch&Sip[®] School you can pick and choose the bits that suit your school.

Free Resources for Schools

If your school is participating in events during Kick Start to Crunch&Sip[®], you can register to receive a seasonal fruit and vegetable poster, Crunch&Sip[®] brochures and bookmarks and a copy of Healthy Food Fast Cookbook. Please refer to the [registration form](#) in the information booklet. Forms need to be faxed to the Cancer Council WA by **Friday 6 March** (week 5) as stocks are limited. Remember you will need to get your registration in early if you are planning events for February or early March.

Free Fruit and Vegetables for your School



If your school is planning to participate in Kick Start to Crunch&Sip[®], you can receive a reimbursement of up to \$60 for fruit and vegetables. This offer is limited to the first 100 schools that register their participation in Kick Start to Crunch&Sip[®]. For more information, please refer to the [registration](#) and [grant forms](#).

Becoming a Certified Crunch&Sip[®] School is easy

To become a certified Crunch&Sip[®] School simply visit www.crunchandsip.com.au to complete the Crunch&Sip[®] submission form and then attach your school's endorsed Crunch&Sip[®] policy (a sample policy is available on the website). **All schools certified by the end of Term 2 will have their school listed in a full page colour advertisement in School Matters.** Once certified, schools receive the following free resources:

- A Crunch&Sip[®] water bottle for each student and staff
- An apple slinky machine
- A Crunch&Sip[®] Fence sign
- A Crunch&Sip[®] Certificate
- A school pack of desk mats
- A CD of the Crunch&Sip[®] rap
- A fruit and vegetable tally poster for each classroom
- A set of bumper stickers (regional schools only)

For more information, visit www.crunchandsip.com.au or contact Sally on 9212 4340.

Already a Certified Crunch&Sip[®] School?

Well there is some good news for you too! While we are unable to replace water bottles, Crunch&Sip[®] water bottle stickers are now available. The new stickers are designed to go on a plain water bottle. All Certified Crunch&Sip[®] Schools will receive water bottle stickers for each student in Term One.



Department of
Health



An Australian Government, State and
Territory health initiative.

COMMON QUESTIONS

Q. What is Crunch&Sip®?

A. Crunch&Sip® is a set break to eat fruit or salad vegetables and drink water in the classroom. Students 're-fuel' with fruit or vegetables during the morning or afternoon - assisting physical and mental performance and concentration in the classroom. Each day students bring fruit or salad vegetables to school to eat in the classroom at a set time. Each child has a small clear bottle of water in the classroom to drink throughout the day to prevent dehydration. Teachers, parents, students, and staff can assist your school to Crunch&Sip®.

Q. Why Crunch&Sip®?

A. Children spend a large amount of time at school making it an ideal place to promote healthy eating habits. Schools can create an environment that supports good nutrition and health by promoting daily fruit and water in the classroom.

It's good to start young! Establishing healthy eating habits in childhood has benefits throughout life. Children with good eating habits are less likely to be overweight or have diet-related diseases as adults. The Australian [Dietary Guidelines for Children and Adolescents](#) highlight the need to eat fruit and vegetables every day. Well-nourished children concentrate and perform better. Their mental, physical and social function is improved.

Crunch&Sip® schools have a positive impact on every student by:

- Creating an enjoyable daily routine that increases fruit and vegetable intake
- Promoting a positive attitude towards fruit, vegetables and water
- Incorporating nutrition education into key learning areas of the curriculum

Crunch&Sip® is an easy way schools can take part in the [Global Strategy](#) to promote fruit and vegetable intake.

Q. What about the students that don't bring fruit or vegetables?

A. The first step is to try to find out why. If students are simply forgetting, try some of the following

- Remind students at the end of each day to bring fruit or vegetables and water
- Send a [letter](#) home to parents
- Place a reminder in the [newsletter](#)
- Prompt students to remember by getting them to record their participation each day. Use the weekly tally chart for students provided on certification

If students are not bringing fruit or vegetables due to financial reasons you could try:

- Asking the school committees (e.g. P&C) to purchase fruit or vegetables for at-risk students
- Asking parents, local growers or retailers for donations of fruit or vegetables
- Planting fruit trees or vegetable gardens on the school grounds

Q. What about the mess students make during the Crunch&Sip® break?

A. You can stop students from making a mess during Crunch&Sip® breaks. This is particularly relevant to younger children. Crunch&Sip® teachers share some ideas:

- Set up and follow Crunch&Sip® break see [Classroom rules](#)
- Ask for fruit or vegetable to be cut and sent in a sealed container
- Ask parents to provide a laminated or rubber place-mat
- To prevent water spillage on desks, allocate space at the side of the classroom for water bottles. It needs to be a place where students can get to them easily.

Resources available for Kick Start to Crunch&Sip®

Register today to receive your Kick Start to Crunch&Sip® resources in time for your school's Kick Start to Crunch&Sip® events (last date for registrations is Friday, 6 March 2009)

By registering for Kick Start to Crunch&Sip®, your school will receive:

- \$60 fruit and vegetable grant (limited to the first 100 schools to register!). This could be used as fruit platters for students or staff to try, as a prize for the class with the most Crunch&Sip® participants, cooking activities or many more! For more details, go to the [fruit and veg grant form](#).
- A Kick Start to Crunch&Sip® kit, including a copy of the Information Booklet.
- A seasonal fruit and a seasonal vegetable poster
- Parent brochures providing background information on Crunch&Sip® and a list of suitable foods.
- A bookmark for each participating student.
- A copy of Healthy Food Fast cookbook to encourage parents to support their child to Crunch&Sip® ([letter to parents](#))
- A power-point presentation on Crunch&Sip® is available at www.crunchandsip.com.au. Copies are also available by phoning Sally Blane on 9212 4340. This presentation is suitable to be shown at staff meetings or school assemblies.

Getting the word out to parents

Once your class or school have set a date for Kick Start to Crunch&Sip®, it is important to notify parents. Suggestions include:

1. Crunch&Sip® Brochures. These provide back ground information for parents and include a list of acceptable foods. When you register for Kick Start to Crunch&Sip®, please indicate how many brochures you require for note takers.
2. [Letters to parents](#). Students could also write their own letters to parents. By registering for Kick Start to Crunch&Sip®, you will receive a copy of the Healthy Food Fast Cookbook as a raffle prize for parents who return slips from letters.
3. [Inserts in newsletters](#)
4. Give out Crunch&Sip® information during student enrolment
5. Advise parents of Crunch&Sip® during start of year meetings with parents or information mornings

Getting the word out to students

1. Make announcements on assembly and over the PA
2. Include reminders for staff to pass on to students during daily/weekly communications.
3. Use the classroom weekly [tally chart](#)
4. Use some of the [whole school promotion](#) activities listed
5. Use some of the [classroom lesson ideas](#) listed

Kick Start to Crunch&Sip[®] REGISTRATION FORM

To: Sally Blane Cancer Council WA	From:
Fax: 9212 4399	Date:

Please complete the sections below and return by fax (last date for registrations - **Friday 6 March**)

Name of School: _____

Contact Person: _____

Email: _____

School telephone: _____

School address: _____

Number of participating students who are note takers (to receive parent brochures) _____

Number of participating students to receive bookmarks _____

Is your school already a certified Crunch&Sip[®] School? Yes No

If no, is your school planning to apply to become a Certified Crunch&Sip[®] School in Term One? Yes No

Who will be taking part in Kick Start to Crunch&Sip[®] ? (Tick the box)

Whole school 50% - 75 % of school

25 % of school One class

Other _____

What types of activities and events do you have planned for Kick Start to Crunch&Sip[®] ?
(Briefly list below)

Would your school be interested in receiving media coverage for Kick Start to Crunch&Sip[®] ?
Yes No

Would your school like to register for \$60 of free fruit and vegetables? Yes No

(Please note that this offer is limited to 100 schools. Once we have received your registration form, we will contact you to let you know if your school was successful.)

By registering for Kick Start to Crunch&Sip, your school will receive a free seasonal fruit and seasonal vegetable poster, brochures for parents, bookmarks for all participating students and a copy of Healthy Food Fast Cookbook.

Office use only

Date received.....Number/100 School notified.....

Free fruit & veg for your school for Kick Start to Crunch&Sip®

REIMBURSEMENT FORM

(TO BE FILLED-OUT AT THE COMPLETION OF THE SCHOOLS KICK START TO Crunch&Sip® EVENTS)

If your school is planning an event or activities for Kick Start to Crunch&Sip®, you can receive \$60 worth of free fruit and veg!

Please read conditions:

1. Please indicate your intention to claim free fruit and veg on the **registration form** before purchasing. Up to \$60 of fruit and vegetables are able to be reimbursed in Term One, 2009. You will be notified if your school is one of 100 to receive the grant.
2. Your school is to purchase fruit and vegetables from your school's local store to the value of \$60. The \$60 is only for fruit and vegetables (it excludes items such as paper plates, yoghurt etc)
3. Post or fax a **school tax invoice**, the **till receipt** and **this form** to Sally Blane, Cancer Council WA, 46 Ventnor Avenue West Perth WA 6005 or fax (08) 9212 4399. Once we receive your invoice and receipt we will then reimburse your school.
4. The Free fruit and vegetable offer is to be used exclusively for Kick Start to Crunch&Sip® activities.
5. For further information, please phone Sally Blane on 9212 4340 or email Sblane@cancerwa.asn.au.

Proudly sponsored by: Market City, Chamber of Fruit & Vegetables, Cancer Council WA & Diabetes WA.

To: Sally Blane The Cancer Council WA	From:
Fax: 9212 4399	Date:

Please complete the form and return to us with a school tax invoice and receipt by 5pm Friday 3 April

Name of School: _____
Contact Person: _____
Email: _____
School telephone: _____
School address: _____

Are you currently working towards or do you intend to become a certified Crunch&Sip® school? Yes / No

Briefly explain the event or activities your school participated in during Kick Start to Crunch&Sip®

Office use only Date received.....Number/100 School notified.....

SUPPORT MATERIALS

Crunch&Sip[®] is a set break in which students eat fruit or vegetables while drinking water throughout the day. To support this program, we have provided some supplementary promotion ideas to use both in the classroom and to the wider school community. These are designed to be adapted to suit individual situations.

Contents:

1. [Letters to parents](#) – these can be modified and sent home to parents. All letters have a detachable section to put parents in the draw for a copy of Healthy Food Fast Cookbook. Please read each letter carefully and modify if necessary to suit your school situation.
2. [Newsletter inserts](#) – these too can be modified and pasted into newsletters.
3. [Whole school activities](#) – as a Kick Start Crunch&Sip[®] for the whole school or a few classes, these activities are aimed at promoting the program to students and parents, as well as providing supplementary materials teachers may wish to use.
4. [Teacher lesson ideas](#) – these ideas aim to motivate students to eat fruit and vegetables, increase their nutritional knowledge and integrate into other learning areas. Activities have been categorized into lower, middle and upper primary, but activities could be adapted to suit different age groups.
5. [Class Tally Charts](#) – for your Kick Start to Crunch&Sip[®], monitor the intake of students' fruit, vegetables and water.



Dear _____
Student to insert Mum, Dad etc

Did you know that we are doing the Crunch&Sip® program in my classroom / school?

We get to have a short break in class to crunch on some fruit or salad vegies (like carrot sticks or cherry tomatoes). We are also allowed to sip from our water bottle over the whole day. This helps me to 're-fuel' a bit like a car does with petrol. This helps me to concentrate better.

For the Crunch&Sip® break this term I would like to try:

<i>student to draw a fruit or vegetable</i>	<i>student to draw a fruit or vegetable</i>	<i>student to draw a fruit or vegetable</i>
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Thank you for helping me to remember to pack fruit or vegies and my water bottle each day for the Crunch&Sip® break.

Love from

Student to sign name

-----✂-----
Please return the note below to the classroom teacher to go in the draw to win a copy of the Healthy Food Fast Cookbook.

I _____ (parent/carer) have read my child's note and understand that I can support my child to participate in Crunch&Sip® by sending a piece of fruit or salad vegetable and a bottle of water to school each day.

Child's name: _____ Class: _____

Teacher: _____



Today's Date

Dear Parents and Carers,

Crunch&Sip[®]

Our school is committed to improving children's health through education and by supporting the Department of Health's Kick Start to Crunch&Sip[®] initiative.

Crunch&Sip[®] is a set break for students to eat fruit or salad vegetables and drink water in the classroom.

We invite you to support your child to participate in a trial of Crunch&Sip[®] by providing a clean water bottle to sit on the desk and a piece of fruit or vegetable each day for Crunch&Sip[®].

Research has shown that drinking water and eating fruit and vegetables is essential for good health and can help concentration throughout the day.

Kick Start to Crunch&Sip[®] will run at our school from **Start Date**. Please remember to send suitable fruit/vegetables and a small clear plastic water bottle.

You may also like to visit the Crunch&Sip[®] website at: www.crunchandsip.com.au.

Thank you for your support.

Sign Off

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Please return the note below to the classroom teacher to go in the draw to win a copy of the Healthy Food Fast Cookbook.

I _____ (parent/carer) have read my child's note and understand that I can support my child to participate in Crunch&Sip[®] by sending a piece of fruit or salad vegetable and a bottle of water to school each day.

Child's name: _____ Class: _____

Teacher: _____

Newsletter Inserts

Below are some examples of how you can promote the Crunch&Sip® break in your school newsletter. You may like to team the entry with some pictures, photos or good quotes. **Remember if you are already a Certified Crunch&Sip® School you can remove the word 'trial' from any of the inserts or modify them to suit your school.**

INSERT 1

From [*insert date here*], we will be trialing Crunch&Sip®, a set break in class where children eat a piece of fruit or salad vegetable and sip water throughout the day. We ask parents and carers to supply a suitable snack and a drink bottle with water during our Kick Start to Crunch&Sip®. Research has shown that drinking water and eating fruit and vegetables is essential for good health and can help concentration throughout the day.

INSERT 2

To help your child participate in *Crunch&Sip*® please provide a clean, clear plastic bottle of water and a small piece of fruit or vegetable each day. The bottle for water can be any clean clear bottle (eg. empty juice, cordial, water or sports drink bottle etc.). The fruit can be any variety of whole or chopped fruit (eg. apple, chopped melon or dried apricots*) or vegies such as carrot or celery sticks. Other drinks or foods are not permitted in the classroom.

* Note: dried fruit contains high concentration of natural sugar and tend to cling to teeth, therefore increasing risk of tooth decay. Although dried fruit is permitted, fresh fruit or vegetables should be first choice

INSERT 3

From [*insert date here*], our school will be trialling Crunch&Sip®, a set break to eat fruit or salad vegetables and drink water in the classroom. Students 're-fuel' with fruit or vegetables during the morning or afternoon - assisting physical and mental performance and concentration in the classroom.

What Parents Need To Do?

To help your child participate you need to provide your child with:

- A clean clear drink bottle that can be filled with water to be consumed in the classroom
- An extra piece of fruit or vegetable each day to eat during the Crunch&Sip® break

What Fruit And Vegetables Are Allowed During The Crunch&Sip® Break?

All fresh fruits and vegetables canned fruit in natural juice and dried fruit* e.g. Whole fruits, chopped melon and fruit salad, celery or carrot sticks, cherry tomatoes.

***Note:** Dried fruit contains high concentration of natural sugar and tend to cling to teeth, therefore increasing risk of tooth decay. Although dried fruit is permitted, fresh fruit or vegetables should be first choice

Foods That Should Not Be Consumed During The Crunch&Sip® Break

Foods other than those on the permitted list should not be eaten. Including:

- Fruit leather, roll ups, fruit metres, jams, jellies, fruit pies/cakes, olives, fruit juices and muesli bars.
- Potato crisps, hot potato chips, vegetable pies, pasties, pastries, vegetable cakes or fritters, vegetable quiches, popcorn and vegetable juices.

Remember that only plain water is allowed to be consumed in the classroom. Juices, cordials, soft drinks or milk drinks are not permitted

INSERT 4

Include exerts in the newsletter from "Common Questions" or the "Sample Parent Letter".

Whole school promotion ideas

Run healthy eating information sessions for parents. For information on the free Parental Guidance Recommended (PGR) workshops contact Hayley Erickson on 9212 4352. These workshops cover areas such as understanding 'good nutrition', influencing behaviours and creating positive change.

Have Inspector Pickles visit your school! 'Inspector Pickles Makes a Fresh Start' is an award winning musical production encouraging children to enjoy healthy eating. There is an accompanying Teachers Project Pack, including music CD, lyrics and sheet music plus follow up activities that link to the Curriculum Framework. This resource comes free with each performance booked. For more information and bookings contact Pickles Production on 9440 5894 or visit www.inspectorpickles.com.

Contact Meerilinga for copies of their school lunchbox resources. Meerilinga has developed the Lunch Box Buzz resources suitable for parents, educators and childcare workers. For more information or to purchase the resources, contact Meerilinga on 9489 4022.

Free Snack Shop Sessions. Do you know parents who could use some inspiration for lunches and after school snacks that taste great and are good for you too? Then register to have a FREE 'Snackshop' held at your school. The WA School Canteen Association will provide parents with new and interesting food ideas that are quick and easy to make, and will tempt even the fussiest of eaters. The 'Snackshops' will be run during the school day, for approximately 1 ½ hours. For further information contact the Western Australian School Canteen Association (WASCA) on (08) 9264 4999 or email wasca@det.wa.edu.au

Newsletter. Provide healthy recipes and useful tips in your school newsletter to parents for creating nutritious school lunchboxes filled with fruit and vegetables.

Dress up day. Students create fruit and vegetable costumes as part of their technology and enterprise program. Have students parade their costumes at a school assembly. Alternatively, hold a Fruit 'n' Veg hat parade or a free dress day with students wearing clothes the same colour as their favourite fruit or vegetable.

Competitions. Hold whole school competitions. Ideas include: poetry, limerick or short story competition; Crunch&Sip® poster competition; fruit and vegetable art competition.

Hold a library display. Set up a library display of fruit and vegetable and nutrition resources available for students, parents and staff to use. Include fiction books with the fruit and vegetable theme.

Fruit and vegetable platters. Provide platters of fruit and vegetables for students to try during recess time. Focus on the fruit and vegetables that students may not have experienced. Alternatively, have parents bake vegetable dishes for students to taste.

Canteens. Canteens can have a promotion on seasonal fruit and vegetables or slinky apples.

Whole of school tally. Keep a running record of the types and amount of fruit and vegetables consumed over the week. Set up a board outside the canteen where classrooms can include their information daily.

Lesson Ideas

Lower Primary

'Tuning In' to Crunch&Sip® activities

- On large pieces of paper, write a letter of the alphabet on each piece. Students place a picture from a catalogue or magazine or their own drawing of a fruit or vegetable on the card with the same sound or initial letter.
- Collect some foods that students may not have tasted before, such as tropical fruits and seasonal vegetables, or ask students to bring in foods from home. Chop up foods into small pieces and place onto a plate. Ask students to select foods that they have not tasted before, or would like to taste again. It is advisable that appropriate measures be taken to check for food allergies.
- Small groups of students cut out pictures of food/fruit and vegetables from magazines, newspapers and catalogues. Ask students to sort pictures into two hoops according to different attributes, for example; foods they have tasted/foods they haven't tasted; likes/dislikes; hot foods/cold foods; sweet foods/savoury foods; soft/hard foods; crunchy/smooth foods; colourful/plain foods; and big/little foods. Make hoops overlap for a Venn diagram.

English

- Relevant book titles include:
 - The Little Mouse, the Red Ripe Strawberry, and the Big Hungry Bear* by Don and Audrey Wood (Kindergarten to year 1)
 - The Pear in the Pear Tree* by Pamela Allen
 - I Will Never, Not Ever Eat a Tomato* by Lauren Child
 - The Very Hungry Caterpillar* by Eric Carle
 - Oliver's Vegetables* by Vivian French
 - The Apple Pip Princess* by Jane Ray
- Writing descriptions – describe characteristics of a chosen fruit or vegetable such as colour, shape, size, similar objects, and taste. Include the food group it belongs to and other foods that are also in this group. Explain that different foods can belong to the same food group. Ask students to name other food groups, for example fruit, dairy products, meats.

Maths

- Measurement – Using a selection of fruit and vegetables, use and respond to comparative language such as: which piece of fruit is longest/heaviest/biggest?
- Conduct a survey of favourite fruit and vegetables, Crunch&Sip® snacks, fruit and vegetables in lunch boxes.

Science

- Feeding celery - Place some celery in vases where food dye has been added to the water. Students compare celery that has been in plain and coloured water and draw and describe results.
- Lemons on apples – cut an apple into 4 equal parts and squeeze lemon on two of them. After letting the apple pieces stand for 3 hours, observe what happens.

Society & Environment

- Students can [conduct research](#) into a fruit or vegetable or how it is grown. The research process could include KWHL charts, explosion charts and mind maps.

Health & Physical Education

- Monitor fruit and vegetable intake – Use the [Crunch&Sip® Tally charts](#)
- Cooking – invite parents to cook with your class. Make healthy fruit and vegetable based recipes. Try recipes from the Go for 2&5® website www.gofor2and5.com.au. Can be linked to Maths, English, Science, Technology & Enterprise

Technology & Enterprise

- Using the Technology Process, students design a healthy sandwich.

The Arts

- Art - Create a class collage or mobile of foods that can be eaten for Crunch&Sip®, 'you are what you eat' collage (create a person out of pictures of fruit and vegetables, including physical features and jewellery.)
- Music – use the Crunch&Sip® rap or search www.teachertube.com for fruit and vegetable songs.

Middle Primary

'Tuning In' to Crunch&Sip® activities

- In small groups, students complete a [rotational ABC graffiti](#). In a given time, students write as many fruit or vegetables as they can for a particular letter.
- Have small groups of students draw the outline of a human body on butcher's paper. Ask groups to identify parts of the body that would benefit from eating fruit and vegetables, for example skin, muscles, brain, intestines, hair, teeth, heart. Ask students to identify the advantages of eating healthy food and of choosing food that is low in fat and high in fibre. Ask them to describe the benefits to the body. For more information on this subject, see www.fruitsandveggiesmatter.gov/benefits/index.html or www.gofor2and5.com.au.

English

- Relevant book titles include:
 - Personal Health Choices* by Goldie Alexander and Shelley Underwood (non-fiction big book)
 - Health* by Susan Mansfield (Go Facts Healthy Bones)
 - Fitness* by Susan Mansfield (Go Facts Healthy Bones)
- Create a class cookbook with original recipes. Use *Kids in the Kitchen Cookbook* for inspiration. Students can explore how recipes are grouped in cookbooks, structure etc. Include production of the cookbook and how it will be promoted. Responsibilities can be divided amongst students.

Maths

- Survey of favourite fruit and vegetables, possibly involving several classes. Invite the school canteen manager into your classroom and let your students explain why they like these fruit and vegetables best. The goal is to get the school canteen manager to serve more of the favourites.
- Measurement – compare the capacity of different drink bottles.

Science

- Conduct a blind tasting of different types of water (bottled, tap, rain, flavoured, mineral) and record preferences and observations. Can students guess which is which?

Society & Environment

- Students can [conduct research](#) into a fruit or vegetable or how it is grown. The research process could include KWHL charts, explosion charts and mind maps.

Health & Physical Education

- Monitor intake of fruit, vegetables and water – Use the [Crunch&Sip® Tally chart](#)
- Over a week, set aside time each day for students to make a daily record of snacks they eat and the times they eat them. At the end of the week, have students examine their snack record and with a partner identify if they need to improve their snacking habits. If the answer is yes, ask students to think of ways to improve. Students can decide on a snacking goal and make a plan to achieve their goal. Emphasise that snacking goals need to be realistic and achievable. Have students check their progress towards their snacking goal every few days.
- Cooking – invite parents to cook with your class. Make healthy fruit and vegetable based recipes. Try recipes from the Go for 2&5® website www.gofor2and5.com.au. Can be linked to Maths, English, Science, Technology & Enterprise.

Technology & Enterprise

- Design a fruit and vegetable board game. Create one from scratch or modify a current game to include fruit and vegetables e.g. Snakes and Ladders
- Design a structure for tomato vines and other vegetables to grow
- Design and make scarecrows or other structures to deter crows and other garden pests.

The Arts

- Observe the inside of fruit and vegetables and draw them.
- Print making with vegetables. Go to www.kinderart.com/printmaking/fruit.shtml for details.
- Perform the Crunch&Sip® rap, available at www.crunchandsip.com.au

LOTE

- Develop vocabulary by learning fruit and vegetable names in languages other than English
- Cook in class – cook some traditional recipes of the country

Upper Primary

'Tuning In' to Crunch&Sip® activities

- In small groups, students complete a [rotational ABC graffiti](#). In a given time, students write as many fruit or vegetables as they can for a particular letter. Students can add to lists as they think of more. At the end of the allocated time, compare with www.fruit-vegetable.info/alphabetical-list-of-content.htm

English

- Relevant book titles include:
 - Nutrition across a Lifetime* by Julie Murphy (non-fiction)
 - How Good is my Food?* by Hazel Edwards and Shelley Underwood
 - Diary of a Fit Kid* by Sandy Tasker
- Students write expositions on topics such as: 'should eating nutritious foods at school be compulsory?' 'Should fast food advertising be banned?'
- Students use descriptive language when writing a poem contrasting the inside and outside of a piece of fruit.

Maths

- Students conduct a survey to determine what is being eaten at school during recess i.e. fruit, vegetables, chips, biscuits etc. The survey could include a couple of classes or the whole school population. Once information is gathered, students work to create graphs showing the breakdown of the types of foods eaten. Students discuss findings and write a summary of results. Follow up with an action plan as a response to the information gathered e.g. publish the information in the school's newsletter, share at a school assembly, plan ways to address nutrition issues at school. This project has the capacity to develop in to a large project with many opportunities for integration into other learning areas.
- [Price comparison of snack foods](#). Compare the price of popular snack foods with the price of fruits and vegetables. Ref: Upper Primary Home Activity 3
- Mandarin maths (this could be adapted for different fruit). Using many mandarins, pose questions such as – what is the average time to peel a mandarin? What is the average number of pips in a mandarin? What is the average surface area/weight? How much does the peel cost? What percentage/fraction of a mandarin is peel, pips, juice and pulp? (Source: Narkowicz, M (2004). Juicy – An epic tale of 100 mandarins. *Classroom*, 3 p.14-15.)

Science

- Students conduct a [double-blind tasting](#) of different types of water (bottled, tap, rain, flavoured, mineral) with another class to determine if they can identify which is which and preferences.
- The CSRIO Lab at Scitech are running Consumer Chemistry – What's in your Lunchbox? programs in weeks 9 and 10. These are suitable for years 5 to 10. Go to www.scitech.org.au for more information.
- Preserving/ripening fruit and vegetables – students conduct their own investigations into the best ways to preserve or ripen fruit using fair testing methods. A piece of the same type of fruit could be placed in the fridge, freezer, in a warm place, in a paper bag etc.

Society & Environment

- Students can [conduct research](#) into a fruit or vegetable or how it is grown. The research process could include KWHL charts, explosion charts and mind maps.

Health & Physical Education

- Monitor intake – Use the Crunch&Sip[®] Tally charts. Students could set up their own spreadsheet for their own intake or the whole school.
- Snacks – students brainstorm as many kids' snacks as they can and then classify into healthy and unhealthy snacks. Conduct a discussion on why unhealthy snacks are often chosen over healthy snacks (advertising, convenience, peer pressure etc). Develop strategies to promote healthy snacks in the school.
- Cooking – invite parents to cook with your class. Make healthy fruit and vegetable based recipes. Try recipes from the Go for 2&5[®] website www.gofor2and5.com.au. Small groups can select their own recipe and plan the materials needed and the steps they need to take. Have a class picnic to share the food. Can be linked to Maths, English, Science, Technology & Enterprise.

Technology & Enterprise

- Students are asked to help increase the sales of fruit and vegetables to a defined market. Based on market surveys and other sources of information, students select appropriate features for the product and prepare promotional material to sell it.

The Arts

- Students sketch a still life of a basket of fruit or vegetables, focusing on light and shading.
- Using a common or popular song, students change to lyrics to promote eating fruit and vegetables.

LOTE

- Discuss how different cultures prepare and cook various fruit and vegetables.

Useful links

Crunch&Sip® program	www.crunchandsip.com.au
Go for 2&5® campaign	www.gofor2and5.com.au
Tooty Fruity project	www.ncahs.nsw.gov.au/tooty-fruity
Healthy Kids	www.healthykids.nsw.gov.au
Fresh for kids (Sydney Markets)	www.freshforkids.com.au
Australian Government Healthy Active	www.healthyactive.gov.au
Healthy Weight Week (Dietitians Association of Australia)	www.healthyweightweek.com.au
Nutrition Australia	www.nutritionaustralia.com.au
Victorian Go for your life™ campaign	www.goforyourlife.vic.gov.au
Heart Foundation	www.heartfoundation.org.au

Interactive Web sites

www.kidshealthandfitness.org.au/default.asp
www.freshforkids.com.au/index.html
www.nutritionexplorations.org/kids/activities-main.asp
www.food.gov.uk/multimedia/flash/Alisha_and_Ronnie_e.swf
www.planet-science.com/randomise/index.html?page=/smoothie

