

A FRUIT AND WATER SCHOOL

HOW TO DEVELOP AND IMPLEMENT A FRUIT AND WATER POLICY IN SCHOOLS



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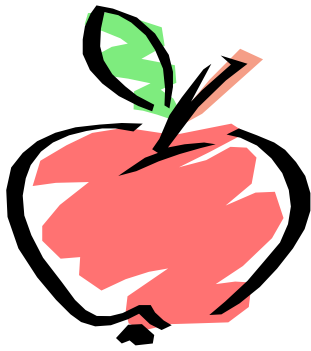
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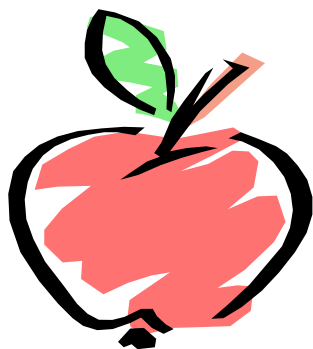
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Overview

The *Fruit and Water Policy in Schools* initiative aims to improve the eating habits of school children in the Great Southern Region, especially their consumption of fruit and water.

A Fruit and Water Policy in schools will encourage students, teacher and staff to consume a small bottle of water in the classroom throughout the day, and eat a piece of fruit or vegetable during an afternoon fruit break. This will be supported by incorporating nutrition programs into the key learning areas of the school curriculum and by creating a school environment that is supportive of a Fruit and Water Policy.

The Fruit and Water Policy in Schools initiative was developed with Healthway funding by the Great Southern Public Health Services Nutrition Program and the Albany and Narrogin District Education Offices.

The initiative was successfully piloted in 6 primary schools in the Great Southern Region in 2000. Results from the pilot have been used to provide direction for this document.

How to Develop A Fruit and Water Policy in Schools is intended as a guide for schools to develop a fruit and water policy. The booklet is presented in 2 sections:

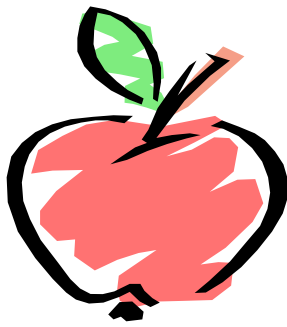
Section 1 **Steps in Developing a Fruit and Water Policy, and Policy content**

Section 1 focuses on how to develop a fruit and water policy. This section is important for all sectors of the school community involved in developing the policy.

Section 2 **Implementing a Fruit and Water Policy**

This section focuses on the practical day-to-day implementation of a fruit and water policy both inside and outside of the classroom.

It should be noted that this document is intended as a guide and that each school should tailor a fruit and water policy specific to their school.



Why have a Fruit and Water Policy ?

RATIONALE

Strong evidence suggests that diet plays a major role in the development of lifestyle diseases such as: heart disease, diabetes and cancer¹. Low intakes of water and subsequent poor hydration are associated with kidney disease. It is well recognised that dietary habits established in childhood can lead to the development of many of these diseases in adulthood.^{1,2}

A fruit and water policy encourages schools to introduce and support good eating habits during childhood as a means of reducing the risk of diet-related disease in adulthood. The immediate benefit of consuming fruit and water in the classroom is a positive impact on students' ability to concentrate.

Nutrition is one of the most important factors for health and the prevention of disease. Strong evidence suggests that diet plays a major role in the development of several chronic diseases and that preventative action is possible.

Diets that are high in fruits and/or vegetables, in particular are associated with a reduced incidence of disease conditions such as: some cancer and

bowel disorders, obesity, hypertension, diabetes and high cholesterol.

Consumption of fruit (and/or vegetables) during an afternoon fruit break will help students to maintain an adequate blood sugar level. Drinking water throughout the day will prevent dehydration. Together, sufficient hydration and blood sugar levels will have a positive impact on concentration.

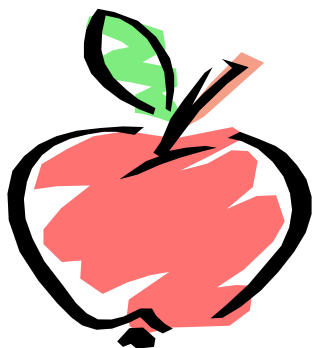
Schools have the potential to have a major impact on students' intakes of fruit (and vegetables) and water for the following reasons:

- Students are at school five days a week and consume at least one major meal and snack during each of these days.
- An important period for establishing childhood dietary habits is during school years. Habits developed during youth are carried into adulthood.
- Schools can play a significant role in changing behaviour through education, in fact encouraging and enabling children to adopt healthy eating habits is one of the goals of nutrition education.
- Nutrition issues can be incorporated into key learning areas of the school curriculum.
- The Fruit and Water Policy can be written as a separate policy or incorporated into other policy areas.

Schools have a major responsibility to initiate and implement nutrition prevention and promotion strategies in the interest of students' health.

¹ Health Department of Western Australia. Public Health Business Plan for Western Australia 1997-2001. Perth: HDWA, 1997.

² Health Department of Western Australia. Fruit 'n' Veg with every meal, background information. 1990.



Steps in Developing a Fruit and Water Policy

The process of developing a fruit and water policy is as important as the policy itself. All sectors of the school community need to be consulted and given an opportunity to comment on the draft. The policy is more likely to be successfully implemented if all those affected have been involved in its development and agree and understand its intent.

The following steps can be used as a guide to developing a fruit and water policy in your school:

1. FORM A COMMITTEE

The committee may include representatives from all sectors of the school such as: principal, teachers, students, and parents, school health nurse, health/physical education coordinator and school canteen representative.

It is the committee's role to make recommendations about the content of the policy, to develop and circulate a draft and to prepare the final version of the document. They do this on behalf of the school community.

2. CONDUCT INFORMATION SESSIONS

The whole school community (parents, staff and students) needs to be aware of the importance of good nutrition and adequate hydration, especially during childhood and adolescence. Awareness-raising sessions for parents and staff will assist in gaining support for the implementation of a fruit and water policy. Education through the curriculum will raise students' awareness.

3. IDENTIFY MEASURES THAT NEED TO BE UNDERTAKEN TO ENCOURAGE FRUIT, VEGETABLE AND WATER CONSUMPTION.

The checklist (table 1.0) on page 7 can be used as a discussion document for improving fruit and water consumption at your school.

4. DRAFT AND RATIFY POLICY

The policy should contain defined goals, clear statements on the implementation of fruit and water strategies and a monitoring and evaluation section. A sample policy is included on page 21 of this booklet.

When the draft has been written, clearly label it as a draft and make it available for parents and staff to review. Present the final version of the policy to the appropriate decision making group for endorsement.

5. IMPLEMENT AND PROMOTE POLICY

Officially launch the Fruit and Water Policy so that all members of the school community are aware of its existence. This could take place on a special day, at an assembly or at a relevant meeting.

Publicise the policy as widely as possible. Consider giving a copy to all staff, including the policy in a newsletter and distributing information as to the implications for parents and students.

6. REGULARLY MONITOR, EVALUATE AND REVIEW YOUR FRUIT AND WATER POLICY

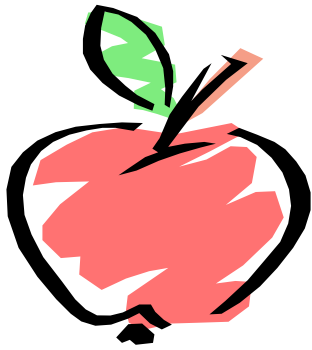
Review the effectiveness of the policy after a set period of time. Involve students where possible. Evaluation strategies could include:

- Conducting a brief survey
- Making observations eg. number of students drinking water or eating fruit at a given time.
- Conduct a curriculum audit

Table 1.0

Checklist

FRUIT AND WATER STRATEGY	✓	X	HOW CAN WE IMPROVE IN THIS AREA
Students are encouraged to consume fruit/vegetables during an afternoon fruit break.			
Students are encouraged to drink plain water throughout the day in the classroom.			
Students are encouraged to drink water during break times, sports, excursions and camps.			
Students attending excursions and camps are required to bring a water bottle.			
Teachers and staff role model appropriate consumption of fruit and water inside and outside of the classroom.			
A plan is in place to ensure access of fruit to all students that do not access fruit regularly.			
Parents are encouraged to model appropriate consumption of fruit and water when participating in school activities such as excursions and camps.			
Nutrition programs are incorporated into the appropriate key learning areas of the school curriculum at all year levels.			
A plan is in place to ensure teachers have access to up-to-date information on nutrition.			
Students are required to take water bottles home daily for washing.			
There are regular fruit and water reminders for students and parents.			
A plan is in place to ensure the school environment is conducive to, and supports fruit and water consumption.			
A plan is in place to monitor the fruit and water policy.			
A plan is in place for the school canteen to support the Fruit and Water Policy.			



Policy Content: What to include in a Fruit and Water Policy

Fruit and water policies are built on a partnership between school councils / boards / parents and citizens committees, school canteen committees, and parents, staff and students.

The information in this section is intended as a guide for schools when developing a fruit and water policy document.

The issues that should be addressed in the fruit and water policy are as follows:

1. DEFINED GOALS

Goals for a fruit and water policy

- Increase student, parent, teacher and canteen staff awareness of the importance of consuming fruit, vegetables and water.
- Encourage students, teachers and staff to consume fruit / vegetables during an allocated-fruit break.
- Encourage students, parents, teachers and staff to drink water throughout the day in the classroom and also during break times, sports, excursions and camps.
- Develop strategies that ensure access of fruit to students that do not access fruit regularly.
- Encourage parents to provide students with fruit / vegetables for afternoon-fruit break.

2. IMPLEMENTATION COMPONENTS

The three aspects of implementation to be included in a fruit and water policy are:

2a *Links with the curriculum*

- Incorporate nutrition programs into the appropriate key learning areas of the school curriculum.
- Teachers to have access to up-to-date information on nutrition.

2b *Guidelines for consumption of fruit and water*

Fruit

- All fresh fruit and vegetables, canned fruit in natural juice and dried fruit eg. whole fruits, fruit salad, chopped melon, celery or carrot sticks, cherry tomatoes, sultanas and dried fruit are allowed. (see Table 2.0 – Permitted Foods and Beverages for Consumption in Class on page 13.

Fruit consumption

- An afternoon fruit break will be identified in the classroom
- Students should be encouraged to consume a small piece of fruit (or vegetables) in the classroom during the identified fruit break

Water

- Only plain water is allowed to be consumed in the classroom

Water consumption

- Students should be encouraged to consume a 500ml bottle of water in the classroom throughout the day

Physical Education and Sport

- All students should be encouraged to drink from a water bottle during PE and sport classes

Camps & Excursions

- An individual water bottle for each student should be required for all camps and excursions

Adult Role Modelling

- Appropriate consumption of fruit and water should be modelled by teachers and parents to reinforce the policy

Occupational Safety and Health

- Hygiene issues such as: hand washing, rinsing fruit and washing bottles, should be considered when developing a fruit and water policy

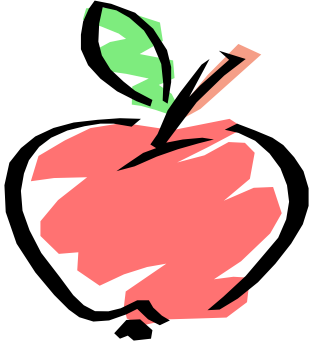
2c Supportive Environments

- School canteen to develop strategies to sell more fruit eg. At cost price and presented in a manner that is appealing to students.
- School to develop strategies that create an environment that is conducive to, and supports fruit and water consumption.

3 MONITORING AND EVALUATION PLAN

- Regularly review the effectiveness of fruit and water strategies in your school and make recommendations for improvement if necessary.
- Continue to evaluate and update the nutrition component of the curriculum.
- Assess plans to develop an environment that positively encourages fruit and water consumption.

(See Appendix 1: *sample* Fruit and Water Policy)



Implementing a Fruit and Water Policy: Encouraging Consumption of Fruit and Water in the Classroom

This section contains information to assist teachers and other staff to implement an integrated fruit and water policy both inside and outside of the classroom.

FOR TEACHERS

- Review information presented in this document. Carefully read this section, (section 2) and make notes on how you will implement a fruit and water policy in your classroom.
- Explore the sections on how to make links with the curriculum on page 14.

WORKING WITH STUDENTS

Before commencing fruit and water consumption activities in the classroom (ie fruit break and water bottle) teachers could:

- Brainstorm with students the amount of fruit and water they currently consume;
- Discuss the importance of fruit (and vegetables) and water as part of a healthy diet, and recommend daily servings. (Teachers may wish to refer to “Kids in the Kitchen Kit – Activities for Primary School Teachers” p6,7);
- Discuss the Fruit and Water Policy with students;
- Encourage students to bring a small piece of fruit and a small bottle of water for consumption in the classroom;
- Discuss classroom rules for consumption of fruit and water in the classroom.

To encourage consumption of fruit/vegetables and water in the classroom, teachers should:

- Regularly encourage students to consume a small bottle of water in the classroom throughout the day (other beverages not permitted);
- Remind students to keep a bottle of water on their desk or an allocated place in the classroom;
- Identify a structured 5 minute fruit break in the afternoon;
- Allow and encourage students to consume a small piece of fruit (or vegetables) in the classroom during the identified break (for foods permitted during break see table 2.0 Permitted Foods on page 13).
- Remind students at the end of the day to bring their fruit for the next day.

FRUIT AND WATER TIP

Teachers that were involved in the Fruit and Water Policy in Schools Pilot Project (FWPSPP) implemented an afternoon fruit break in the following innovative ways

- Playing taped music during a fruit break straight after lunch using the time as a “settling-down” period
- Coinciding fruit break with silent reading time in the afternoon

To increase consumption of water in class and participation in the fruit-break teachers could:

- Instruct and assist students to record the number of days during an assigned week that they consume 1 small piece of fruit in the afternoon fruit break and 1 small bottle of water in the classroom;
- Students could place a fruit /vegetable sticker or water stamps on a chart at the end of each day that they consumed Fruit or Water in the classroom (see Appendix 2 – Fruit and Water Sticker Chart Instructions).
- Award students with Fruit and Water Certificates for their participation.

FRUIT AND WATER TIP

Lessons and activities from the ‘Kids in the Kitchen Kit – Activities for Primary School Teachers’ will support good behaviour changes made in the classroom (consumption of fruit/vegetables and water) and consequently

Table 2.0 Permitted Foods and Beverages for Consumption in Class

	Permitted	Not Permitted
Fruits	All fresh fruit and vegetables canned fruit (in natural juice) and dried fruit eg. whole fruits, chopped melon, sultanas, dried apple rings	<i>Fruit leather, fruit roll-ups, fruit metres or similar, jams, jellies, fruit pies or cakes, olives and fruit juices Canned fruit in syrup</i>
Vegetables	All fresh, canned and dried vegetables eg. Cherry tomatoes, celery or carrot sticks, broccoli	<i>Potato crisp, hot potato chips, vegetables pies, pasties, pastries, vegetable cakes or fritters, vegetable quiches, popcorn and vegetable juices</i>
Other Foods		<i>Nuts and seeds etc.</i>
Beverages	Plain Water	<i>Other Beverages e.g. cordial, juice, milk, flavoured milk, soft drink</i>

WORKING WITH PARENTS

To get parents involved in the Fruit and Water Policy in your school let them know what they can do to help their child. Parents will also benefit from information aimed at increasing their awareness of the importance of consuming Fruit / Vegetables and Water. Make the information practical and remember to keep it simple. Provide parents with:

- Information about the school's Fruit and Water Policy during student enrolment;
- A letter outlining the Fruit and Water Policy in your school and requirements of parents (see Appendix 3 – Sample Letter for Parents);
- A Fruit and Water Policy in Schools pamphlet (see Appendix 5) encouraging them to provide their child with a piece of fruit each day for afternoon fruit break and a bottle for water;
- Information about the importance of adequate intakes of fruit, vegetables and water, and
- Periodic letters and inserts in the school newsletter throughout the term to remind parents about water bottles and fruit. This is also a good opportunity to reinforce the importance of consuming fruit, vegetables and water (see Appendix 4 – Newsletter Inserts).

THROUGHOUT THE TERM

- Reinforce that students bring a clean water bottle to school for consumption of water throughout the day and a small piece of fruit or vegetables for consumption in the allocated break
- Remind students to purchase fruit from the canteen at lunchtime if they did not bring a piece from home

OCCUPATIONAL SAFETY AND HEALTH

Occupational safety and health issues will be managed differently at each school according to available facilities. Teachers should adopt procedures and protocols specific to their classroom, however all teachers should:

- Encourage students to take water bottles home daily for washing, and
- Consider issues such as hand washing and rinsing fruit.

MAKING LINKS WITH THE CURRICULUM

Teachers are encouraged to incorporate nutrition programs into the key learning areas of the school curriculum. Nutrition issues can be included in Health, Physical Education, Science, English, Technology & Enterprise, L.O.T.E, Society and Environment, Mathematics and The Arts. Nutrition lessons and activities will support good behaviour changes made in the classroom (consumption of fruit and water) and consequently reinforce good nutrition practices.

NUTRITION ISSUES THAT CAN BE INCORPORATED INTO HEALTH AND PHYSICAL EDUCATION

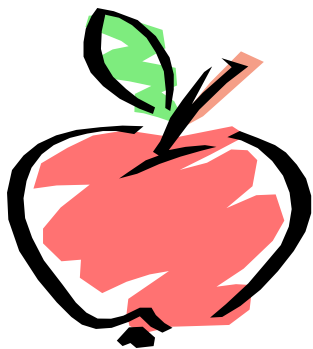
Listed below are some examples of nutrition issues that could be incorporated into the eight learning areas (specific activities on these and other topics can be found in “Kids in the Kitchen Kit – Activities for Primary School Teachers”):

 Food hygiene / keeping food safe eg clean hands, clean food, storing food	 Food variety eg tasting new foods, food tastes, food groups
 Why do we eat, what I eat, when I eat?	 Planning a breakfast or lunch
 Where does food come from?	 Food cultures, foods from different cultures
 Recognising high fat foods	 Healthy eating pyramid
 Convenience versus nutrition	 Food advertising
 Food moods eg do you eat when you are sad, bored, angry?	 What should I eat?
 Dietary Guidelines for Children and Adolescents	 Skipping meals

RESOURCES AND WEBSITES

A summary of the “Kids in the Kitchen – Activities for Primary School Teachers” and a list of other useful nutrition education resources is listed in Appendix 6.

The Internet can be a great source of nutrition information for teachers and students. Make sure the information you are accessing is from a credible organisation/source. Appendix 6 lists a number of interesting nutrition related websites to get you started.



Encouraging Consumption of Fruit and Water outside of the Classroom

Students should be encouraged to eat fruit (and vegetables) and drink from a water bottle when they are away from the classroom. Teachers should remind students to take their water bottle from the classroom to PE, sports classes, and any other activities taking place outside of the classroom.

CAMPS AND EXCURSIONS

An individual water bottle for each student should be required for all camps and excursions, this should be listed on 'camp / excursion requirement' lists. Students should be reminded and encouraged to drink water on such camps and excursions. All camp and excursion catering should provide fruit (or vegetables) at meal times and as part of healthy snacks. Where students are providing their own food for camps and excursions they should be encouraged to bring some fruit (or vegetables).

ADULT ROLE MODELLING

Adult role modelling is incorporated into the curriculum framework as a means of supporting appropriate behaviour in students. Teachers and parents should model appropriate consumption of fruit and water to reinforce the policy. Apart from providing a positive role model for the students, teachers and parents will also experience the immediate and long-term benefits of increased fruit and water consumption. Teachers and parents (where possible) should:

- Consume water on camps, excursions and in the classroom throughout the day, and
- Consume fruit / vegetables during the afternoon fruit-break.

SCHOOL CANTEEN

The school canteen is the hub of the school's food culture and can have a great influence on the types of foods consumed by students. It is extremely important that all food related initiatives within the school are carried out with some involvement and input from the school canteen, the canteen manager and the wonderful volunteers that so generously donate their time. The canteen is ideally placed to support the consumption of fruit and vegetables. A representative from the canteen should be invited to sit on the school's Fruit and Water Policy Committee.

The school canteen should:

- Sell a wide variety of seasonal fruits (a large basket of mixed fruit is much more appealing than a lonely banana, apple and orange at the back of the canteen);
- Display fruit / vegetables in a way that is attractive to students (presentation is important!);
- Be creative with fruit and vegetables e.g. fruit-salad, see table, plastic bags of mixed fruit or vegetables fruit kebabs, frozen orange segments, frozen banana pops, including a piece of fruit with lunchtime “meal deals”, vegetable sticks, fruit smoothies, chopped fruit served in a square icecream cone topped with yoghurt.
- Develop strategies to sell fruit at cost;
- Get involved with STAR CAP (School Canteen Accreditation Program). Contact West Australian School Canteen Association (WASCA 08 92441992).
- Encourage parents and friends to donate excess fruit from fruit trees and orchards to sell at cost to students;
- Form a relationship with organisations that have expressed an interest in donating fruit to schools

FRUIT AND VEGETABLE TIP

Remember it takes time to change habits. If your overflowing basket of lovely fresh fruit does not sell straight away – give it away or make fruit muffins with it. Most importantly keep replenishing it

THE SCHOOL ENVIRONMENT

The school has many opportunities to create an environment that is supportive of the Fruit and Water Policy. Initiatives may be created or fostered by teachers, students or parents. It is important, however, that these ideas are shared with the school’s Fruit and Water Policy Committee to ensure that they are supported at a whole of school level.

The school could:

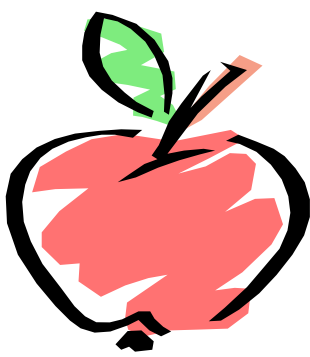
- Plant a variety of fruit trees to provide an ongoing supply of seasonal fruit for the afternoon fruit break or to sell at a low cost in the canteen.
- Plant a vegetable garden that is maintained by the students. Many primary schools throughout Australia run successful school gardens. Such ventures provide many benefits to the whole school community.

FRUIT AND WATER ACCESS FOR ALL STUDENTS

The aim of this component of the policy is to make structural changes within the school to make fruit more accessible to students such as Aboriginal and low socio-economic students that do not otherwise have access to fruit each day.

Each school will develop strategies specific to their own needs. Some potential strategies include:

- Liaising with the school canteen and Fruit and Water Policy Committee encouraging them to make structural and policy changes that enable disadvantaged students to access fruit eg. providing fruit at cost.
- Employ a similar strategy for children that forget their fruit as currently exists for children that forget their lunch money ie. in many schools students are currently able to order lunch and the cost is covered by their parents. Students will need to be reminded before lunchtime to purchase fruit from the canteen. Parents should be contacted if children present frequently to the canteen without money.
- Develop policy within the school on provision of fruit for consumption during afternoon fruit break for students that are unable to bring fruit from home.
- Encourage the school to plant a variety of fruit trees or vegetable gardens on school property to provide ongoing supply of fruit.
- Liaise with District Aboriginal Education Council and Aboriginal Students Support and Parent Awareness (ASSPA) Committee to address fruit access issues amongst Noongar children and develop strategies for sustainable fruit access
 - Currently many school canteens allow Noongar students to order their lunch and the cost is covered by ASSPA



The Answers to the Most Commonly Asked Fruit and Water Questions



Why is it so important that students drink water?

Our bodies are made up of 50-60% water, and water that is lost through breathing, sweating and going to the toilet needs to be replaced. This is especially important in hot weather.

Adequate fluid intake is essential to good health. Inadequate intake of fluid causes dehydration and any level of dehydration can affect a child's ability to concentrate and may cause headaches.



Why should students drink in class?

Thirst is not a good indicator of dehydration, by the time a person is thirsty they are usually already dehydrated to some extent. Children rarely drink enough during break times at school so allowing students to drink water in class increases the likelihood that they will drink more. Drinking often, especially before, during and after physical activity is the best way to stay hydrated.



How much water should children drink?

The recommended daily amounts of fluid are:

- five to eight year olds: 1litre (or 5 average glasses)
- nine to twelve year olds: 1.5 litres (or 7 average glasses)

Remember more water is needed if children are exercising.



Is water the best choice of drink?

Water is better than fruit juices and soft drinks because the sugar content in these drinks can damage teeth. It has also been found that when children drink a lot of soft drinks or fruit juice it can reduce their appetite and as a result they may not eat enough food to get all the nutrients they need. Plain cooled water is the best source of fluid for children.



How can we make water more appealing to children?

Parents and teachers could ensure that children have their own individual water bottles. Parents could try putting ice in water, or float a slice of lemon, orange or some strawberries in a jug of water at home. Keep a jug or bottle of cold water in the fridge. Let children see parents and teachers enjoying drinking water.



How safe is our water?

The question about what is the best and safest water to drink often worries parents and teachers. The answer depends on where you live. Generally tap water from the mains/community supply is regarded as safe to drink without further treatment. Tap water in many places contains fluoride, which helps protect children's teeth.

Rainwater is only as safe as the roof from which it is collected and generally it is wise to boil for young children.



Do we need to encourage children to drink water all year round?

It is important that children are encouraged to drink water all year round. Dehydration does not only occur during the hot months of the year. Children can experience dehydration in the winter if they do not consume the recommended amount of water each day.



Why should children eat more fruit and vegetables?

Fruit and vegetables are an excellent source of vitamin C, a substance that is important to keep skin, bones and blood vessels healthy and help the body protect itself against infections. Dietary fibre found in fruit and vegetables is important to keep the bowel healthy and prevent constipation. Diets high in fruits and vegetables are also excellent sources of hundreds of antioxidant and anti-cancer substances.



How much fruit and vegetables do children need?

For healthy eating, it is recommended that children eat at least one piece of fruit and three servings of vegetables each day.

One serve of fruit equals: one small apple, pear, orange or equivalent, a handful of grapes or two medium apricots.

One serve of vegetables equals: one medium potato, half cup cooked vegetables or one cup salad.



Why have an afternoon fruit break in the classroom?

Allowing students to eat something in class in the afternoon helps students to maintain stable blood sugar levels. This has a positive affect on students ability to concentrate and helps “tide” students over until home-time.



Should we let students eat other food like muesli bars or fruit leathers in class?

Foods such as muesli bars and fruit leathers are often high in sugar and have a tendency to stick to teeth. When eaten frequently sugary foods can increase tooth decay. Ideally it is best to limit sugar intake to meal times when the increased saliva flow provides a cleansing action.

The sugars found in fruit and vegetables are safe for teeth. Dried fruits, such as sultanas and dried apricots contain high concentrations of natural sugar and due to their sticky nature they also tend to cling to teeth. Although dried fruit is permitted during the afternoon fruit break, fresh fruit or vegetables should be the first choice.



How can we make fruit and vegetables more appealing to children?

Research has found that children prefer small, cold, crisp, juicy and sweet fruits and colourful, crisp, fresh vegetables. Parents could try the following tips:-

- Buy a range of seasonal fruit so children will not become bored with the same varieties
 - Involve children in choosing what fruit and vegetables to buy
 - Cut fruit and vegetables into small manageable pieces
- (For more ideas see Appendix 5: Pamphlet for Parents)



Can we replace fresh fruit and vegetables with fruit juice?

Fresh fruit and vegetables have more fibre, vitamins and minerals than fruit juice. Since there is actually no fibre in fruit juice it does not fill you up as much as fruit and vegetables do.

Did you know that you would need to process more than three apples just to get one glass of apple juice. Fruit juice contains high concentrations of natural fruit sugar and sometimes added sugar. Frequent consumption of fruit juice can increase tooth decay and reduce a child’s appetite. Remember water is the only drink allowed in the classroom.

SAMPLE - FRUIT AND WATER POLICY FOR SCHOOLS

XYZ PRIMARY SCHOOL FRUIT AND WATER POLICY

GOALS OF THE FRUIT AND WATER POLICY

- Increase student, parent, teacher and canteen staff awareness of the importance of consuming fruit, vegetables and water.
- Encourage students, teachers and staff to consume fruit / vegetables during an allocated fruit break in the classroom.
- Encourage students, teachers and staff to drink water throughout the day in the classroom and during break times, sports, excursions and camps.
- Encourage parents to provide students with fruit / vegetables for the afternoon fruit break.
- Develop strategies that ensure access of fruit to students at XYZ Primary School that do not access fruit regularly.

PEOPLE THAT SHOULD BE INVOLVED IN THE DEVELOPMENT AND REVIEW OF THE FRUIT AND WATER POLICY

- The XYZ Primary School - Fruit and Water Policy Committee includes representatives from all sectors of the school. The committee is comprised of the principal, teachers, students, parents, the school health nurse, the health/physical education coordinator and a school canteen representative.
- When the draft is written, it will be clearly labelled as a ‘draft’ and made available for parents and staff to review.
- The final version of the policy will be presented to the school board for endorsement.

IMPLEMENTING THE FRUIT AND WATER POLICY

Disseminating information about the fruit and water policy to parents and staff

- The fruit and water policy will be displayed in the school’s policy and procedures manual.
- The fruit and water policy will also be included in the school’s handbook for parents.
- Parents will be informed of the fruit and water policy during student enrolment.
- Parents and teachers will be reminded about the fruit and water policy at least four times a year either as talks, newsletters or brochures, etc.

Increasing awareness of the importance of good nutrition and adequate hydration during childhood and adolescence

- Incorporate nutrition programs into the appropriate key learning areas of the school curriculum to raise students’ awareness of the importance of good nutrition and adequate hydration during childhood and adolescence.
- Teachers to have access to up-to-date information on nutrition.
- Nutrition (and hydration) related education is offered to parents at least two times a year either as talks, newsletters, brochures etc.

Guidelines for consumption of fruit and water

Fruit

- All fresh, canned and dried fruit / vegetables eg whole fruits, chopped melon, celery or carrot sticks, sultanas and dried fruit are permitted during fruit break (other foods are not permitted).
- An afternoon fruit break will be identified in the classroom.
- Teachers will encourage students daily to consume a small piece of fruit (or vegetables) in the classroom during the identified afternoon fruit break

Water

- Only plain water is to be consumed in the classroom.
- Teachers will regularly encourage students to consume a 500ml bottle of water in the classroom throughout the day.

Physical Education and Sport

- All students will be encouraged to drink from a water bottle during PE and sports classes.

Camps and Excursions

- An individual water bottle for each student will be required for all camps and excursions.

Adult Role Modelling

- Teachers and parents will model appropriate consumption of fruit and water to reinforce the policy.

Occupational Safety and Health

- Water bottles are to be taken home daily for washing.
- Parents will be informed of the importance of rinsing fruit.
- Students will be informed of the importance of hand washing.

Supportive Environments

- The school canteen will sell fruit at cost.
- The school will maintain a clean and safe water supply for students to refill water bottles.
- The school has a plan in place to ensure access of fruit to all students that do not access fruit regularly:
- The school will contribute \$X.00 each year for the purchase of fruit. This fruit is to be made available to students that regularly do not access fruit during the afternoon fruit break.
- Donations of fruit from local orchards and families will also be made available to these students.

MONITORING AND EVALUATION

- The fruit and water policy will be reviewed annually and recommendations will be made for improvements if necessary. Continue to evaluate and update the nutrition component of the curriculum.
- Assess plans to develop an environment that positively encourages fruit and water consumption.

Appendix 2

FRUIT AND WATER STICKER CHART RECORDING INSTRUCTIONS

Many of the pilot schools involved in the Fruit and Water Policy in Schools Pilot Project found that recording students intakes of fruit and water in the classroom increased student's motivation. Teachers can encourage students to record their intake of fruit and water in the classroom periodically. Some suggestions about when to record are:

- When a fruit and water policy is first introduced into the classroom
- When motivation is starting to wane
- At the start of each term
- During Fruit 'n' Veg' Week
- When the class is focusing on Nutrition Education

Use a stamp, fruit and water stickers, or get the children to draw fruit and water symbols to record each day that they consume a piece of fruit during the afternoon fruit break or drink a bottle of water in the classroom. A 'Fruit and Water Sticker Chart' has been included for teachers to photocopy for each student. Alternatively teachers may like to design their own sticker chart for use in their classroom.

Fruits and (vegetables) that can be included on the sticker chart include all fresh fruit and vegetables, canned fruit (in natural juice) and dried fruits and vegetables.

The following food items are **not** to be consumed during the fruit break:

Fruits: fruit leather, fruit roll-ups, fruit metres or similar, jams, jellies, fruit pies or cakes, olives and fruit juices, canned fruit in syrup

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

Nuts and seeds



FRUIT AND WATER STICKER CHART



School _____ Year _____ Name _____

	<i>WEEK</i>		<i>WEEK</i>		<i>WEEK</i>	
	<i>Fruit</i>	<i>Water</i>	<i>Fruit</i>	<i>Water</i>	<i>Fruit</i>	<i>Water</i>
<i>Monday</i>						
<i>Tuesday</i>						
<i>Wednesday</i>						
<i>Thursday</i>						
<i>Friday</i>						
<i>TOTALS</i>						

Appendix 3

SAMPLE PARENT LETTER

Date

Dear Parents

RE: FRUIT AND WATER POLICY

In addition to the usual class activities this term, we will also be introducing a Fruit and Water Policy in the classroom. The policy encourages students to drink water throughout the day in the classroom and eat a small piece of fruit during an afternoon fruit break.

Research shows that not drinking enough fluid can cause dehydration. It is known that dehydration can affect a child's brain development and their ability to concentrate. Encouraging children to drink water will not only prevent dehydration it will also have a positive impact on their ability to concentrate and develop good habits for adult life.

There is also concern that children could increase their likelihood of diet related disease in adult life due to poor eating habits in childhood. Fruit (and vegetables) are an excellent source of vitamin C, vitamin A (as beta-carotene), folate, fibre and potassium, and are low in fat and sodium. Diets high in fruits and vegetables help prevent conditions such as obesity, constipation, bowel disorders, high blood pressure, high blood cholesterol and some forms of cancer.

To help your child participate in the Fruit and Water Policy please provide a clean bottle of water and a small piece of fruit (or veg.) each day. The bottle for water can be any clean 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 vegetables such as carrot or celery sticks. Other drinks or foods are not permitted in the classroom (see attached leaflet for more details).

Thank you for your support.

Appendix 4

NEWSLETTER INSERTS

INSERT 1

To help your child participate in the Fruit and Water Policy please provide a clean bottle of water and a small piece of fruit (or vegetables) each day. The bottle for water can be any clean 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 vegetables such as carrot or celery sticks. Other drinks or foods are not permitted in the classroom (see attached leaflet for more details).

INSERT 2

How Much Fruit (And Vegetables) Do Children Need ?

For healthy eating it is recommended that children eat at least one piece of fruit and three serves of vegetables each day.

One serve of fruit equals:

- one small apple, pear, orange or equivalent, or two medium apricots, plums etc.

One serve of vegetables equals:

- one medium potato, half cup cooked vegetables, one cup of salad

How Much Water Should Your Child Drink?

It is recommended that you that your child drinks up to 1.5 litres of water per day.

What Parents Need To Do ?

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

- A clean 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 afternoon fruit break.

What Fruits Are Allowed During Fruit Break ?

All fresh fruits and vegetables canned fruit in natural juice and dried fruit eg. 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 vegetable should be first choice

Foods That Should Not Be Consumed During Fruit Break

- 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 3

Include excerpts in the newsletter from “The Answers From The Most Commonly Asked Fruit And Water Questions” on pages 18-20 or the “Sample Parent Letter” on page 25

ENCOURAGING CHILDREN TO EAT MORE FRUIT

Research has found that children prefer cold, crisp, juicy and sweet fruits that are small and fresh.



Try these tips

- Buy an range of seasonal fruit so children will not become bored with the same varieties
- Involve children in choosing what fruit to buy
- Try adding fruit (fresh, dried or canned) to breakfast cereals
- Make smoothies by blending together soft fruit such as bananas or strawberries with milk and yoghurt
- Finish lunch with a piece of fresh fruit or fruit salad

ENCOURAGE CHILDREN TO DRINK MORE WATER

Produced by:

Great Southern Public Health Nutrition Program
In partnership with:



Appendix 5 PAMPHLET

ENCOURAGING CHILDREN TO EAT MORE VEGETABLES

Research has found that children prefer colourful, crisp, fresh vegetables.

Try these tips

- 'Hide' the vegetables in other stronger tasting foods, for example, grate into burgers, rissoles and lasagne
- Add vegetables to favourite foods such as pizza toppings, pasta sauces or pie fillings. Make vegetable pikelets or mini-pizzas the night before using bread rolls or muffins
- Include vegetables in soups, for example, pumpkin, minestrone or potato. Soups can be stored in a thermos and taken to school
- Serve vegetables as fun foods, for example in kebabs or cut into pieces for dipping
- Leave vegetables cut up and ready to eat in the fridge, for example, carrot and celery sticks
- Serve the vegetables raw, steamed, microwave or stir-fried



FRUIT AND WATER POLICY IN YOUR SCHOOL



WHAT YOU NEED TO KNOW

A GUIDE FOR PARENTS

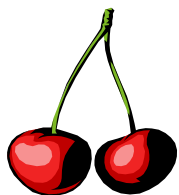


Your child's school now has a Fruit and Water Policy which encourages primary school children to drink more water and eat more fruit and vegetables.



In the classroom your child will be encouraged to

- Drink water throughout the day
- Eat a piece of fruit or veg during the afternoon fruit break



WHY DO CHILDREN NEED TO EAT MORE FRUIT AND DRINK MORE WATER ?

A survey of Western Australian children revealed that primary school children do not eat enough fruit. Research also shows that children do not drink enough water yet soft drink consumption has doubled in the past decade.

HOW MUCH FRUIT (AND VEGETABLES) DO CHILDREN NEED ?

For healthy eating it is recommended that children eat at least one piece of fruit and three serves of vegetables each day.

One serve of fruit equals:

- one small apple, pear, orange or equivalent, or two medium apricots, plums etc.

One serve of vegetables equals:

- one medium potato, half cup cooked vegetables, one cup of salad



HOW MUCH WATER SHOULD YOUR CHILD DRINK?

It is recommended that you that your child drinks up to 1.5 litres of water per day.



WHAT PARENTS NEED TO DO ?

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

- A clean 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 afternoon fruit break.

WHAT FRUITS ARE ALLOWED DURING FRUIT BREAK ?

All fresh fruits and vegetables canned fruit in natural juice and dried fruit eg. 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 vegetable should be first choice.

FOODS THAT SHOULD NOT BE CONSUMED DURING FRUIT BREAK

- 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

USEFUL RESOURCES AND WEBSITES

This resource section lists some useful food and nutrition resources to help teachers incorporate nutrition programs into the key learning areas of the school curriculum. There are many other very useful food and nutrition resources currently available.

Food and Nutrition in Action kit (*Workshop manual, Teacher's guide and video*)
(1996, Curriculum Corporation)

Food and Nutrition in Action is a professional development package designed to assist teachers to develop food and nutrition programs supportive of student engagement in health promoting behaviours, rather than just knowing about nutrition

A Guide to Developing Resources for Good Practice in Food and Nutrition Education
(1997, Home Economics Institute of Australia)

The aim of this resource is to provide information about the concepts advocated in Food and Nutrition in Action, and the implications for resource development. The guide concludes with a list of useful resources, a glossary and a reference list.

Kids in the Kitchen Kit – Activities for Primary School Teachers (1998, Health Department of Western Australia)

All primary schools received a copy of this resource in 2000. Check your school library or ask your Health Coordinator. Copies may be obtained from the Health Department of Western Australia.

The learning and teaching activities outlined in the kit have been developed in consultation with the Western Australian Curriculum Framework Council and are designed to assist primary school teachers with nutrition education. The activities encourage a cross-curricular approach to teaching nutrition education.

Recipes and activities in the “Kids in the Kitchen Kit” are divided into three sections – Easy (years K-3), Medium (Years 4-5) and Hard (Years 6-7) and are presented in an easy to follow, step-by-step format. Two young presenters demonstrate recipes on an accompanying video. All recipes are easily located using the “location on video” guide. Activities may require modification depending on the range of student abilities within each year group.

The kit also presents a range of student food challenges for students to complete outside of the classroom, usually at home. The aim of the food challenges is to encourage parent discussion, involvement and positive reinforcement of their child's nutrition education in the home environment.

OTHER CLASSROOM RESOURCES

Lower Primary

Cooper, C. and Freeman, K. (1995) *Food Smart for five to ten year olds* National Heart Foundation, Vic.

Everly, C. and John, J. (1991) *Themeswork in health education: Food for growth* Jacaranda Wiley, Brisbane.

Leng, V. and Ryles, J. (1987) *Kids in the Kitchen* Oxford Press, Melbourne.

Woodrow, S. and Burt, S. (1994) *Hands on food – A nutrition resource for primary school* Kelloggs, Australia.

Upper Primary

All about food and nutrition (1994) National Curriculum Advisory Services / Australian Meat and Livestock Corporation. (Kit)

Cooper, C. and Freeman, K. (1993) (Kit) *Food smart* National Heart Foundation, Australia.

Cool canteens make healthy kids! (1995) (Video) Department of Community and Health Services, Tasmania.

Evelly, C. and Johns, J. (1991) *Themeswork in health education: food for growth* Jacaranda Wiley, Australia.

Gate, Gabriel (1991) *Gabriel Gate cooks for everybody* Australian Broadcasting Corporation, Australia. (Video)

More or less – a film about food. (1988) Life. Be In It. Ministry of Education, Victoria.

Smith, B. and Schmerlaib, Y. (1988) *Food power* Longman, Melbourne.

Woodrow, S. and Burt, S. (1994) *Hands on food – a nutrition resource for primary school* Kelloggs, Australia. (Kit)

WEBSITES

This list of nutrition related websites are just a few of the many nutrition websites available on the Internet. Use the websites listed below as a starting point to finding other useful nutrition information including teacher resources and project material for students:

Organisation / Topic	Website Address
Australian Heart Foundation	http://www.heartfoundation.com.au/school/school.html
Eat Well Live Well	http://www.healthyeating.org/guidelines/children.htm
Nutrition Dictionary	http://www.Foodfit.com/misc/encyclopedia.html
Smart Kids Health Zone	http://cyberdiet.com/modules/sk/smartkids.html
Freshstarts	http://www.freshstarts.com/home.html
Health Insite	http://www.healthinsite.gov.au/T.cffn?PID=762
The Children's Hospital at Westmead	http://www.chw.edu.au/parents/factsheets/fosnackj.htm
Nutrition Australia	http://www.nutritionaustralia.org/food_facts/FAQ/omega3_faq.asp