



HEALTHY EATING IN PREP

Dear Parents,

As a part of Bellaire Primary School's association with the Kids Go For Your Life and the Healthy Eating Schools programs we are encouraging students to consume fruit or vegetables in the classroom.

Fruit and vegetables in the classroom introduces and encourages good eating habits during childhood. The consuming of fruit and vegetables in the classroom has an immediate and positive impact on students' ability to concentrate.

Students will be able to eat their fruit/vegetable snack at any time throughout the day when sitting at their tables. The table below gives some examples of the snacks your child can bring to school:

	Permitted	<u>Not</u> Permitted
<i>Fruit</i>	All <u>fresh</u> fruit e.g. chopped apples, pears, strawberries, melon and grapes.	<i>Fruit leather, fruit roll-ups, fruit metres or similar, jams, jellies, fruit pies or cakes, olives, fruit juices, canned fruit in syrup and dried fruit.</i>
<i>Vegetables</i>	All <u>fresh</u> vegetables e.g. cherry tomatoes, cucumber, celery, carrot sticks, broccoli, snow peas, capsicum.	<i>Potato crisp, hot potato chips, vegetables pies, pasties, pastries, vegetable cakes or fritters, vegetable quiches, popcorn and vegetable juices.</i>

Please note:

- Please chop fruit/vegetables into small bite size pieces and place in a small container, as this makes it easier for the children to eat. (Banana can be left in its skin).
- Non-messy foods are preferable, ie. not juicy like oranges and mangoes.
- It is not compulsory to bring a fruit snack for your child every day. It is just a suggestion.
- Fruit and vegetable snacks are to be brought into the classroom prior to the bell (as a part of the morning routine) and placed on tables to minimise disruption during class time.