



FRESH FRUIT AND WATER INFORMATION TO PARENTS.

January 2020

Dear Parents,

Karingal Primary School is promoting the enjoyment of healthy eating and physical activity within the school. As such we encourage students to participate in a fruit and vegetable 'brain food break' during mid morning and mid afternoon.

In the classroom students will be encouraged to:

- Drink water throughout the day.
- Eat a piece of fresh fruit or vegetable during the day.

What Parents need to do to assist us.

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

- A clean drink bottle (with a pop-up lid) that can be filled with water to be consumed in the classroom. They will need to be named, and taken home and washed every day.
- An extra piece of fruit or vegetable each day to eat during the day.

What foods are allowed during Fruit and Vegetable break?

All fresh fruits and vegetables e.g. apples, bananas, pears, chopped fruits, celery or carrot sticks and tomatoes, (preferably cut to finger food size for easy eating and so that students can keep working).

Foods that should not be consumed during Fruit and Vegetable break.

- Fruit leather, dried fruit, fruit rollups, fruit metres, jams, jellies, fruit pies, olives, fruit juices and muesli bars
- Potato chips (hot or cold), vegetable pies, pasties, vegetable patties, burgers, quiches or juices.

REMEMBER THAT ONLY PLAIN WATER IS ALLOWED TO BE CONSUMED IN THE CLASSROOM – JUICES, SOFT DRINKS OR MILK ARE NOT ALLOWED.