

## **Appendix 4: Optional School Activities**

### **Healthy Fundraising Activities**

The behaviour changes encouraged as part of the *Q4: Live Outside the Box* campaign are more likely to occur when supported by changes in the environment, community support and community action. The healthy fundraising guide, *Healthy Money*, developed by Northern Sydney Central Coast Health, Central Coast Nutrition Department in 2003, provides alternative fundraising ideas to complement nutrition and health messages taught in the classroom. Healthy fundraisers also reinforce the work of canteens that promote healthy foods and provide ideas for incorporating physical activity into fundraising ideas.

Healthy fundraising activities are also an excellent way of involving the whole school community (students, parents, teachers and other staff) in health promoting activities.

#### ***Healthy Money: A Guide for Central Coast Schools on Local Healthy Fundraising***

**By Kellie Schouten and Dianne Wintle (Nutrition & Dietetic Students)  
2003, Northern Sydney Central Coast Health.**

For a copy of this guide, contact the Central Coast Health, Health Promotion Unit on 4349 4800.

NOTE: This resource has been purchased by other schools

## **'Lunchbox Look' Teacher Information Sheet**

The Lunchbox Look provides students with the opportunity to learn about the food groups and consider the nutritional value of what they bring from home. The results provide a benchmark to measure change over time and can be used to encourage parents to provide healthy lunches for their children.

Please ask children to place the food they have brought from home for the day on their desk. The students can record their foods onto the sheet provided.

Use the information below to help children identify in which food group individual items belong. (*The information at the end on estimated energy requirements of children and suggested servings of the various food groups is provided for your interest only*).

Complete the class tally of servings for each food group. You can then work out the average serving of each food group for your class. Alternatively, you can work this out for the whole school and compare classes or years.

### **What to do with the information?**

Report it in the school newsletter for parents and to the P&C.

If there is some room for improvement, you may like to come up with some strategies that you implement for a whole term, and repeat the lunchbox survey at the end of the term to see if there has been any improvement.

Ideas for strategies include:

- Include healthy lunchbox tips in each newsletter for the term.
- Have healthy lunchbox homework activity sheets for students and parents to be involved in
- Conduct a poster competition about healthy school lunchboxes
- Have healthy lunchbox days (with different themes, like fruit tasting days, vegie tasting days, or no chips or chocolate days).
- Involve the P&C and student councils to come up with other ideas

## Serving Sizes

### Fruit

A sample serve of fruit is:

- 1 medium piece eg. apple, banana etc
- 2 small pieces eg. apricot
- 1 cup or can of diced pieces
- 1.5 tablespoons of dried fruit
- 1 cup/popper 100% fruit juice (*choose fruit more often than juice as it is higher in fibre*) (*Record servings of fruit and fruit juice separately*)

### Bread & Cereals

A sample serve of bread, cereal, rice, pasta, noodles is:

- 2 slices bread
- 1 medium bread roll
- 20 rice crackers
- 3 rice cakes
- 5-6 cracker biscuits (eg. vita-weets)
- 1 cup cooked rice/ pasta/ noodles

### Vegetables, legumes

A sample serve of vegetables, legumes is:

- 1 cup of salad vegies
- 1/2 cup baked beans

### Dairy Products

A sample serve of milk, yogurt, cheese products is:

- 1 cup/small carton milk
- 2 slices cheese
- 1 small carton (200g) yogurt
- 1 cup custard (250ml)

### Meat, poultry, fish, eggs, nuts, legumes

A sample serve of meat, poultry, fish, eggs, nuts, legumes is:

- 65-100gm meat ie 0.5 cups or 2 slices
- 0.5 cups beans
- 2 eggs
- 0.5 cups nuts
- 0.25 cups of sunflower or sesame seeds
- Extra (sometimes) foods – should only be eaten sometimes or in small amounts – The Australian Guide to Healthy Eating recommends no more than 1-2 serves per day)*

A sample serve of extra (sometimes) foods is (*the amount is based on how much it takes to provide 600 KJ of energy*):

1 doughnut

4 plain sweet biscuits or 2 chocolate biscuits

1 slice (40g) plain cake

0.5 chocolate bar (25g)

1 small packet (30g) potato chips

375 ml ie 1 small can or bottle of soft drink, cordial or fruit drink

One third of a pie or pastie (60g)

Half a cup of lollies

2.5 roll-ups

1.5 Le Snak (Biscuit and cheese dip combo)

One third of an 85g instant noodle package

1 muesli bar- Generally a serving of around 30g will provide around 600 KJ. Package sizes vary from 30g to 100g. Don't be fooled by words such as 'natural', 'organic' etc. Some oven baked fruit bars are low in fat and provide fibre so are better choices, however for the purpose of this exercise they will be counted as extras as they can be a concentrated source of kilojoules.

### Recommended Daily servings for children

Below you will find a table displaying the suggested serves of the various food groups for children (from the Australian Guide to Healthy Eating). Please note that two possible combinations are provided. The top one will suit bread and cereal lovers, the shaded one will suit those who prefer more variety.

Please note that we are only surveying food brought to school from home so we wouldn't be expecting to meet all the daily recommended number of serves from this sample of daily intake.

Children	Breads, cereals, rice, pasta, noodles	Vegetables, legumes	Fruit	Milk, yogurt, cheese	Meat, fish, poultry, eggs, nuts, legumes	Extra (sometimes) foods
4-7 years	5-7	2	1	2	0.5	1-2
	3-4	4	2	3	0.5-1	1-2
8-11 years	6-9	3	1	2	1	1-2
	4-6	4-5	1-2	3	1-1.5	1-2

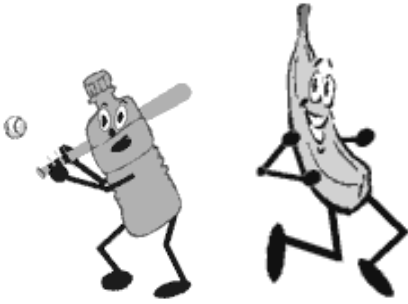
Estimated daily energy requirements for children to maintain healthy body weight vary according to age and level of physical activity. For moderately physically active children it ranges from approximately 6000 KJ per day for a 5 year old to 9600 KJ per day for a 12 year old (*Dietary Reference Intakes for Energy, Carbohydrates, Fibre, Fat, Protein and Amino Acids 2002, The National Academy of Sciences*).







# Student Name \_\_\_\_\_

## Sheet for Students

Class: \_\_\_\_\_

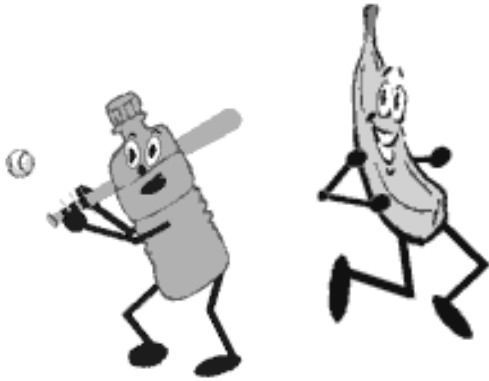
Date: \_\_\_\_\_



<i>Type of Food</i>	<i>Lunch Box Look</i> What is it ? e.g. tub yoghurt, banana	<i>Number of Serves</i>
<b>Fruit</b> 	(Include fruit juice)	of fruit _____ of fruit juice _____
<b>Bread</b> 		
<b>Vegetables</b> 		
<b>Dairy</b> 		
<b>Meat</b> 		
<b>Extra (sometimes) Food</b> 		

# Primary School

## Class Tally Sheet



Class: \_\_\_\_\_

No. of students surveyed: \_\_\_\_\_

Date: \_\_\_\_\_

<i>Type of Food</i>	<i>No. of Serves</i>	<i>Extra Information/ Comments</i>								
<b>Fruit</b>	of fruit _____ of fruit juice _____	___ children had no servings of fruit ___ children had 1 serving of fruit ___ children had > 1 serving of fruit								
<b>Bread</b>										
<b>Vegetables</b>										
<b>Dairy</b>										
<b>Meat</b>										
<b>Extra (sometimes) Food</b>		___ children had no servings of extras ___ children had 1-2 servings of extras ___ children had > 2 servings of extras								
		<b>The top three 'Extra (sometimes) Foods' were;</b>								
		<table border="1"> <thead> <tr> <th>ITEM</th> <th>Number of Servings</th> </tr> </thead> <tbody> <tr> <td>1.</td> <td></td> </tr> <tr> <td>2.</td> <td></td> </tr> <tr> <td>3.</td> <td></td> </tr> </tbody> </table>	ITEM	Number of Servings	1.		2.		3.	
		ITEM	Number of Servings							
1.										
2.										
3.										

Signed: .....

**Class Teacher**

## **Fruit Cards**

*This is a fun way to encourage students to increase their fruit intake at school.*

Over a one or two week period teachers arrange for students to bring in and eat *at least* one piece of fruit each day.

Each student can be given a fruit card (see example on next page) which the teacher stamps each day.

Students can receive a reward (determined by the teacher) when there are 10 stamps on the card.

Why not try the same system with vegetables!

## My Fruit Card



Name: \_\_\_\_\_ Class: \_\_\_\_\_

Date started: \_\_\_\_\_ Date finished: \_\_\_\_\_

Day 1	Day 2	Day 3	Day 4	Day 5
Day 6	Day 7	Day 8	Day 9	Day 10

## My Fruit Card



Name: \_\_\_\_\_ Class: \_\_\_\_\_

Date started: \_\_\_\_\_ Date finished: \_\_\_\_\_

Day 1	Day 2	Day 3	Day 4	Day 5
Day 6	Day 7	Day 8	Day 9	Day 10

## My Fruit Card



Name: \_\_\_\_\_ Class: \_\_\_\_\_

Date started: \_\_\_\_\_ Date finished: \_\_\_\_\_

Day 1	Day 2	Day 3	Day 4	Day 5
Day 6	Day 7	Day 8	Day 9	Day 10