



FRUIT BREAK POLICY

Fruit Break is a set break for students to eat fruit or salad or vegetables and drink water in the learning studio. Mother Teresa Primary School has introduced a Fruit Break to support students to establish healthy eating habits whilst at school.

Goal

All students and teachers at Mother Teresa Primary School enjoy a Fruit Break and eat fruit or vegetables and drink water in the learning studio everyday.

Objectives

The objectives of the Fruit Break are to:

1. Increase awareness of the importance of eating fruit or vegetables and drinking water everyday
2. Enable students, teachers and staff to eat fruit or vegetables during an allocated Fruit Break in the learning studio
3. Encourage students, teachers and staff to drink water throughout the day in the learning studio during break times and at sports, excursions and camps
4. Encourage parents to provide students with fruit or vegetables every day
5. Develop strategies to help students who don't have regular access to fruit and vegetables

Creating a Supportive Environment

Mother Teresa Primary School has created an environment to support the establishment of healthy eating habits for students, teachers and staff. Specifically, eating more fruit and vegetables and increasing water intake.

Physical Education and Sport

All students will be encouraged to drink water from a water bottle during physical education and sport classes.

Learning Studios

All students will be encouraged to drink water from a water bottle during class time.

Adult Role Modelling

Teachers, staff and parents will model appropriate consumption of fruit, vegetables and water to reinforce the Fruit Break Policy.

Occupational Health and Safety

- Water bottles are to be washed daily
- Parents will be informed of the importance of rinsing fruit and vegetables
- Students will be informed of the importance of hand washing before eating

Review

It is important to check the progress of Fruit Break in and out of school. We will:

- Review Fruit Break annually with recommendations for improvements made, if necessary
- Formally review the Fruit Break Policy every two to three years. The revised document will be made available for parents and staff for comment. The final revised version will be presented to the Principal for endorsement
- Regularly evaluate and update the nutrition curriculum component

Fruit or Vegetables and Water Guidelines

Fruit

- All fresh fruit is permitted (eg whole fruits, chopped fruits)
- Fruit canned in water, juice or no added sugar is permitted (eg peach slices)
- Fruit canned with artificial sweeteners added is not permitted. Artificial sweeteners are not recommended for children
- Dried fruit is permitted, although, fresh fruit or vegetables is the first choice because dried fruit contains high concentration of natural sugar and it tends to cling to teeth, increasing the risk of tooth decay (eg sultanas)

Vegetables

- All fresh vegetables are permitted (eg celery, carrot sticks broccoli bits etc)

Water

- Only plain water is to be consumed in the learning studio

Foods not permitted at the designated Fruit Break

- All other foods
- All other drinks (including waters with added vitamins, minerals or carbonates) are not permitted including:
 - Fruit juice or fruit juice drink
 - Fruit cordial or mineral waters
 - Vegetable juice

Implementing Fruit Break

In the Learning Studio

Teachers will:

- Set a Fruit Break time each day in the morning
- Encourage students daily to eat a piece of fruit or vegetable in the classroom during the designated Fruit Break
- Encourage students to drink a bottle of water in the learning studio throughout the day

Students will:

- Bring fruit or vegetables to school each day to eat at the break
- Wash their water bottles and fill it with water daily, as directed by their teacher

The Mother Teresa Primary School community will be made aware of Fruit Break by including details:

- In the PDHPE policy
- In a newsletter at the beginning of the year
- In fortnightly school newsletters

Mother Teresa Primary School incorporates nutrition into the appropriate curriculum key learning areas to raise students awareness of the importance of good nutrition and adequate hydration during childhood and adolescence.