



## Healthy Hints for Parents - Part 3

Kidz Bodz gives permission for this to be published in school newsletters

### Fantastic Fruit & Veg

#### To all School Health Coordinators & Parents

This is part 3 of a series of 10 articles on how to encourage your children to eat healthy compliments from Kidz Bodz. If you would like these emailed directly to you every Monday please call 1300 73 11 49 or send your request via the Kidz Bodz web site @ [www.kidzbodz.com.au](http://www.kidzbodz.com.au) & Don't forget to make your Kidz Bodz school visit booking - individual class or whole school bookings available

Did you know that approximately 96% of the Australian adult population do not eat the recommended servings of fruit and vegetables each day and that the most common vegetable eaten in Australia is the potato and this is usually served in the form of hot chips?

These statistics are confirmed at every parent session I have conducted recently in schools. When I ask for a show of hands in regards to who eats the Australian Governments recommended 2 servings of fruit and 5 servings of vegetables each day I will always get about 4% of the room with hands up. If the adults in society are not eating fruit and vegetables how are we expected to encourage our children to adopt this essential habit?

The benefits of making an effort to consume the recommended amount of fruit and vegetables each day are endless. Fruit and vegetables contain many vitamins & minerals that are vital for good health. They are low in fat, salt and sugar and an excellent source of dietary fibre. A high intake of these foods can contribute to reducing obesity, maintaining a healthy weight and protecting the body against disease.

## **Try these ideas and make a positive difference to your family's health:**

- Cut up a platter of vegetables like carrots, capsicum and celery ready for the kids when they come home from school. Place some home made dip or cream cheese on the platter. The plate will empty in no time
- On alternate days make this platter a fruit platter with a fruit yogurt to dip the pieces in
- Encourage the kids to help in the kitchen by chopping the nightly vegetables etc. If kids are involved in the preparation of food they are more likely to try a wider variety.
- Prepare more stir fries. These are easy! Just chop 5 or 6 varieties of different coloured vegetables, slices some beef or chicken, fry it all up in a wok and add your favourite sauce, satay, sweet chilli or soy. Serve with pasta or rice. Great for a busy family and a quick vegetable fix.
- Start a vegetable of the week habit at home. The supermarket is filled with different varieties of vegetables and we all tend to stick to the same ones. Allow each family member to choose a new vegetable to introduce to the family - one per week. The rule is everyone should try it every day for a week.
- Make your regular desert fruit for 5 nights of the week. Sweet deserts can be a treat only one or two nights a week

**Remember:** It takes 8 to 10 tries of a new food before a child will accept it into their diet so persistence is the key. Keep putting new fruits & vegetables on your family's plate and before you know it it will become a regular item on your menus.

With Kidz Bodz emphasis on fun, the whole of Junction Park State School Community has been abuzz with healthy lifestyle fever through the challenge diaries and sessions, the parent session and the walk. To see everyone from Admin down to the youngest prep student enjoying themselves on the Walk for Health was a thrilling sight. The student sessions were interactive, engaging and appropriate. From Prep students learning about general parts of the body, to grade 2 crawling through giant oesophagus and stomach, to grade 7 students making choices about food additives, all the children have been engrossed and informed. Well done Kidz Bodz!"

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