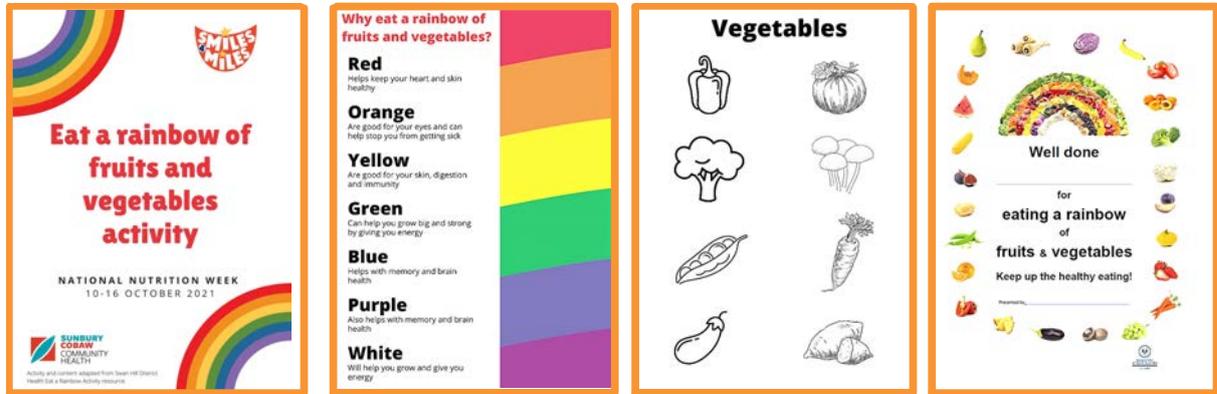


NATIONAL NUTRITION WEEK

EAT A RAINBOW OF FRUITS AND VEGETABLES CASE STUDY

October 2021



BACKGROUND

Smiles 4 Miles early childhood services supported by Sunbury and Cobaw Community Health, were invited to participate in activities during National Nutrition Week. Our theme 'Eat a Rainbow of Fruits and Vegetables' aimed to promote the Smiles 4 Miles eat well message and the importance of consuming a variety of fresh fruits and vegetables.

Each service was provided with:

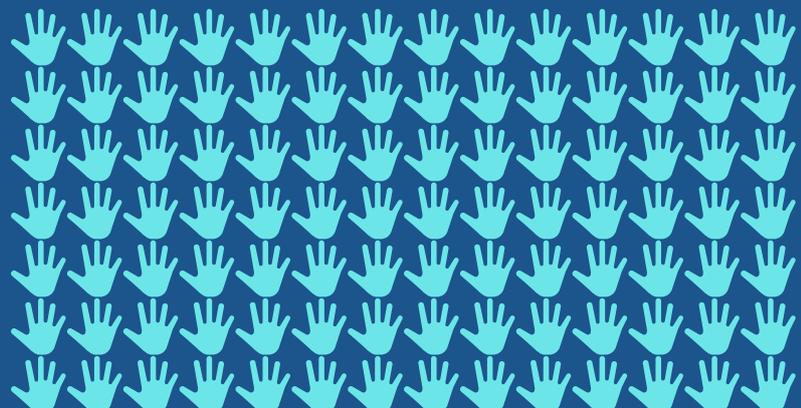
- A suitably sized amount and range of fruit and vegetables from a local, independent supplier with the variety representing the different colours of the rainbow
- An activity booklet for each participating child including a rainbow colouring and cutting activity and information about how the different colours of fruit and vegetables are good for them
- An award for each child, celebrating eating a rainbow of fruits and vegetables
- Information about how 'Eat a Rainbow' activities link to the Australian Early Years Framework

Overall, we believe the activities were a successful in promoting the eat well message and encouraging fruit and vegetable consumption in the early years.

Five early childhood services participated



With 360+ children engaging in activities during the week





TYPES OF ACTIVITES

A RANGE OF CREATIVE 'EAT A RAINBOW' ACTIVITIES WERE RUN

Encouraging and engaging children in fruit and vegetable consumption

- Rainbow food taste testing
- Cooking and preparation including cutting, making fruit kebabs, banana smoothies and fruit muffins
- After tasting the produce, choosing what they would like more of, with a vote on the favorite fruits and vegetables

Using craft activities and story time to promote healthy eating messages

- Rainbow painting and drawing
- Fruit and vegetable colour in, cutting and gluing activity using the resources provided
- Cutting out foods from catalogs and pasting them on a plate using the heading's everyday and sometimes foods
- Story time including books such as The Very Hungry Caterpillar. Chatting about which foods are healthy, which are sometimes foods and why the caterpillar felt unwell after all the cake and lollipops

Discussing the importance of fruit and vegetables and healthy eating

- The different colours of fruit and vegetables and how they are good for our bodies
- Healthy eating and why it's important
- How some foods have different names but are the same, such as aubergine/eggplant, zucchini/courgetti and where they originated
- Looking at lunch boxes during lunch times and talking about what to eat first and last depending on nutritional factors



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WHAT WE FOUND

Reported by the service director or educator leading the activities.



100%

Agreed or strongly agreed running the activities promoted fruit and vegetable consumption and the eat well message



100%

Agreed or strongly agreed that the resources supplied were appropriate and useful



100%

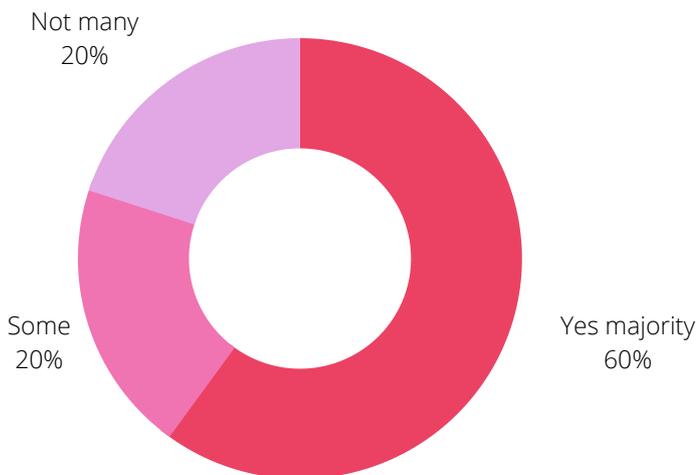
Agreed or strongly agreed the activities increased children's knowledge or understanding of the importance of eating a variety of fruit and vegetables



100%

Would participate again next year!

DID CHILDREN TRY A 'NEW' FRUIT OR VEGETABLE



THE FAVOURITES



FEEDBACK

"Positive feedback from parents about the wide range offered and the opportunity of the children cutting their own fruit and vegetables. "

"Fantastic program, would love to participate again next year."

"Thank you for the opportunity to participate in this. It was fantastic. Many families commented on our story park app in response to photos of children with their fruit kebabs and the eat a rainbow of fruit and vegetables information and work sheets the children completed. Many families really happy we are promoting healthy eating and surprised their child tried something new."