



Crunch&Sip[®]

SCHOOL IMPLEMENTATION GUIDE

Crunch&Sip[®] has been running in NSW primary schools since the beginning of 2008. The program's popularity is growing with over half of NSW schools having registered interest in the program. Each of these schools has received free resources to support and implement Crunch&Sip[®] for their students and demonstrate their commitment to being a health promoting school.

What is Crunch&Sip®?

Crunch&Sip® is a primary school program that gets children eating vegetables and fruit and drinking water in the classroom. It encourages children to choose vegetables and fruit as the first choice for a snack and water as a thirst quencher.

As well as providing vital nutrition for students, 're-fuelling' with these healthy options assists children's physical and mental performance and concentration in the classroom.

As children spend a large proportion of time in school, all school staff are important role models for students. Your enthusiasm and participation in such a program is vital for its success. Join in with Crunch&Sip® and encourage your students to learn lifelong healthy eating habits. You will probably feel the positive effects of enjoying some vegetables or fruit and water during the day on your own well being as well!

Why is vegetable, fruit and water consumption important?

A balanced and varied diet is important for good health, both now and in the future.

Eating a range of vegetables and fruit and drinking water can help to maintain a healthy body, now and into the future.

Poor diet has been linked to a number of increasingly common chronic diseases, such as heart disease, some types of cancer and Type 2 Diabetes. It also plays a role in the rising number of people who are overweight or obese, which impacts on quality of life.

A diet rich in vegetables and fruit will promote normal growth and development in children and help to protect them against disease later in life. Vegetables and fruit are rich in vitamins, minerals and other nutrients that are key to good health.

Not drinking enough water leads to dehydration. This can cause headaches, fatigue and irritability, particularly in children. Allowing and reminding students to drink water in class helps keep them hydrated and focused.



How to implement Crunch&Sip® in your school

When to do Crunch&Sip®

Crunch&Sip® is not a prescriptive program. The school can choose a suitable time and way for students to participate in Crunch&Sip® that fits within the school's timetable. It may suit the school for all classes to have Crunch&Sip® at the same time or for individual teachers to decide when it best suits their class schedule.

Many teachers opt to have Crunch&Sip® mid-morning as a way to break up the first long learning session of the day between when school begins and recess. Teachers report that having Crunch&Sip® at this time, helps to re-focus students and stops rumbling stomachs of those who either don't eat breakfast or have breakfast very early in the morning.

If having Crunch&Sip® in the afternoon or at any other time during the school day suits your school's schedule better, then go for it!

Sourcing vegetables, fruit and water for Crunch&Sip®

Generally parents send in the vegetables or fruit and water for Crunch&Sip® every day.

Some schools do provide vegetables and fruit on specific occasions or to ensure children of families who are unable to provide it themselves are still able to participate.

Some ways that schools provide produce for Crunch&Sip® are:

- Donations from local greengrocers or producers.
- Funding provided by the school or P&C/P&F.
- Making links with the school canteen.
- Asking parents for a small monetary donation to purchase vegetable and fruit for students.

Who participates?

The goal is to have the entire school participating in Crunch&Sip® - all staff and students. Initially you may wish to implement and trial the program in one class or across one stage before expanding it to the rest of the school. **Teachers are important role models for children. If they see you crunching on vegetables and fruit and sipping water, they will too!**



Whole school steps to implementing Crunch&Sip®

1. Notify staff and gather support

- Identify like-minded staff who are likely to support the program.
- Raise the idea of the school participating in Crunch&Sip® at your next staff meeting.
- Play the Crunch&Sip® DVD so your colleagues can see the program in action and/or show the Live Life Well @ School Crunch&Sip® module to staff.
- You may wish to trial Crunch&Sip® in one classroom first and report back to the rest of the staff.
- Present information on Crunch&Sip® to other school groups, e.g. parent groups, curriculum groups such as PDHPE.

2. Get the message out to parents/carers

- Provide parents/carers with the Crunch&Sip® parent information.
- Show parents the Crunch&Sip® DVD at an orientation evening or parent/teacher evening.
- Get students to create posters to display around the school and on noticeboards to notify parents/carers.
- Include some information about Crunch&Sip® in your school newsletter and on your school website. This can be downloaded from the Healthy Kids' website – www.healthy-kids.com.au and copied and pasted.
- Make sure parents are aware of their role in supporting Crunch&Sip®, including what students can and cannot eat and drink as part of the program.

3. Discuss with students

- Explain to students what Crunch&Sip® is. Show them the Crunch&Sip® DVD at a whole-school assembly prior to launching the program.
- Have the teachers together with the students, establish some class rules about how the program will run in their classroom – what time it will take place each day, where Crunch&Sip® food will be stored, where it will take place (e.g. at students' desks, at the Covered Outdoor Learning Area) and to inform the students that it is their responsibility to clean up after themselves.
- Make sure they're aware of what they should be bringing to school each day.



4. Launch it

- Celebrate the launch of the program in your school. Try to get some produce donated from local greengrocers/producers.
- Get the whole school community involved - invite parents and other community members along to share in the first day of Crunch&Sip®.
- Invite local media to report the launch in your local paper.
- Organise competitions for students and their families.

5. Make it a whole school community, health promoting program

- Have all students and staff participating.
- Encourage and support parents to continue the health-promoting message at home.
- Make links with the school canteen. Perhaps they can offer a Crunch&Sip® pack for students to purchase, consisting of some vegetable sticks or chopped fruit and a bottle of water.
- Collect the food scraps from Crunch&Sip® and compost on your school's vegetable garden or use in a worm farm.
- Use Crunch&Sip® as a tool for learning in your classroom every day.

6. Incorporate in policy to help sustain the program

- **Use the policy template from Healthy Kids Association's website or include it as part of your school's Nutrition in School policy or other health promoting/nutrition policy or guideline. This is a very important step. By including the program in the school policy, it will be regularly reviewed. This ensures sustainability of the program through staff changes.**



SCHOOL IMPLEMENTATION CHECKLIST

STEP 1.	Staff have been notified and strategies discussed for implementing Crunch&Sip®.	
STEP 2.	Parents/carers have been informed about Crunch&Sip® and their role in supporting the program.	
STEP 3.	Crunch&Sip® has been discussed with students. They have been involved in developing classroom rules that set out how the program will work.	
STEP 4.	Crunch&Sip® has been launched in your school. 70% of classes are participating, at least 4 days a week.	
STEP 5.	Crunch&Sip® is linked to other areas of school life (e.g. school vegetable garden).	
STEP 6.	Crunch&Sip® is part of school policy.	

Once all the steps on your implementation checklist are ticked, you are fully implementing Crunch&Sip® in your school - WELL DONE!

Now let Healthy Kids Association know so that you can receive your school's Crunch&Sip® certificate and fence sign.

School name:

Suburb:

Crunch&Sip® Coordinator's name:

Crunch&Sip® Coordinator's email:

Principal sign off:

Send a copy of this completed page to Healthy Kids Association

Post: Suite 104, 16 Cambridge St, Epping NSW 2121

Fax: 02 9876 1471

Email: info@healthy-kids.com.au

Crunch&Sip[®]



What to include in Crunch&Sip[®]

Crunch&Sip[®] aims to encourage children to eat vegetables and fruit and promote these as the first choice for a snack and water as the first choice drink. Fresh is always best as a first choice but some other vegetables and fruit are permitted.

ALLOWED

- All fresh vegetables
- All fresh fruit
- Tinned fruit in water or juice
- Dried fruit in small amounts and on limited occasions
- Plain water



NOT ALLOWED

- 'Fruit' products (e.g. fruit leathers, fruit roll-ups, fruit straps)
- Fruit jams or jellies
- Fruit pies or cakes
- Tinned fruit in syrup
- Vegetable or potato chips
- Hot potato chips
- Olives
- Vegetable pastries (pies, pasties)
- Baked vegetable breads
- Vegetable cakes, fritter, quiches or similar
- Popcorn
- Flavoured and/or carbonated water
- Fruit or vegetable juices
- Fruit cordial
- Any drink other than plain water



Learning ideas

Counting

- How many pieces of fruit and vegetable have been brought in?
- How many (select one type of fruit/vegetable) have been brought in?
- How many different colours of fruits and vegetables have been brought in?

Addition/ Subtraction

- How many more (select one type of fruit/vegetable) are there, than (select one type of fruit/vegetable)?
- What's the difference between the number of (select one type of fruit/vegetable) and (select one type of fruit/vegetable) in the classroom?

Multiplication/ Division

- If 4 children eat their 5 serves of fruit and vegetables today, how many serves of fruit and vegetables will they have eaten altogether?
- If those 4 children eat their 5 serves of vegetables every day for 3 days, how many serves of vegetables will they have eaten in total?
- If I bring in a fruit and vegetable hamper with 18 pieces of fruit and veg, and share them equally between 6 children, how many pieces of fruit and vegetables will they each have?

Fractions/ Percentages

- Use chopped up fruit or chop up fruit in front of students to demonstrate fractions of pieces of fruit.
- There are 20 children in the class. 5 of them have brought in a banana for their Crunch&Sip® break. What fraction/percentage of the children have a banana?

Data

- Collect data each day on the different fruit and vegetables brought in for Crunch&Sip®. Display this data in a bar graph/pie chart/pictograph.

Mass

- Estimate weights of fruit/vegetables – which of these do you think is heavier? Do you think a (select one type of fruit/vegetable) is heavier/lighter than a (select one type of fruit/vegetable)?
- Weigh fruit and vegetables to practise reading from a scale and see if estimates are correct.

Speaking and Listening

- Discuss which part of the plant the fruit/vegetable has come from. Is it a root, a stem, a leaf or a fruit?



- Discuss where different fruit/vegetables are grown around the country/world.

Writing

- Poems – write an acrostic poem about your favourite fruit or vegetable.
- Procedure/instruction writing – write a recipe for a fruit salad/salad/salad sandwich.
- Persuasion writing – students write a persuasive piece on why you should eat vegetables and fruit.

Grammar

- Teach prepositions – the apple is on the table, the carrot is under the bowl etc.
- Teach adjectives – describe the different fruits and vegetables brought in for Crunch&Sip® break – how do they look/taste/feel/smell?
- Teach possessive apostrophes – Sophie's cucumber sticks, John's orange.

Spelling

- Use words related to Crunch&Sip® to form part or all of your class spelling list.

Fig	Apple	Lettuce
Plum	Banana	Cucumber
Mango	Carrot	Pumpkin
Melon	Fennel	Mandarin
Lemon	Orange	Pineapple
Kiwi	Apricot	Guava
Water	Strawberry	Avocado
Date	Blueberry	Broccoli
Potato	Cherry	Nectarine
Onion	Eggplant	Cauliflower
Tomato	Grapes	Zucchini

Thinking Skills Lesson Break Ideas

Here are some ideas for verbal games you can play with your class during Crunch&Sip® or as 5 minute fillers at other times during the day, that will develop students' thinking skills:

A-Z

Children think of a fruit or vegetable starting with A, then B and so on until they get to the end of the alphabet.

OR

Children think of as many fruits or vegetables beginning with a given letter of the alphabet.

Where do they grow?

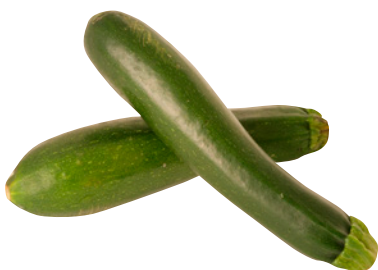
Looking at the fruits and vegetables brought in by the students for Crunch&Sip®, think about where they grow-on a tree, on a bush, in the ground, on the ground etc. You could also expand this to looking at where in Australia or in the world these are grown.

Mystery Bag

Teacher brings in a fruit or vegetable and puts it in a 'Mystery Bag' without the children seeing. A student is chosen to guess what fruit or vegetable it is by feeling the fruit or vegetable through the bag. You can also do this as a "yes/no" game, where students can only ask you yes/no questions about the fruit or vegetable you have and see if they can guess what it is.

Colourful fruits and vegetables

Students think of as many fruits or vegetables of a given colour, e.g. green – peas, broccoli, green beans, green grapes, green capsicum, celery, spinach, lettuce, cucumber, zucchini etc



Challenge the teacher

Students think of questions related to fruit and vegetables. Listen to all of the questions and then choose one (or more if you like) to find the answer to by the following day. Children will love trying to think of ways to beat their teacher. Alternatively, you could have a box for students to post questions in about fruit and vegetables and you can go through some of them and the answers during Crunch&Sip® time.

Similar/ Dissimilar

Give students the names of two fruits or vegetables and then see how many different ways they can finish the following sentences.
 "A _____ and _____ are similar because _____"
 "A _____ and _____ are dissimilar because _____"

Word Association

Give students the name of a fruit or vegetable and see how many words they can associate with it. E.g. Apple – tree, turnover, pie, eye (apple of my eye), good, bad etc

Odd One Out

Give students a list of 4 fruits and vegetables and get them to name the odd one out and explain why it's the odd one out. E.g. Granny Smith apple, banana, zucchini,

cucumber – the banana as the others are green. Potato, carrot, orange, parsnip – the orange as the others grow under ground.

Memory Game

Show children a display or picture of lots of different fruits and vegetables for 30 seconds then hide it. Get children to name as many fruits and vegetables as they remember seeing or for older children, you can ask more specific questions like "What was next to the apple?", "How many were red?"



What comes next? - Sequencing

Show or tell students a sequence of fruit and vegetables and see who can tell you what comes next. E.g: potato, carrot, broccoli, potato, carrot, broccoli (sequence is repeated)
 apple, banana, carrot, date, eggplant or other fruit/vegetable beginning with e (beginning letter is working through the alphabet).

Spelling Challenge

Verbal spelling challenge to spell out loud the names of fruits and vegetables.





What teachers have said about Crunch&Sip®

"It has been a fantastic support for introducing fruit and veg and increasing the amount of fruit and veg that children eat."

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"A fantastic program with wonderful resources."

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"I love it and so do the kids. Parents too."

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"I think it's a very worthwhile initiative. Very important to encourage healthy eating habits."

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"We have had Crunch&Sip® for a few years- a terrific way to ensure the children eat healthy foods in their day."

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