Kirsty, the service provider from ACHPER met with the eat well be active student committee at Balaklava Primary School. She was thrilled to hear of the work they are undertaking in providing opportunities to promote healthy eating and being physically active in their school.

Last term they held a whole school colouring in competition. The students were asked to colour in a ‘veggie man’ picture they found on the DECS Right Bite website. Selected winners (a girl and boy from each class) were rewarded with a Healthy Eating special cooking experience.

JP students created their own ‘veggie man’ with fresh fruit and vegetables, MP students enjoyed banana and strawberry smoothies while the SP students cooked and gobbled up an easy veggie slice!

The following term they worked on the following initiatives.
• creating a healthy recipe book for the school community
• collecting data by surveying students on what they eat at school and in particular the types and variety of fruit and veg
• teaching sports skills to R-3 students class by class

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