Forbes PS
Healthy Drinks – Smoothies

An eat well be active - Primary Schools project school

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In Term 2 this year, our Eat Well Peer Leaders decided that we would focus on a particular theme to promote to the school. The theme we decided to focus on was "healthy drinks" as we have found that many of the students in the school drink soft drinks and energy drinks after school. We wanted to show them the effect of these types of drinks on their health, wellbeing and learning and also offer some more healthy alternatives and so we decided holding a whole school "Healthy Smoothie Day"!

We held Healthy Smoothie Day in the last week of Term 2. All students had to send in an order form (signed by a family member) with their smoothie preference ticked. We gave families a list of the ingredients that would be in the smoothies (banana, strawberry or honey) to enable them to indicate if their child had any allergies/intolerances. We also offered juice or water as an alternative, so that no student had to miss out on a drink.

On the day, the Eat Well Peer Leaders all worked on a smoothie station: one group made banana, one group made strawberry, one group made honey and one group made the special orders (lactose free, juice etc.). We had trays to take the smoothies to each class. Class by class we filled all orders. It was a VERY busy day for the Eat Well Peer Leaders but they all enjoyed themselves and every student loved their smoothie!

Suzanne Jerace, School Counsellor, Forbes Primary School
dl.0269.info@schools.sa.edu.au

eat well be active - Primary Schools Project, a joint SA Health and Department for Education and Child Development project from 2008-2013.