

A Bite of Health

As an APPLE school, we strive to build a healthy school community focusing on improving students' mental health, physical activity, and eating habits for life.

Colour Your World with Vegetables & Fruit

This month, students are learning to include a variety of colourful foods into their meals through a campaign called Colour Your World with Vegetables & Fruit. Here is a summary of the learnings and how you can support your child's health.

Variety is the Spice of Life

Vegetables and fruit come in all colours of the rainbow that represent health-promoting powers.

Red: promotes heart health.

Yellow and orange: may reduce the risk of some cancers.

White: supports healthy cholesterol levels.

Green: supports vision health.

Blue and purple: may help maintain memory.¹

You can reduce the risk of heart disease, certain types of cancers, and other chronic diseases by following Canada's Food Guide, limiting foods and beverages high in sugar, fat, and calories; and choosing a variety of vegetables and fruits.²

Each day, try adding colourful, health-promoting vegetables and fruits to your meals and tracking how many colours are on your plate.

Serving Recommendations?

Try to fill half your plate with vegetables and fruit at every meal.



Tips for eating more vegetables and fruit:

- Choose two or more servings of vegetables and fruit at each meal³
- Slice fresh fruit into breakfast cereal or yogurt³
- At lunch or supper, add a salad made from spinach or lettuce. Top it off with chopped vegetables or fruit like kiwi, apple, strawberries and raisins³
- Keep washed and sliced carrots, celery, peppers, zucchini, or cucumber in the fridge for a quick snack or to add to a lunch bag³
- Add fresh or frozen vegetables to spaghetti sauce, soups, stews, chilli, casseroles, or frozen meals. Double up on vegetables in these recipes³
- Grab easy on-the-go fruit snacks like bananas, apples, pears, oranges, and grapes³

Reference:

¹ <http://www.dole.com/superkids>

² <https://www.canada.ca/en/services/health/healthy-eating.html>

³ <http://www.albertahealthservices.ca>

www.appleschools.ca

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