Are you looking for some short, fun and engaging nutrition activities to do in a primary school? The Healthy Eating Local Policies and Programs (HELPP) team have gathered some easy-to-do activities promoting fruit and vegetables which have been successfully used at local primary schools.

**Apple Slinkies**

For a novel and fun way to prepare apples, try an apple lathe (pictured). The lathe cores, peels and slices the apple with the twist of a handle!

Note: apple slinkies can be made without peeling the apple. Simply lower the peeling arm on the lathe before winding the apple to the corer.

**What you will need**
- Apple lathe (apple peeler)
- Hard apples (these work the best)
- Flat surface such as a bench or table top to suction the lathe onto
- Plate to place underneath the end of the peeler to catch the juice and the skin

**Variations**

Challenge children to see who can create the longest apple peel (remember to encourage children to eat the peel as it contains vitamins and fibre!)

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Rainbow Kebabs
Thread a range of coloured fruits or salad vegetables (cut into bite-sized pieces) onto skewers for a colourful snack. Use paddle sticks or straws for younger children or bamboo skewers with the tips cut off.

What you will need
- Skewers (with blunt ends) or drinking straws
- Platters
- Napkins
- Fruit (e.g. watermelon, rockmelon, grapes, strawberries)
- Or
- Vegetables (e.g. cherry tomatoes, cucumber, capsicum)

Variations
- Try skewers with zucchini, capsicum, onion and button mushrooms for a healthy barbeque alternative

For example, Larry the Lunch Box’s favourite way to include fruit and vegetables is with orange wedges and zucchini slice. Ask the class to introduce their characters and how their characters’ like to pack fruit and vegetables in their lunch.

For older children, discuss what constitutes a serving size of fruit and vegetables and get them to identify how they would pack at least a serve of each into the lunch box.

Lunch Box Character
Children can create their own healthy lunch box character by decorating and naming their lunch box and describing their character’s favourite way to pack fruit and vegetables in their lunch.

What you will need
- Plain lunch boxes
- Assorted craft supplies such as pipe-cleaners, pompoms, bottle tops, glue and sticky tape
- Paper and coloured pencils

Variations
- This activity can be done individually, in pairs or in small groups.

Example of lunch box characters from a class from East Adelaide School
Can You Pack a Healthy Lunch Box in 5 Minutes?
Challenge children to put their healthy eating knowledge to the test and race against the clock to pack a healthy lunch box. This challenge can be used in a variety of settings such as the classroom, school assembly or school fete. It can also be run by adults who are challenged to create a healthy lunch box in only 2 minutes.

What you will need
- Willing participants (2-5)
- Lunch boxes for each participant
- Smaller plastic containers to pack yoghurt or dip
- A range of wholemeal or wholegrain foods (e.g. rolls, wrap breads, slices, crackers)
- Vegetables – lettuce, capsicum, tomato, cucumber, snow peas, carrot, celery
- Fruit (at least one piece per participant)
- 100g lean meat, canned tuna, tinned beans
- Spreads such as hummus, avocado, tzatziki, reduced fat cream cheese
- Large tub of yoghurt
- Roasted chickpeas

Variations
- Challenge students against the teachers.

The Challenge in action involving students and teachers at Southern Montessori School and special guest Penny the Pineapple from the La Manna Group

For more ideas for promoting healthy eating visit the HELPP website [www.wecanhelpp.com.au](http://www.wecanhelpp.com.au)