

Fruity Friday

Activity

Resource: Ideas for Action

Grade(s): 1 2 3 4 5 6 7 8 9 10 11 12

What Is it All About?

Every Friday, students are encouraged to bring a piece of fruit for snack and/or lunch.

Why Do It?

Eating fruit is an important part of healthy eating, and making an event of bringing it — say every Friday — helps make it fun.

How Do We Do It?

Students bring a piece of fruit every Friday to eat during lunch and/or snack.

Consider tracking quantities and types of fruit eaten by the class each week over the course of a month.

Teachers can report back their classes' fruit choices through an online form or on a bulletin board tracking sheet.

Consider providing fruit-based healthy snacks to keep the activity accessible for all students.

What Else Do We Need?

- Paper

- Writing utensils
- Or another method for recording

How Do We Get Creative?

Connect with local community chefs or restaurants to donate or provide recipes for healthy, fruit-based snacks.

Invite parents to support the tracking of the fruit-based snacks.

Encourage classes to share their favourite healthy snacks that focus on fruit through social media using a challenge hashtag.