

Fun and nutritious – activities and ideas for Under 8's day



Pick of the Crop is a whole school healthy eating program, aimed at increasing the opportunities for primary school students in Queensland to learn about and eat more vegetables and fruit.

Schools often hold Under 8's day events for students, and this resources will assist you provide fun but nutritious activities to support Pick of the Crop integration into your events.

Background

Under 8's day is a nationally recognised initiative, that celebrates the importance of a child's early years. Each year there is a different theme for the event.

Pick of the Crop schools can link their School Action Plan with their Under 8's event, integrating teaching, learning and other approaches. It is important for students to see consistent messaging on health and wellbeing throughout the school.

Activities and Ideas

Veggie or fruit salad making

- Use produce from your school garden or seek donations from local producers or suppliers.
- Fill a paper cup with [fresh, colourful fruit](#) and/or try sticks of [vegetables](#).
- It provides opportunities for students to try new produce, tastes and flavours.
- Encourage safe food handling by students, such as using utensils; washing hands.
- Accompany veggies with a healthy dip, to encourage tasting. An example includes a garden salad from [QAST](#).

Fruit kebabs

- Use produce from your school garden or seek donations from local producers or suppliers.

- Offer cooked veggies or cut up fruit.
- Encourage students to follow safe food handling, such as washing hands beforehand.
- Encourage students to try different tastes.
- See an example from [A Better Choice](#) or for a healthy, visual alternative, how about [crunchy caterpillars and snails!](#)

Seed planting – for the garden

- Use the guide here, to engage with students to grow food from a seed.
- Students can take their pot home or place in the classroom after the event, to watch the seedlings grow.
- For ideas, try [sow-a-seed-grow-a-feed](#).



Chalk drawing – veggie and fruit style

- Children love drawing with chalk on the ground, and this activity brings that together with a link to veggies and fruit
- Provide a variety of coloured chalk and have students draw their favourite veggie or fruit on a clear playground space.
- At the end of the day, you will have a lovely bright and colourful collage of veggies and fruit.
- You may need to offer suggestions!

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Wrapping up a lunchbox

- Have students attempt to make a healthy wrap!
- Provide the wraps and cut up fillings for students to make their own snack.
- Why not try this [fruit wrap recipe](#).

Fruit and veggie themed face painting

- This is always a popular choice with kids, so why not make all your students have fruit or veggie faces for the day?
- Check out ideas like [strawberries](#), [apples](#), [watermelons](#), [kiwi](#) – they can be as easy or hard as you like!

What's in a snack box?

- Have students make a healthy snack box.
- Provide the boxes and fillings.
- Here's some suggestions for a [snack box](#) or how about making [sushi sandwiches](#).

Stone painting

- How about making garden markers by painting stones or rocks? Kids love this idea.
- Students can look for big and medium-sized rocks – smooth ones are best for the event.
- Choose a variety of paint colours that match with veggies and fruit grown in the school garden, or just any kind or veggie and fruit will do!
- You may need to use outdoor varnish if these are added to the school garden.
- Here's some inspiration – [Painting stones](#) or [YouTube rock painting](#).

Fruit slinky's

- Kids always love this – so if you don't have a machine at the school, why not give it a go?
- Cost of the machines range from \$13 to \$30.
- Apples are the best!

Tasty Berry and Yoghurt in a jar or cup

- Kids will often eat different foods if they are involved in cooking or making them, so why not get them to try making these.
- Provide bowls of muesli or oats; fruit (either cut up local produce or tinned or frozen); natural yoghurt. Students can then spoon some from each bowl into a clean jar or cup.
- This may be more appropriate for older students, have parent or year 6 helpers for younger years.
- Check out these ideas: [Berry and yoghurt parfait](#) or [yoghurt berry crunch](#).



Sing along party – for younger students

- Have you listened to George the Farmer's songs? You can stream them – see [online](#) for ideas.
- Otherwise, why not have a disco fruit party! Depending on the age of your students, choose the best video or music!

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