



# Vegetable and Fruit Breaks

This information sheet is for parents, carers and families.

## What are Vegetable and Fruit Breaks?

**Vegetable and fruit breaks are allocated time during the school day, which provide a break from school activities whilst enjoying time to eat vegetables and fruit and hydrate with water.**

These breaks may be known as Brain Breaks; Munch & Crunch; or Crunch & Sip.

## Why?

Vegetable and fruit breaks are suitable for all children, and provide the opportunity to enhance focus, mood and learning in the classroom through increased engagement.

Queensland children aren't meeting their recommended daily serves of vegetables and fruit, so these breaks provide the opportunity to add an additional serve in the day.

Timing can be flexible based on the classroom, to fit into existing lesson plans and minimise disruption.

## What to pack?

You can pack fresh or packaged vegetables and fruit (whole or chopped). Examples include:

- Fruit such as a banana, an apple (sliced), grapes (chopped) or berries; and
- Vegetables such as carrots or cucumbers (chopped into sticks), or cherry tomatoes.

Fresh and seasonal vegetable and fruits is recommended, where possible. However, alternate options may be a small amount of dried fruit such as sultanas or cranberries, or canned fruit in juice.

## What not to pack?

Items which are not suitable for vegetable and fruit breaks include packaged or processed foods such as chips and cakes, and packaged fruit in syrup or jelly.

## How about hydration?

Water is important to drink throughout the day, to help maintain bodily functions, especially during hot summer days where there is an increased risk of dehydration!

Queensland schools are excellent at encouraging students to have a water bottle on hand during the day. Keep encouraging this habit at home too.

## Top tips

- Vegetable and fruit in season are usually more affordable than those not in season.
- Involve your child in the preparation of their vegetable and fruit break - this includes asking what fruit or vegetable they would like to choose from for the day. Have them pack it too!
- Fruit is an easy option for including in the breaks – try and challenge your child by offering vegetables instead. How about a cooked corn on the cob or sticks of capsicum?
- If you have a Pick of the Crop garden, talk to your school or classroom teacher to see if your child can select a fruit or vegetable being grown at the school!



For more information on Pick of the Crop, visit [www.hw.qld.gov.au/pick-of-the-crop](http://www.hw.qld.gov.au/pick-of-the-crop).

January 2025