



Action Schools! BC

In Season



Issue two

Action Schools! BC is a best practices model designed to assist schools in creating individualized action plans to promote healthy living.



All About Fruit

What is a fruit?

A fruit is the part of the plant that develops from the flower and contains seeds. This means some of the foods we commonly call vegetables are really fruits! For example, cucumbers, pumpkins, tomatoes, and bell peppers are fruits.

Smoothie Sensations!

Try a fruit smoothie for breakfast or a snack. Be creative! Try different fruit combinations with yogurt, milk or fortified soy milk. Try:

- fresh or frozen berries
- bananas
- 100% juice
- fresh or frozen mango
- melon cubes
- fresh, frozen or canned peaches/ pineapples (canned in water with no sugar added)
- kiwi
- papaya
- guava



Fruit Facts

Did you know strawberries are the only fruit to have its seeds on the outside? Did you know that kiwi fruit is grown in BC?

A Fruity Tip

To ripen fruits such as peaches, kiwis and pears, put them in a paper bag with a ripe apple and keep them on the counter. Ripe fruits smell sweet and "give" to gentle pressure when squeezed.

Reference: ActNow BC – www.actnowbc.ca

For more information about healthy eating at school:

- 1 Action Schools! BC – www.actionschoolsbc.ca
- 2 DASH BC (includes the Healthy Fundraising for Schools document) – www.dashbc.org
- 3 Dial-A-Dietitian – www.dialadietitian.org or 1.800.667.3438
- 4 Healthy Eating at School – www.healthyeatingatschool.com
- 5 BC Agriculture in the Classroom Foundation – www.aitc.ca/bc
- 6 ActNow BC – www.actnowbc.ca



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