

## At home you can help your child by:

- Talking about healthy eating and the importance of fruit in the daily diet.
- Encouraging your child to eat more fruit and vegetables and drink fresh fruit juice.
- Experimenting with fruit in recipes e.g. salads and fruit salads, baking etc.
- Weighing fruit and comparing different weights of fruit.
- Cutting up fruit into fractions e.g. halves, quarters etc.
- Identifying fruit in the supermarket.
- Finding out the country of origin of fruit.
- Looking at labels on foods to find out if they contain fruit e.g. cereals, cereal bars etc.
- Watching TV programmes for any fruit information or even identifying anyone eating fruit.

### Q. Who is entitled to the fruit?

A. All pre 5 and primary aged children in council managed schools and nurseries. This will be introduced as part of a roll out programme.

### Q. How much fruit will the children be given?

A. Fruit will be offered to each pupil 5 days per week over the academic year (approximately 39 weeks).

### Q. Is the fruit free to the pupils?

A. Yes. As the fruit is being offered to the pupils as part of the educational curriculum it is not felt necessary to levy a charge for the service. The educational aspect of the service is designed to give the fruit a value and to underline the role that fruit can play in pupils' current and future life development.

### Q. What if a location is experiencing difficulties in operating the project?

A. Hot Line telephone numbers for channelling all queries and areas of concern have been issued to Head teachers.



  
SERVING GLASGOW

## Information for Parents





**Fruit Plus is a joint venture between NHS Greater Glasgow and Clyde and Glasgow City Council. It is managed and delivered by Cordia (Services) LLP. It is the policy of the city council to encourage any other existing community initiatives to continue and be complimentary and supportive to the Fruit Plus project.**



**Councillor Jim Coleman**

“This is not simply a matter of getting kids to eat fruit. We have also got to teach them why eating fruit is good, and ensure

that learning about healthy eating is an exciting part of the curriculum.

We are aiming not just to influence these youngsters’ diets, but also those of their parents, brothers and sisters. This is a serious attempt to wean Glaswegians off sweets and crisps and on to more healthy food .”

**Fruit Plus is an exciting and innovative new project designed to encourage children to eat and enjoy fruit.**

Fresh fruit will be provided free to all pupils in nursery and primary schools in Glasgow.

Pupils will receive FREE fruit five days a week over the entire school year.

The fruit will be given during the school day as part of the curriculum, relating to Health Education, Environmental Studies, Language or Expressive Arts. Short videos introducing ‘the Food Dudes’ will be shown in class to support the programme. Rewards e.g. stickers etc. will be awarded for fruit consumption.

The main aim of **Fruit Plus** is to encourage a ‘fruit eating habit’ amongst pupils that will continue into their home lives. This will act as a step towards the long-term aim of improving Glasgow’s health.

If you know of any medical reason for your child not to participate in the project please let the school/centre know as soon as possible.

