RATIONALE

Kinross Primary School (KPS) canteen supports healthy eating and are aware of the vital role that it plays in helping to reduce the worldwide epidemic of childhood obesity. Kinross Primary School is committed to the promotion of healthy drinking and eating choices for all students and staff by providing teaching and learning experiences that contribute to the achievement of long-term healthy food choices and raising students’ awareness of the importance of adequate hydration during childhood and adolescence.

GUIDELINES AND PROCEDURES

Canteen

Children are encouraged to eat a wide range of foods through canteen foods offered and health programs delivered to students at KPS so that they have the energy for learning and growing. A new, easy-to-follow 'traffic light' system has been introduced to help public schools plan menus full of healthy, nutritious and affordable food and drinks. The school canteen association abide by these categories when planning menus and items to be made available from the canteen.

The new standards require that foods in the:

<table>
<thead>
<tr>
<th>Category</th>
<th>Description</th>
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<tbody>
<tr>
<td>GREEN</td>
<td>鼓励的。学校应该尽量用这些健康的食物来填满菜单。</td>
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<tr>
<td>AMBER</td>
<td>应该小心挑选，并适量摄入。</td>
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<tr>
<td>RED</td>
<td>从菜单上删除，将不在公立学校提供。</td>
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Health and Fitness Programs

Nutrition and physical activity messages are being taught in the classroom to promote healthy lifestyles. The new standards for healthy food and drink choices in public schools are consistent with these curriculum messages and will apply to canteens and food services, class treats, school camps and excursions.

The school also run a Crunch and Sip Program whereby:

Teachers will:

- set a Crunch & Sip time each day in the morning or afternoon
- encourage students daily to eat a piece of fruit or vegetable in the classroom during the designated Crunch & Sip break
- encourage students to bring a bottle of water into the classroom to continue drinking from throughout the day
Students will:
- wash their hands prior to the Crunch & Sip break
- bring fruit or vegetables to school each day to eat at the break
- wash their water bottle and fill it with water daily, as directed by their teacher

The school community will:
- find ways to provide fruit or vegetables for students who do not have access to them
- continue to support the Chaplain Vege Garden Program

**Home Support**

- Parents are encouraged to use the GREEN AMBER RED system at home and this is advertised through parent information sheets and on the school website.
- Parents are encouraged to provide their children with crunch and sip products daily