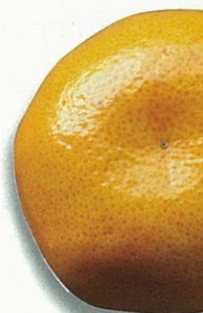


# Fantastic Fruit

Everyone knows that fruit is good for you. However, according to some researchers, children who watch a lot of television are likely to eat more food that is high in fat, salt and sugar and eat less fruit and vegetables. Experts say that children should eat two serves of fruit each day.

Fruit and fruit smoothies are a healthy energy choice. They are packed full of important vitamins, minerals and fibre which help children grow and develop. Eating fruit instead of fatty, sugary snacks will also give them vitality (energy) and help prevent some diseases including Type 2 diabetes and a wide variety of cancers.



Most school canteens have stopped selling junk food including lollies and soft drinks. As an alternative to unhealthy snacks and drinks, schools and canteens have been encouraging students to eat fruit. Some schools are even introducing fruit breaks to get children to eat fruit regularly.



In NSW, 55% of Year 6 boys and 37% of Year 6 girls drink more than one soft drink a day. A better choice is a fresh fruit smoothie. As well as containing fruit, smoothies are made with milk and yoghurt which gives children calcium for their growing bones.

So next time you need a quick energy boost, grab a juicy piece of fruit or a delicious fruit smoothie.

