

Lesson 2

Family activity sheet



Nutrients

- > Different fruit and vegetables provide different amounts and types of vitamins, minerals and fibre, so it's important to have a variety.
- > Eating food when it is in season can mean it tastes at its best; there is plenty available so it might be

cheaper than at other times of the year and generally, it has been grown locally so there may be less environmental impact from its transportation.

- > **Can your family meet the Fabulous 5 A DAY challenge this week?**

Fabulous 5 A DAY challenge

Have five or more different fruit and vegetables each day this week from the categories.



	Salad item	Canned or frozen fruit or vegetable	Fruit or vegetable in season	Fruit or vegetable never tried before	Fruit or vegetable with skin you can eat	Extra - your choice!
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

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Try making some of these simple fruit and vegetable recipes with your child.

- > **Stripy salad pot:** foodafactoflife.org.uk/recipes/healthy-eating-week/stripy-salad-pots/
- > **Fruit salad:** foodafactoflife.org.uk/recipes/5-11-years/fruit-salad/
- > **Royal rice:** foodafactoflife.org.uk/recipes/3-5-years/royal-rice/
- > **Ratatouille:** foodafactoflife.org.uk/recipes/food-life-skills/ratatouille/
- > **Crunchy chickpea sandwich:** foodafactoflife.org.uk/recipes/healthy-eating-week/crunchy-chickpea-sandwich/

Here are some tips to help the whole family get their 5 A DAY.

Breakfast:

- > add chopped fruit to cereals;
- > try adding chopped vegetables to an omelette.

Lunch:

- > pack lots of vegetables into sandwiches, e.g. tomato, lettuce, cucumber;
- > add vegetable sticks and dips.

Evening meal:

- > cook vegetable dishes, e.g. cauliflower cheese, ratatouille;
- > have a dessert-sized bowl of salad with a meal.

Snack:

- > make a fruit smoothie;
- > prepare a pot of chopped fruit, e.g. peaches, pineapple.



Fresh, frozen, dried, canned and juiced fruit and vegetables all count towards **5 A DAY** (fruit juice or smoothies should be limited to a combined total of 150ml a day).

