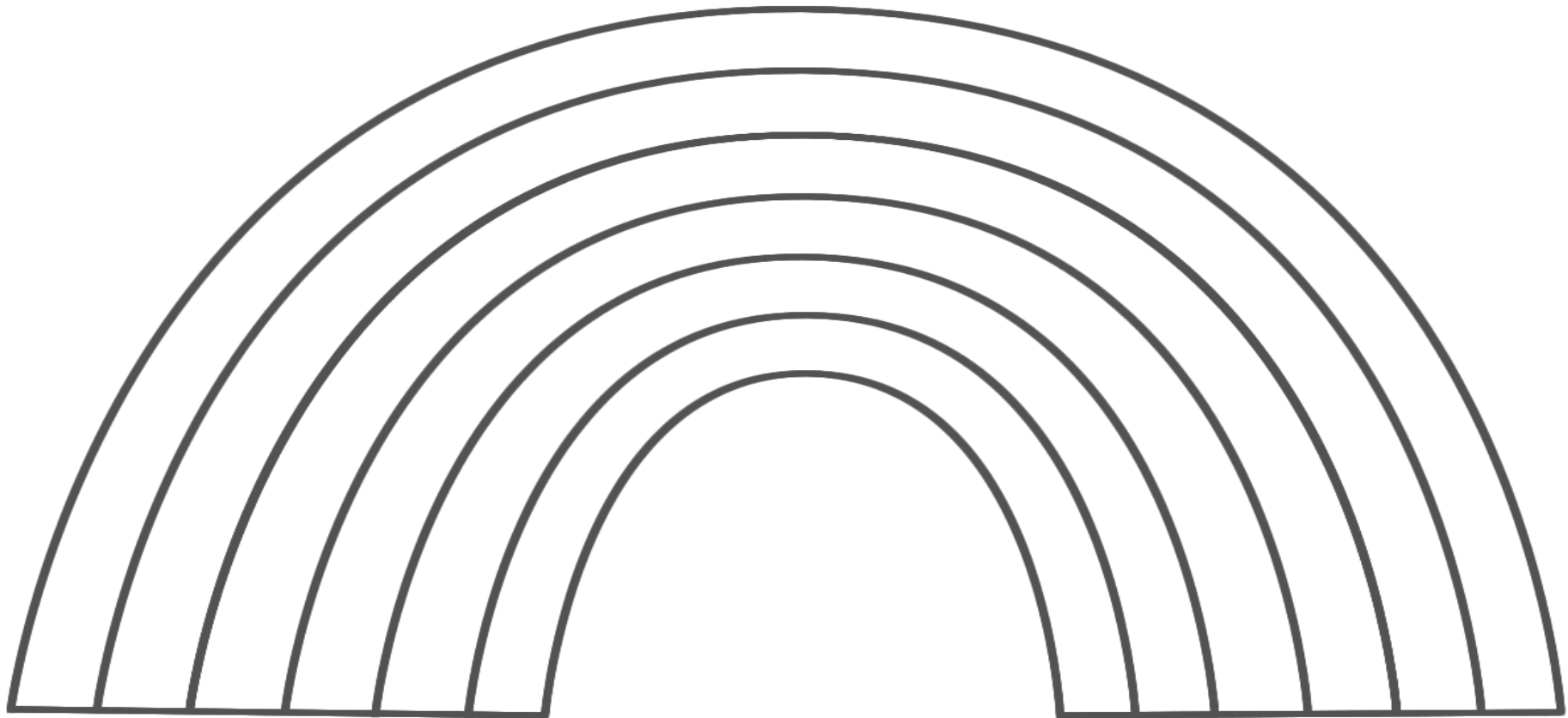




STRIVE FOR 5!

Fill the rainbow! Think of different fruit and vegetables and write or draw them onto your rainbow. Make it as colourful as you can!



Red Orange Yellow Green Blue Purple



STRIVE FOR 5!

Think about how you can eat your five portions of fruit and vegetables in a day. Here's an example:

Banana with breakfast – orange juice mid-morning - salad in your sandwich – apple at snack time – peas with dinner.

Record in the table below how you have eaten your five a day!

	Fruit or vegetables you have eaten
Breakfast	
Mid Morning	
Lunch	
Afternoon	
Dinner	



Strive for



5-a-day ways

- Healthy snacks. Spread your 5-a-day across the day
- Keep costs low: use seasonal produce, or tinned /frozen
- Colour and variety is key - Eat A Rainbow!





What is a portion?

An adults portion is 80g. 80g may be too big for your child, so use their cupped hand as a guide! One handful = one portion

- One whole fruit eg. apple, pear
- Two small fruit eg. plums
- A handful of strawberries
- A handful of vegetable sticks
- 3 heaped tbsp. of vegetables or beans eg. 16 okra

...at Breakfast

Choose from:

- 1 large slice of melon 
- 1 glass = 150ml 100% fruit juice
- 1 medium sized tomato
- 3 tbsp mushrooms 
- 1 banana
- 1 tbsp (30g) of dried fruit

Mushrooms on toast



Strawberry smoothie



• Top your cereal with fruit



Your easy 5-a-day

GLASS OF ORANGE JUICE + BANANA WITH BREAKFAST + SALAD IN YOUR SANDWICH + APPLE AT SNACKTIME + PEAS WITH DINNER

1

2

3

4

5

...at Lunch

Choose from:

- 1 handful of vegetable sticks 
- 3 tbsp lentil/bean salad*
- 2 satsumas
- 1 bowl of vegetable & lentil dahl*

*For quick and easy recipe ideas visit: www.phunkyfoods.com

Salad in your sandwich



Veg sticks and dip



...at Dinner

Pin me up!

Choose from:

- 3 tbsp broccoli 
- 3 tbsp peas/corn
- 3 tbsp vegetable stew/ratatouille
- 16 medium okra
- 1 glass = 150ml 100% fruit juice

Veg in your curry



Veg in your pasta sauce



• Top pizzas with a selection of vegetables

