

Strive for 5!



Background information for staff

The 5 a day message is a Government initiative to encourage us all to eat more fruit and vegetables. Fruit and vegetables are extremely good for our short, and long-term, health because they are generally low in calories and fat and high in vitamins and minerals. They're also a good source of fibre for good gut and bowel health. Research evidence has shown that by increasing our fruit and vegetable intake, we can reduce our risk of getting certain cancers, heart disease and strokes.

Strive for 5!

The 'Strive for 5' message encourages us to eat five portions of fruit and vegetables every day. These can be fresh, tinned, frozen, dried or juiced. Eating five different coloured fruit and veg during the day is ideal, because the different colours help our bodies in different ways. We can call this 'Eating a Rainbow.'

What is a portion?

We talk about eating five portions of fruit and vegetables every day. But how much is a portion? It is 80g for an adult or for a child, it is roughly the amount you can fit in your cupped hand.

Explain to the children that depending on the size of the fruit or veg, one portion can be more than one piece - so one grape is not a portion!



PHYSICALLY ACTIVE GAME IDEAS



Fruit & Veg Dash (KS1)

Resources: 1 set of fruit & veg images to hide around the hall plus 1 set per team.

Goal: To guess the food being described and find the correct image.

How it works:

- Before the game: spread one set of the food images around the hall and put the group into teams
- Each child takes it in turn to be the runner.
- Ask the other team mates to choose a fruit or veg from the other set of pictures.
- The runner asks questions to guess the food correctly e.g. is it a fruit? Is it red?
- Once they have guessed correctly, the runner needs to hunt around the setting for the corresponding image and bring it back to the team.
- If only one set of images have been placed around the hall, then some teams may not be able to find their food as it could have been taken already. In this case they have to choose another fruit or veg and begin again.
- The winning team is the one with all members back with the correct pictures, the fastest.

Learning objective: to explore a range of fruit and vegetables and be able to describe and identify them, whilst exercising.

Strive for 5 Rainbow (KS2)

Resources: Fruit and vegetable images.

Goal: To collect 2 fruit and 3 vegetable images, each a different colour, to make a rainbow of produce that meet the 5 a day message.

How it works:

- Before the game, spread the food images around the room and put the children in teams.
- Set a timer for 2 minute and allow the children need to race around the hall to collect the images to make their '5 a day rainbow'.
- This should consist of 3 vegetables and 2 fruits because ideally we would eat more vegetable portions, as they are generally lower in sugar than fruit.
- They should also each be a different colour, as a variety of coloured fruit and vegetables benefit our bodies in different ways.
- When the timer sounds, the game stops and the 'rainbows' can be looked at and discussed.

Learning objective: To create combinations of fruit and vegetables that give maximum benefit to the body.

ACTIVITIES FOR BREAK TIMES OR COOL DOWN ACTIVITIES



Sticky Notes Game

You will need: sticky notes; pens.

- Put the children in pairs.
- Ask one child from each team to write a fruit or a vegetable on a post it note and then stick it on their partner's forehead.
- They must ask questions with 'yes' 'no' answers, to help them guess what the food is.

Seated Food Colour Hunt

- Ask the children to sit quietly in a space.
- Say the name of colour e.g. red- like tomatoes, green- like cucumbers, etc.
- Ask the children to point around the room to objects that match the colours.

Art Activities

Just print a few sheets of the following pages and leave them on a table with some pens/pencils and see what happens!

STRIVE FOR 5

When we strive to eat 5 different fruits and vegetables every day, we should also try to 'eat a rainbow' of different coloured fruit and veg to get their full benefits!

How many different fruit and vegetables can you think of that match the different colours of the rainbow? Draw or write them near the rainbow.



Colour these fruit and vegetables



ACTIVITIES FOR BREAK TIMES OR COOL DOWN ACTIVITIES



Conversation starters for lunch/snack time

Ask simple probing questions:

- Can you name 10 different fruit and vegetables?
- Can you think of fruit or vegetables that start with each letter of the alphabet?
- What is your favourite fruit or vegetable and how do you like to eat it?
- Is there a vegetable that you enjoy eating raw?
- Have you eaten fruit or vegetables from a different country?
- Which fruits can you enjoy cooked?
- Which vegetables are on your plate?





Food Prep Ideas

Yoghurt Fruit Salad

Equipment – Sharp knife, chopping board, 2 bowls, tablespoon, serving bowls



Ingredients (serves 6):

- 4 kiwi fruits
- 200g red or green seedless grapes
- 1/2 melon e.g. cantaloupe or galia
- 8 tbsp low fat natural yoghurt
- 1 pinch of ground ginger (optional)



Allergens: Milk

Method:

1. Wash the grapes and peel the kiwi fruit and melon.
2. Once peeled, chop the melon into bite-size chunks, slice the kiwi fruit and then halve them and halve the grapes.
3. In a bowl mix together the fruit.
4. In a separate bowl, mix together the yoghurt and ground ginger (if using).
5. Share the fruit between six serving bowls and spoon the yoghurt mix on top.



Food Prep Ideas

Rainbow Salad

Equipment – chopping board, sharp knife, vegetable peeler.



Ingredients (serves 2 children):

- 1 hard-boiled egg, shell removed
- 2 tbsp of sweetcorn
- A selection of any mixed salad leaves; iceberg lettuce, rocket, spinach
- 6 slices of cucumber
- 5 cherry tomatoes, halved or 1 salad tomato sliced
- 1 small carrot
- Half a cooked beetroot, sliced
- Half a small yellow or red pepper, sliced or diced
- A few broccoli florets broken into smaller pieces
- Some cress to garnish
- Optional extras or substitutes – green pepper, celery, tuna, grated cheese, cold sliced meats, radishes, avocado

Allergens: mustard, eggs, sulphites



Method

1. Peel and grate the carrot.
2. Prepare the rest of the vegetables you are using.
3. Arrange your salad leaves on a plate as a base and then attractively layer up your salad.
4. Cut the hard-boiled egg into quarters and then place them on top of your salad.
5. If using, sprinkle cress over the top to garnish.

















