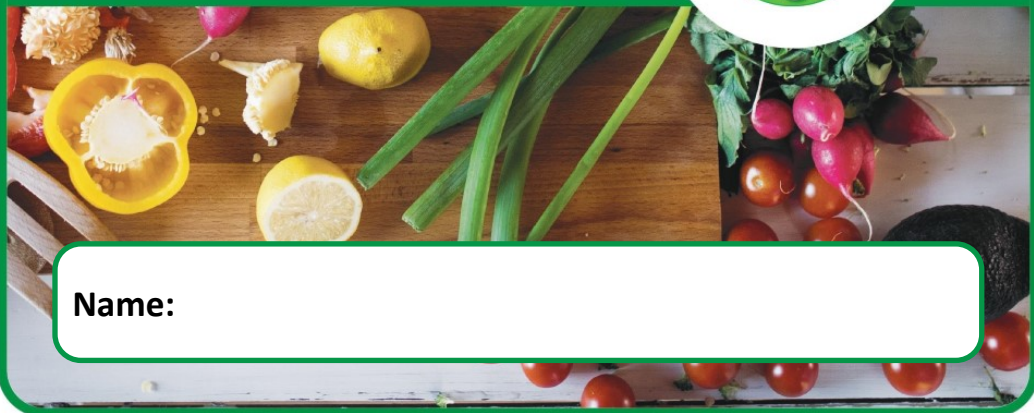




STRIVE FOR 5!

Activity Booklet



Name:

Strive For 5

'Strive for 5' means we should aim to eat five portions of fruit and vegetables every day. These can be fresh, tinned, frozen, juiced or dried. 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.'

- Red: strawberries, apples, tomatoes, peppers
- Orange: oranges, apricots, peaches, carrots, peppers
- Yellow: bananas, lemons, grapefruits, sweetcorn, peppers
- Green: apples, pears, kiwis, grapes, peas, broccoli, spinach, peppers
- Blue: blueberries
- Indigo: blackberries, aubergines
- Violet: plums, grapes, damsons



5 a day Acrostic Poem

Create your own acrostic poem on the next page based on your first name. Don't worry if you can't find a fruit or vegetable for every letter.

Example:

O ranges are full of Vitamin C

L ettuce is great in salads

I love the taste of strawberries

Violet is the colour of grapes and plums

Eat five different fruit and veg every day

Remember they can be fresh, frozen, tinned, juiced or dried!

Acrostic Poem

How Much Is A Portion?

We talk about eating five portions of fruit and vegetables every day. But how much is a portion? For a child, it is roughly the same size as the amount you can fit in your cupped hands.

Depending on the size of the fruit or veg, one portion can be more than one piece - so one grape is not a portion!



Quiz: What's a Portion?

Look at the pictures of different fruit and vegetables on the next page and guess which is the correct portion size out of three options. Circle the answer you think is correct!



What's A Portion?



A: 5 B: 7 C: 9



A: 1 B: 2 C: 3



A: 1 B: 2 C: 3



A: 3 B: 5 C: 7



heaped tablespoons

A: 1 B: 2 C: 3



heaped tablespoons

A: 1 B: 2 C: 3



A: 1 B: 2 C: 3



A: 1 B: 2 C: 3

Colour Me Happy

Create your own sporty/active fruit or vegetable character. Think about the sports they enjoy and what they might look like.

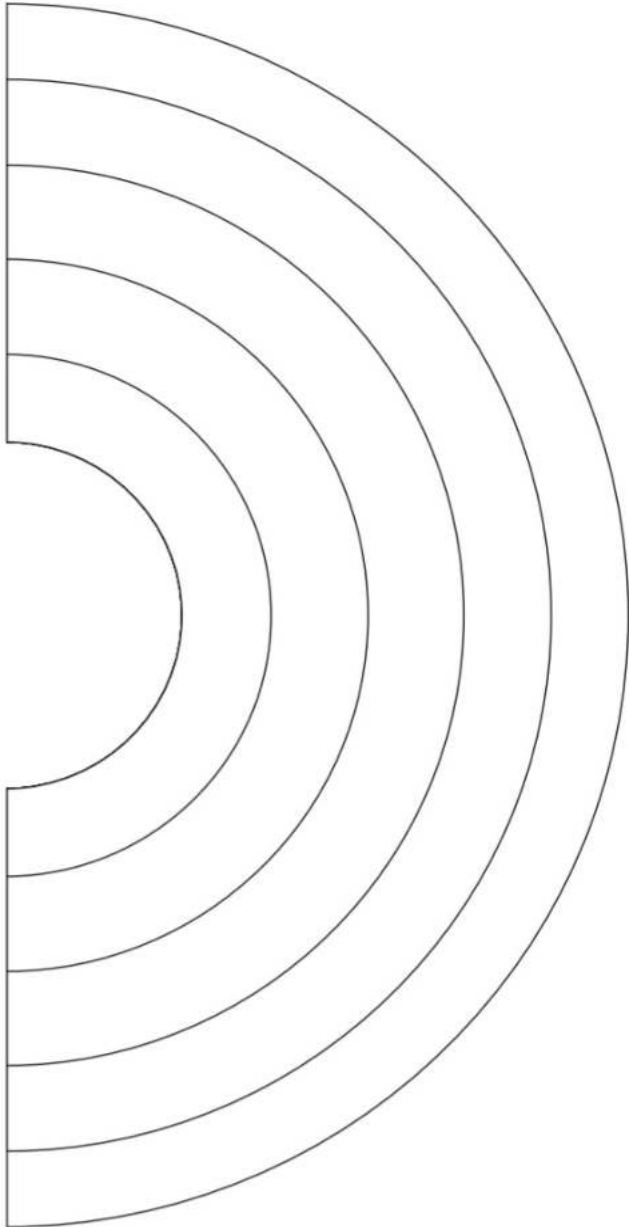
For example: Amy Apple loves skipping, Patsy Pepper loves to run.



My Phunky character is called...

Eat A Rainbow!

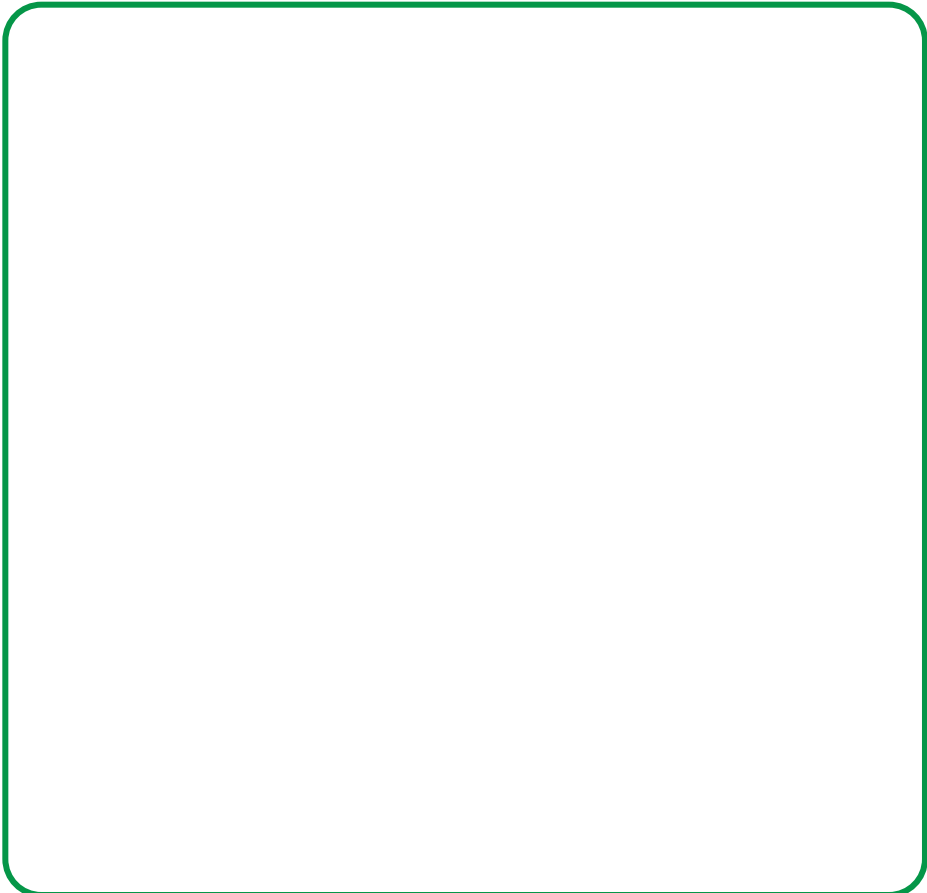
Colour in the rainbow and draw pictures of different coloured fruit and vegetables in the correct sections!



Create An Advertisement

Create a poster which promotes your favourite fruit or vegetable and explains why people should include it in their 5 a day. It should include:

- A catchy slogan e.g. Apples are Awesome, You Can't Beat a Banana!
It's Cool to Crunch Carrots
- The different ways it can be eaten; fresh, tinned, dried etc
- Interesting words to describe it; crunchy, delicious, tasty, healthy, mouth watering
- Lots of colour to make it eye-catching





FOOD SAFETY AND HYGIENE

What do you need to do before you start any food preparation activities?

- Tie back long hair
- Roll up sleeves
- Remove jewellery
- Cover open cuts with a brightly coloured plaster
- Wash hands thoroughly with hot, soapy water
- Wear an apron
- Never cough or sneeze over food. Cough or sneeze into a tissue, bin it and rewash hands.

Copies of all recipes are available on our website at:
www.phunkyfoods.co.uk/recipes

Cook A Long videos to accompany these recipes are also available at: www.phunkyfoods.co.uk/parents/cooktogether/

SUPER VEGGIE CRUNCH



Our fruity Supercrunch is so popular in schools we've created a veggie version! There are lots of variations to this recipe... just use any salad vegetables that you like.

Top it with either our delicious Dare Devil Dip or a cheesy yogurt mix and anything goes for the crunch....crackers, rice cakes or oatcakes. Making this gives you a great chance to practice your cutting skills too!



Skills Check: Follow a recipe; follow food safety & hygiene rules; tidy away; cut using bridge/claw technique safely; use a vegetable peeler safely; snip herbs with scissors (is using herbs); garnish and decorate.

Equipment: Chopping board, sharp knife, vegetable peeler, measuring spoons, scissors (if using herbs to garnish), small pots or glasses.

Allergens*: Gluten | Rye | Milk | Sulphites

May contain Wheat | Sesame | Soya (crispbreads) | Celery*

Ingredients (serves 2):

- 2 tbsp of sweetcorn
- 6 slices of cucumber
- 6 cherry tomatoes
- Half a small carrot
- 1 of any kind of cracker (Ryvita, Oatcake, Rice Cake)
- A few drops of balsamic vinegar/glaze to decorate or 1 tsp of chopped up coriander or parsley.
- 1 tbsp of either topping:

For the cheesy yogurt topping: mix 2 heaped tbsp of low fat soft cheese with 2 tsps of low fat plain yogurt.

If making as a large class, pre prepare a batch of Dare Devil Dip which will make 15-20 toppings.

Optional extras or substitutes – red, yellow, green pepper, celery*, radishes, small pieces of broccoli.

Method

1. Peel the carrot.
2. Prepare the vegetables you are using by cutting them all into small pieces.
3. Cover your chopped vegetables with a tablespoon of either topping.
4. Crush the cracker in your hands and sprinkle over the topping.
5. Garnish with balsamic vinegar or chopped herbs.

*Please note the allergens listed are indicative only. Allergens vary depending on brand; check the labels on the products you use.

SUPER VEGGIE CRUNCH Nutrition Information



The Eatwell guide shows the proportions of the main food groups that form a healthy, balanced diet:

- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
- Have some dairy or dairy alternatives; choosing lower fat and lower sugar options
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of fluid a day

So, thinking about Super Veggie Crunch...

Vegetables are so good for us. They are low in fat, sugar and calories and high in a range of vitamins and minerals.

Soft cheese and **yogurt** are excellent sources of calcium. Choose reduced fat varieties where possible.



Energy, sugar, fat and salt per serving

Per 174g serving

ENERGY
490kJ / 117kcal 6%

LOW **FAT**
2.8g 4%

LOW **SATURATES**
1.5g 8%

LOW **SUGARS**
8.2g 9%

LOW **SALT**
0.41g 7%

% of an adult's reference intake
Typical values per 100g : Energy 282kJ / 67kcal

Notes

A **traffic light system** is used on nutrition labels to make it easier to see which foods and drinks are lower in calories, fat, sugar and salt. Try and choose more 'greens' and 'ambers' and fewer 'reds', and stick to smaller portions of 'reds'.

Just because a recipe or a food has a red traffic light doesn't mean you shouldn't eat it. Understanding why a food or recipe might have a red light can be helpful. For example oily fish is high in total fat and so any recipe containing oily fish is likely to be 'red' for fat. But it is recommended that we eat oily fish at least once a week because the type of fat it contains is beneficial for our health.

% Reference Intakes are also shown. Reference Intakes are guidelines about the approximate amount of particular nutrients and energy required for a healthy diet (based on an average-sized woman doing an average amount of physical activity). Most children will require less than these Reference Intakes. The contribution of one serving of a food or drink to the Reference Intake for each nutrient is expressed as a percentage.

Answers

What's a Portion?

Cherry tomatoes = 7, banana = 1, broccoli florets = 2, strawberries = 7, raisins = 1 heaped tablespoon, peas = 3 heaped tablespoons, apple = 1, satsumas = 2