

STRIVE FOR 5!

SEND Activity Booklet



Name: _____

Strive For 5

'Strive for 5' means we should aim to eat five portions of fruit and vegetables every day.

Fruit or Vegetable? Draw a line from each fruit or vegetable to their correct box. Is it a fruit or a vegetable?



FRUIT

VEGETABLE



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!

In the hand print below, draw a portion of your favourite fruit or vegetable.



Eat A Rainbow!

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.'

Can you think of some different coloured fruit and vegetables? Complete the table below with lots of fantastic, colourful fruits and vegetables.



RED

ORANGE

YELLOW

GREEN

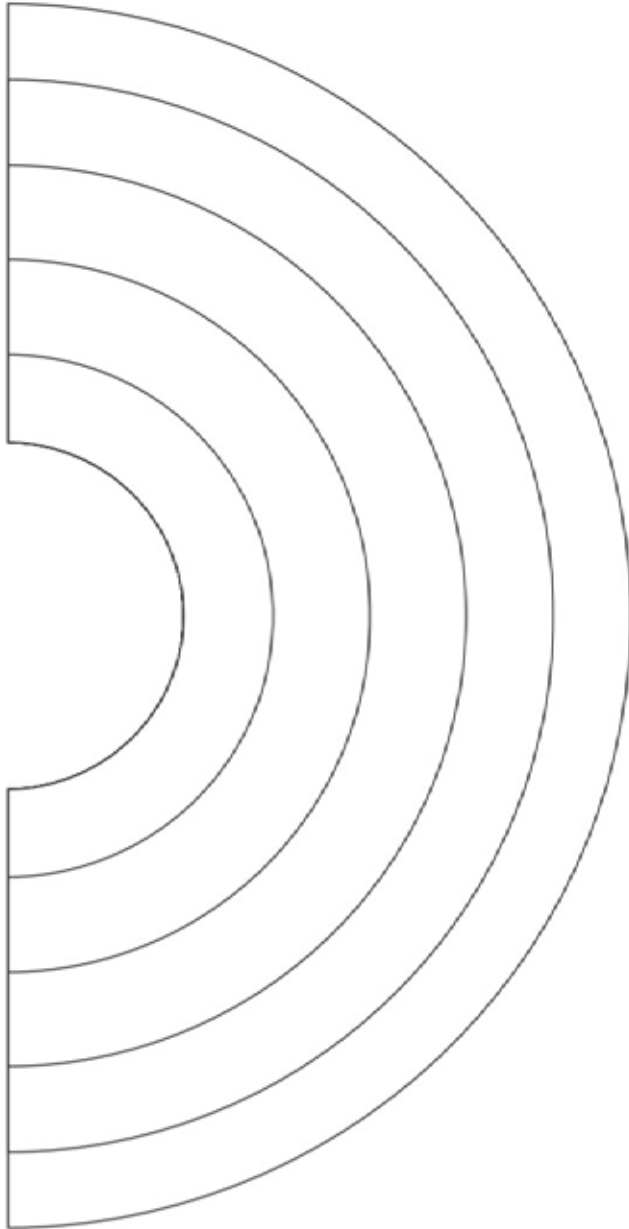
BLUE

INDIGO

VIOLET

Eat A Rainbow!

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



My Way To 5-A-Day

Complete the sheet below with delicious ideas for including fruit and vegetables that you like throughout the day, to ensure you get your 5-A-Day. Don't forget to think about having a good variety, both in terms of colour and type! And think about portion sizes too.

... at Breakfast



... at Lunch



... at Dinner/Tea



... at Snack(s)



Consolidate And Make

FOOD AND SAFETY 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/



Fruit Salad – What You Need



Bowl



Chopping board



Table knife

Equipment



Strawberries



Blueberries



Pineapple



Kiwi Fruit



Peach

Ingredients

Fruit Salad – Method

1



Get all of your ingredients

2



Chop peach

3



Chop peach

4



Add to bowl

5



Add blueberries

6



Chop strawberry

Fruit Salad – Method

7



Add to bowl

8



Chop pineapple

9



Add to bowl

10



Chop kiwi

11



Add to bowl

12



Enjoy!

Answers

Eating A Rainbow (Page 4)

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/Indigo: blueberries

Violet: plums, grapes, damsons, blackberries, damsons, aubergines