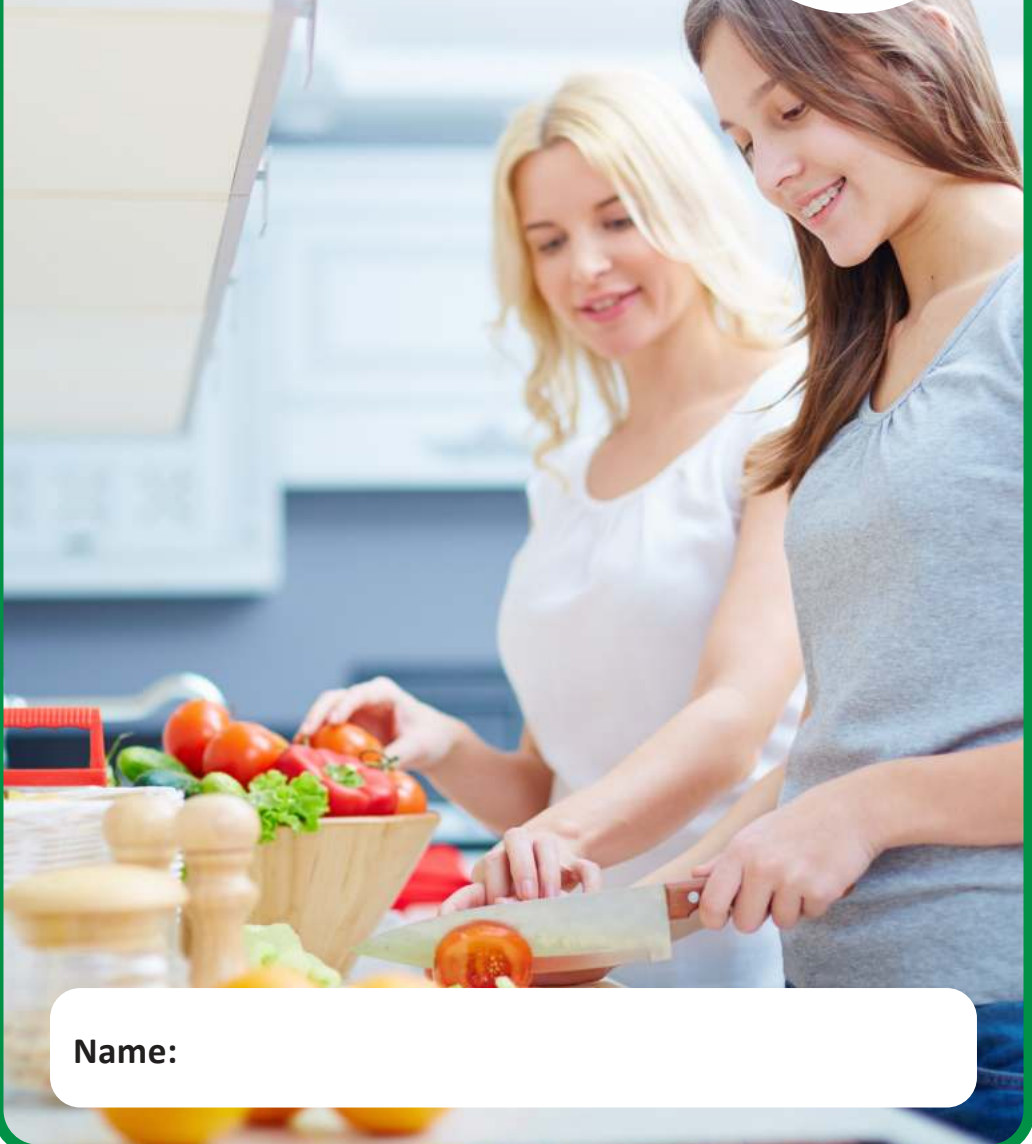


STRIVE FOR 5!

Teen Activity Booklet



Name:

Strive For 5

Ok, so it's likely you have heard of the 5 A Day message at some point already? So why all the fuss?

Well, it's such an important message that we like to shout about it as much as possible, and at any given opportunity! We start talking about it right from the early days of primary school, and this is because it is one of the key national campaigns based

So, what's it all about? Strive for 5! means we should aim to eat **at least** five portions of fruit and vegetables **EVERY** day.



The experts know that by trying to achieve this we can help to lower the risk of developing serious health problems both in the short term, and in later life, such as heart disease, stroke and some types of cancer.

Reaching the target of **5 A DAY** should be achievable for even the most fussiest of eaters! There is a huge variety of fruit and vegetables available in this country, whether they are fresh, tinned, frozen, juiced or dried- they can all count.

Riddles...

How many fruit and vegetables do you know?

Solve the riddles below, and discover the huge variety of fruit and vegetables you can choose from to get your 5-a-day! How do you eat yours?

1 Woman stay! No! Just the opposite (5)

2 October 24th for example (4)

3 Eat a lot in France (9)

4 May return (3)

5 Proverbially made the doctor redundant (5)

Now find the hidden fruit and veg in these sentences:

6 That little monkey is cute.

7 Is the car rotting?

8 Take it in turn I pray.

9 Was Tom at our club meeting last week?

10 Where are those parcels we delivered?

How Much Is A Portion?

As we grow older, and our bodies get taller, our food requirements, and therefore portion sizes change. Holding out a cupped hand for a fruit and vegetable portion is a quick, handy way to measure one portion - as we grow, so does our cupped hand measure!

For an adult, one portion is the equivalent of 80g. That might be one whole large piece of fruit, like a banana, or a large slice of melon, or perhaps 3 smaller fruits like apricots.

For all ages, there are a couple of exceptions to the rule...

- A portion of **dried fruit** is smaller at 30g
- A small glass (150ml) **fruit juice or smoothie**

Both of these only count **ONCE** per day towards our **5 A DAY**. This is because they contain greater amounts of sugar in a smaller amount than other fruit and vegetables. The sugar is natural sugar found within the fruits but it can still be harmful to teeth.

Beans and pulses can also count **ONCE** towards our **5 A DAY**.

It is important to remember that potatoes, plantain, cassava and yams **DO NOT** count towards our **5 A DAY**. This is because they contribute to the starchy carbohydrate rich food in our diet, and can be found within the yellow section of the **EATWELL GUIDE**.

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

Mix & Match

To hit your 5 a day target you don't need to just think in terms of eating one whole portion of 5 different fruit and veg- you can **MIX & MATCH** - make it more interesting and tasty by combining smaller amounts of different types of fruit and veg to make it up to 5!

For example, when making a sandwich, wrap or pitta – add extra veggies and salad... you would be surprised how easily you can squeeze in 2 of your portions with a little extra creativity!

Eat a Rainbow...

This is not just a fun activity that we suggest to young children – it is a mantra that we all should be following regard-less of our age. Throughout our life we need to strive to eat a diet containing a rainbow of colours.

Activity Idea...

Write a recipe below for your favourite sandwich, wrap or pitta – using a healthy protein or dairy source (meat, fish, eggs, beans, cheese etc.) and be creative with different types of salad, veg and maybe even fruit that you can include to provide you with 2 of your 5 A DAY! Consider the variety of colours and textures that would compliment your favourite filling.

My Easy 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

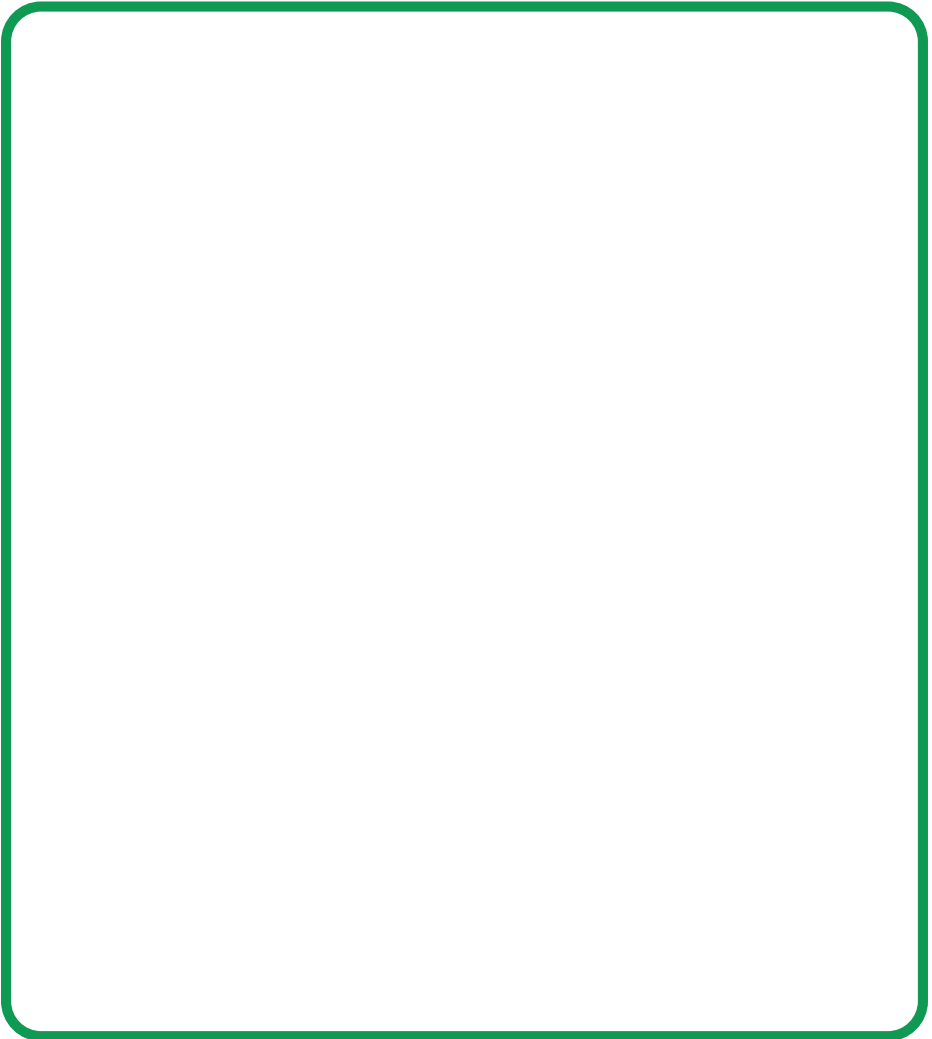


... at Snack(s)



Become A Trend Setter...

Want to become the next big social influencer? Why not get creative and have a go at writing your own Blog? Try to think of most powerful way to influence other children your age on the topic of Strive for 5! This could be a written blog for a webpage or social media, or a spoken blog that you film. Be sure to include all the key messages, covering all the why's and the how's- make it as engaging and memorable as you can. Make some notes below to inspire you ...

A large, empty rounded rectangular box with a green border, intended for students to write their notes and ideas for a blog.

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.

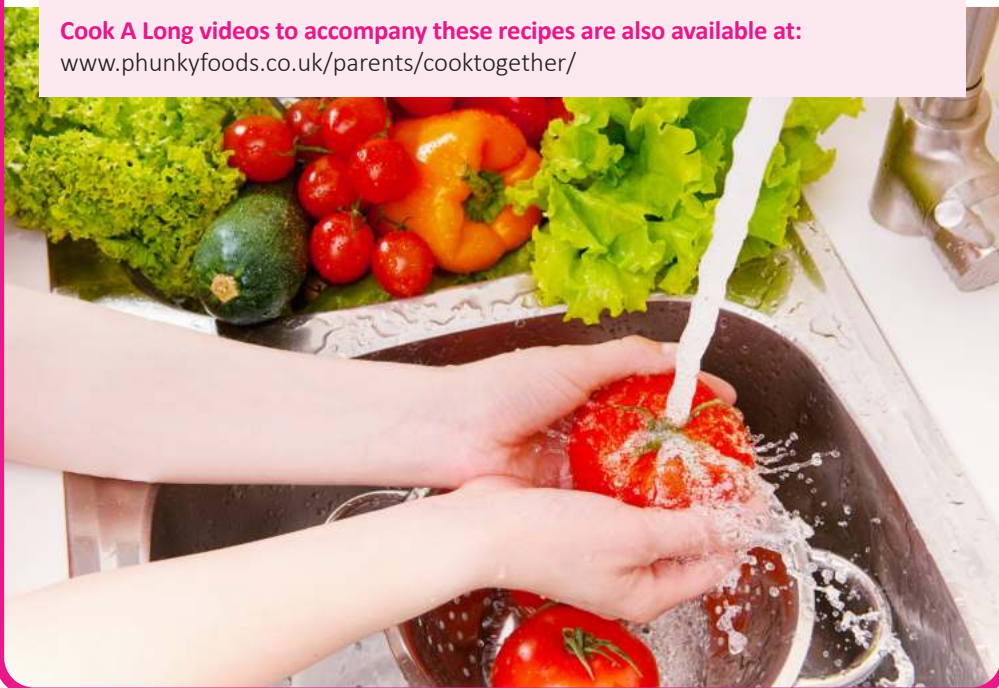


Copies of all recipes are available on our website at:

www.phunkyfoods.co.uk/recipes

Cook A Long videos to accompany these recipes are also available at:

www.phunkyfoods.co.uk/parents/cooktogether/



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 tps 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

Fruit & Veg Riddles Page 3

- 1 Mango
- 2 Date
- 3 Mangetout
- 4 Yam
- 5 Apple
- 6 Lemon
- 7 Carrot
- 8 Turnip
- 9 Tomato
- 10 Swede

What's a Portion? Page 5

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