

Five a day can be fun : an easy guide to help give your kids five fruit and veg a day / written and developed by Anita Bean.

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Five a day can be fun!

An easy guide to help give your
kids five fruit and veg a day.

Written and developed by leading
nutritionist, Anita Bean BSc.

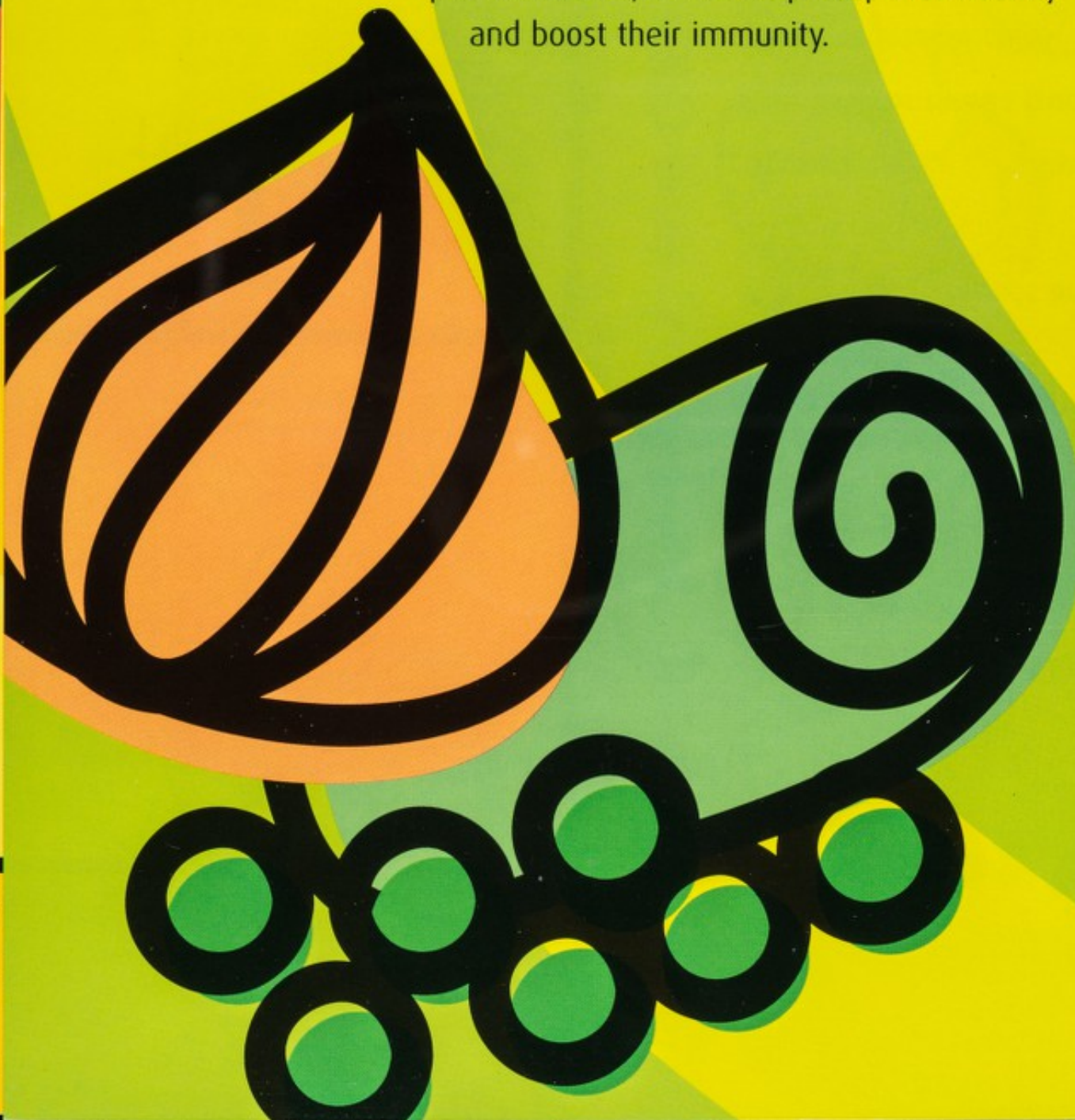



**Five
a day**

An apple a day is good, but 5 fruit or vegetables are even better. The World Health Organisation recommends children and adults should eat five portions a day.






Why?

Fruit and vegetables are rich in vitamins (especially vitamin C), minerals, fibre, and other important plant nutrients, which help keep kids healthy and boost their immunity.








A child portion is roughly the amount they can hold in their hand. This could be:

Fruit

-  1 McDonald's fruit bag*
-  1 small apple, pear, banana or peach
-  About 12 grapes or 6 - 7 strawberries
-  1 satsuma, kiwi fruit or plum
-  A glass or 250 ml portion of McDonald's pure orange juice

* contains 80g sliced apples and red grapes

Veg

-  2 tablespoons of peas or sweetcorn
-  2 broccoli spears
-  1 cooked carrot or 7 - 8 carrot sticks
-  3 - 5 cherry tomatoes
-  7 - 8 cucumber slices

s-a-day can be achieved by:

1. A glass of orange juice with breakfast
2. Apple slices or grapes as a snack
3. Cauliflower cheese for lunch
4. A portion of carrots at teatime
5. Banana custard for pudding

Or

1. Breakfast cereal topped with banana slices
2. A glass or bottle of orange juice
3. Vegetable soup for lunch
4. A handful of carrot sticks or cherry tomatoes at teatime
5. Apple crumble for pudding



Remember

young children
can choke on food

- Always supervise children when they are eating
- Get them to sit down
- Cut up food into small, non-round pieces



"Written and developed by Anita Bean BSc, R. Nutr. Anita is one of the UK's most respected nutritionists and authors. Winner of two major achievement awards in nutrition and mother of two, she has written eight books and is a regular contributor to many magazines."



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Make fruit & veggies fun for kids!

Struggling to get your children to eat 5-a-day? Here are 5 ways to tempt them:

tip 1

Most children eat 3 meals and 2 snacks a day. If they have 1 portion of fruit or vegetables at each eating occasion, they've hit five-a-day!

tip 2 

Use the Rainbow Rule. Every day try to get your child to eat 5 different colours of fruit or vegetables.

tip 3

Carrot and cucumber sticks, sugar-snap peas, baby sweetcorn, green beans and cherry tomatoes with a cheesy dip make good lunchbox foods.

tip 4

If you don't have time to chop vegetables or fruit, then eat frozen, tinned or pre-prepared varieties instead.

tip 5

If fruit is on display in a place your children can easily reach, they're more likely to grab them as they go past.



Add to sauces, soups and pies - Add at least 2 tablespoons of diced veggies per serving.

Hide 'em! - When making mashed potato, add swede, parsnips, sweetcorn or cabbage.

Shake it! Make tasty shakes or smoothies with bananas, strawberries, yoghurt, fruit juice or milk.

Mix fresh or tinned fruit with yoghurt - Try grated apple, tinned apricots or sliced bananas.

Make vegetable chips - Cut carrots, parsnips, swede, courgettes and peppers into chunks, toss in a little olive oil and bake in the oven.



Make a star shape with green beans or carrot sticks.



Arrange broccoli and cauliflower as trees on a bed of mashed potato.



Make smiley faces: carrots for eyes, baby corn for a nose, red peppers for the mouth, broccoli for hair.

