

Fact sheet 1

5 A DAY

We all need to eat at least 5 portions of different fruit and vegetables every day.

A portion is what will fit into the palm of your hand.

We need to eat lots of **different** coloured fruit and vegetables to make it interesting.

We can eat fresh, frozen, canned, dried or juiced fruit and vegetables.

Fresh



Grapes



Carrots



Strawberries

Frozen



Peas

Dried



Apricots



Raisins

Canned



Tinned pineapple

Juiced



Orange juice

You can cut, grate and blend your 5 A DAY to make them more exciting.

- Have you tried adding some grated carrot to your sandwiches?
- You could add some sliced banana to your breakfast cereal or toast.
- You could make a fruit smoothie.
- Have you tried pepper sticks as a snack?

Have you eaten lots of different types of fruit and vegetables today?

