

5-a day—what counts?

	Yes or no
Potatoes	✗ Classed as a starchy food.
Smoothie	✓ Max of 150mls per day.
Fruit juice	✓ Max of 150mls per day.
Tinned	✓ Choose in natural juice or water.
Dried	✓ Should be eaten at mealtimes.
Frozen	✓ Thought to be more nutritious.
Fresh	✓ Of course!

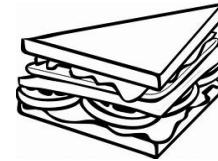
Why are fruit and vegetables so important?

- They keep us healthy
- Contain many vitamins and minerals
- For a strong immune system
- High in fibre
- Low in fat
- Low in calories
- High water content
- Good for weight loss



Ways to eat more fruit and vegetables:

- Hidden vegetables e.g. grate them into a lasagne
- Have a well stocked fruit bowl
- Bulk up meals with vegetables
- Add salad to sandwich
- Add fruit to cereals
- “Meatless Monday” - less meat, more vegetables!



Food miles

Food miles can be reduced by:

- Buying food that is locally produced
- Walking to shops or using the bus
- Shop in local farm shops or framers markets
- Shopping less
- Eating what is in season
- Growing your own
- Read food labels carefully



Key vocabulary

Seasonal foods	The time of year when food is at its best, in terms of flavour or harvest. Tends to be cheaper and fresher.
Incorporate	To include something.
Sensory analysis	Judging food based on its appearance, taste, texture and aroma
Evaluate	To consider something in order to form a judgement.
Food miles	The distance that food travels from farm to fork.
Import	To bring goods into a country.
Starch	A complex carbohydrate found in bread, pasta and rice.
Vitamins	Prevent illness and maintain good health.
Minerals	Are needed for good health e.g. calcium



1 handful of grapes



1 medium banana



3 heaped tablespoons of peas



1 medium glass of orange juice



7 strawberries



3 whole dried apricots



1 medium apple




2 broccoli florets



2 halves of canned peaches

Vegetable cuts

Julienne	Matchstick	
Brunoise	Small dice	
Macedoine	Medium dice	
Jardinière	Batons	

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