

# Fruit & Veg for Schools.

## Secondary school introduction



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As part of the Stronger Starts Fruit & Veg for Schools initiative

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**Stronger  
Starts.**

 British  
**Nutrition**  
Foundation



You'll be getting extra fruit and vegetables to eat in school.

But what does this mean for you, and why is eating enough fruit and vegetables important?

Hooray! Your school is part of Fruit & Veg for Schools!

In this introductory presentation, we'll take a look at why.



# Get at least 5 a day.

Fruit and vegetables contain lots of different nutrients that we need to stay healthy.

This includes fibre, water and vitamins and minerals.

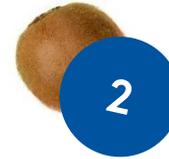
Getting at least 5 A DAY helps to make sure that we are getting enough of these important nutrients.



3



4



2



1



5



# Get at least 5 a day.



In the UK, the Eatwell Guide says we should eat at least 5 A DAY of a variety of fruit and vegetables, every day.



# What counts?

Fresh, frozen, dried and canned all count.

Frozen fruit and vegetables are usually frozen quickly after harvesting. This means that the nutrients are 'locked in'.

Similarly, canning or drying foods helps to preserve nutrients for longer, and they can also help to reduce food waste, since they last longer.

Fresh



Frozen



Dried



Canned



# Nutrients.

Different fruit and vegetables have different nutrients that we need to be healthy. That's why it's important to get a variety of different kinds.

This includes fibre, which is important for keeping our guts healthy. Fruit and vegetables also provide us with water, which can top up our 6-8 glasses per day.



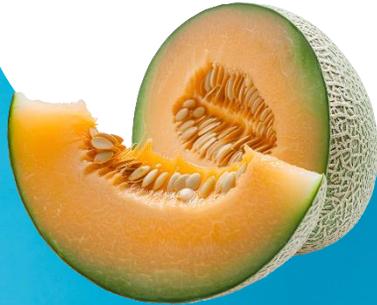
Fruit and vegetables provide many important vitamins and minerals. Let's look at some examples



# Nutrients.

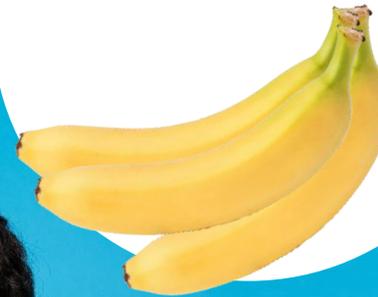
## Cantaloupe

melons and many other orange fruit and veg (like carrots) provide vitamin A, which is important for our eyesight.

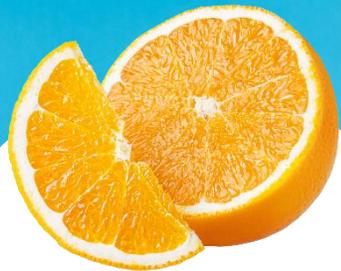


## Bananas

contain potassium, which is important to keep our muscles working.



But what about vegetables?



## Oranges

and other citrus fruits are high in vitamin C, which is important for healthy bones, gums, teeth and skin.



# Nutrients

Getting a variety of fruit and vegetables are important.

We should make sure we are eating vegetables as well as fruit. Vegetables such as green leafy vegetables are important sources of minerals, which are less common in fruit.

Here are some examples of vegetables that also provide important nutrients:

**Tomatoes**  
contain vitamin C.



**Carrots**  
are high in  
vitamin A.



**Broccoli**

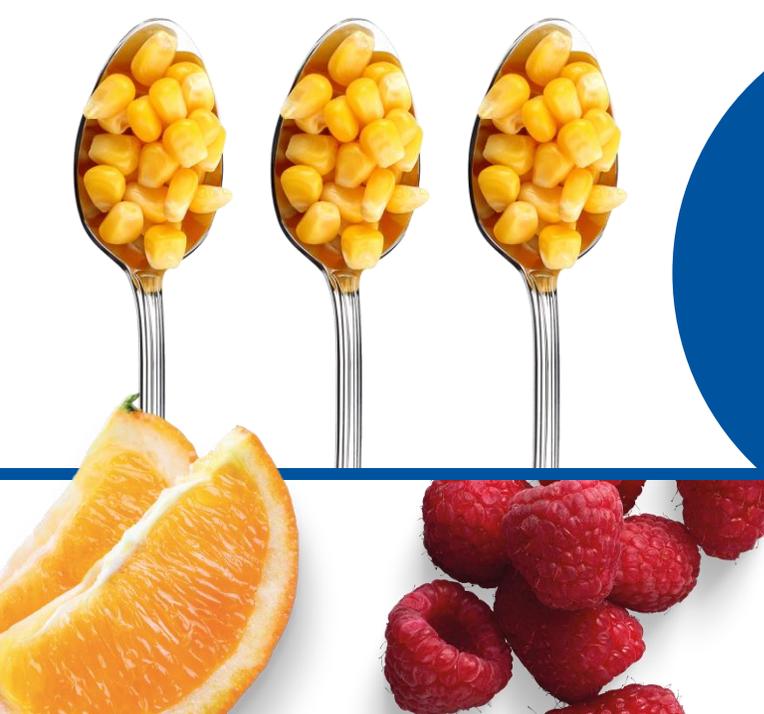
is high in vitamin K,  
vitamin C, folate and  
contains potassium!



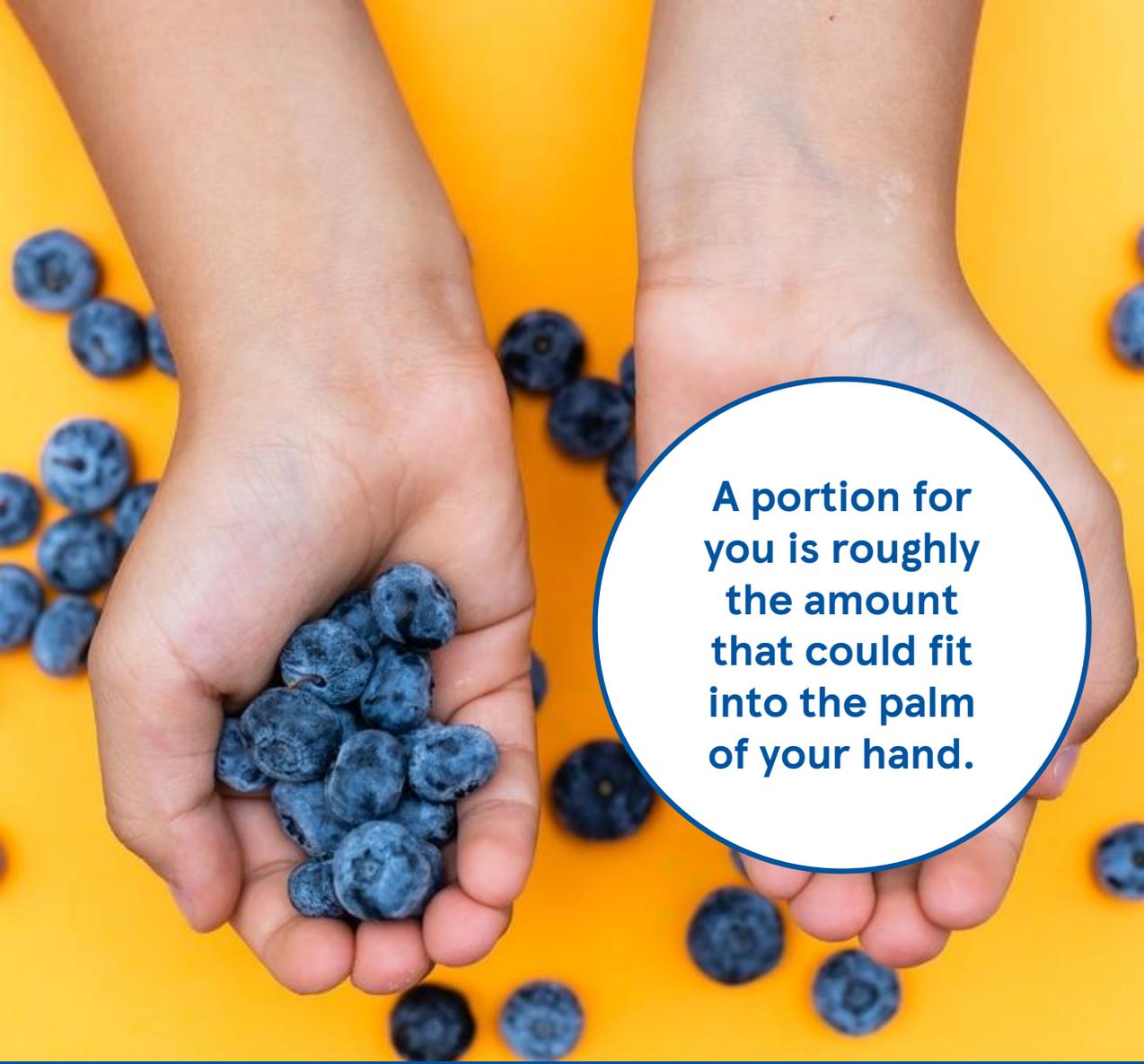
# Preparing fruit and veg.

For adults, a portion of fresh fruit or veg is 80 grams. A dried portion is 30g. However, dried fruit should be limited, as too much may damage teeth.

Portion sizes are important to make sure that you are eating enough of the fruit or vegetable to get the nutrients you need from it.



A portion of foods like sweetcorn, peas or beans is 3 heaped serving spoons.



A portion for you is roughly the amount that could fit into the palm of your hand.

# Preparing fruit and veg.

## Wash

Most fruit and vegetables need to be washed so they are safer to eat.

This removes:

- Bacteria
- Viruses
- Chemicals
- Dirt



## Peel

Sometimes fruit and vegetables are peeled.

But most of the time, fruit and vegetables can be eaten unpeeled.

Leaving them unpeeled can provide extra fibre.



## Cut

Cutting fruit and veg safely is important.

The bridge and claw methods are safe ways to cut fruit and veg.

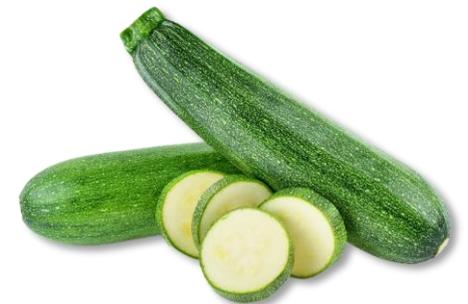
Make sure the knife is sharp enough and handle it carefully.



## Grate

Grating fruit and vegetables is a useful way to quickly prepare them and add them to dishes.

Make sure to keep your knuckles away from the blades when you grate vegetables.



# Tasting.

You could have a tasting to try a new fruit or vegetable.

How big is it? **What colour is it?**

**What does it smell like?**

**What does it taste like?**

**What is its texture? Do you like it?**

**Would you try it again?**



# Tasting.

Use your senses!



# Did you know?

These peppers are all the same variety. They change colour as they get riper!

Their nutritional values change too! A red pepper contains twice as much vitamin A as a green pepper.

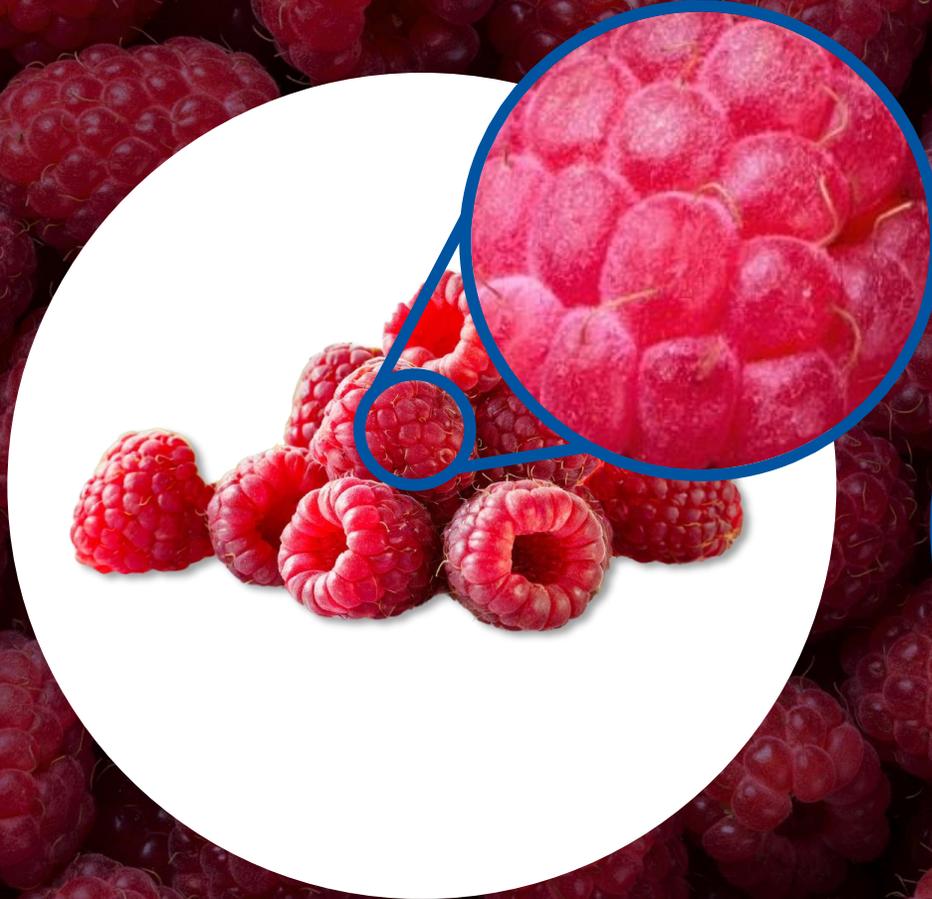


Not only that, they also change in flavour and get sweeter.



# Did you know?

Raspberries  
are an  
'aggregate  
fruit'...



...This means  
that they are  
actually made up  
of lots of tiny  
fruits joined  
together!



# Did you know?

Avocados are  
actually a  
fruit.



Technically, they  
are a large berry.



# Did you know?

Figs are a good source of calcium.



Dried figs contain even more calcium than milk!



# Food Waste.

Why is it important to reduce food waste?

Reducing food waste helps to reduce our impact on the climate. Food waste can rot and produce greenhouse gases if not disposed of. Buying more food because some went bad also increases the impact.

Remember: *“Land, water and energy are used to make our food. When food is wasted, it means these resources are wasted too.”*

Look  
after  
our planet



save  
money.



# Reducing food waste.



Freeze excess fruit and use to make smoothies.



Use the whole of the herb/spring onion in recipes.



Ditch the peeler – if you do peel, save the skins and make vegetable crisps!

Be creative with leftovers, e.g. roasted chickpeas, asparagus end soup or bean pod fritters!



Dice onions and garlic in bulk and freeze.

Try a 'back of the fridge' pie, curry, soup or stew using fruit and veg that is going soft and other ingredients near their use-by-date.



Freeze fresh herbs in olive oil or water.



Freeze fresh ginger and grate as much as you need.



# Buying in season.

Buying fruit and vegetables in season (and locally, where possible) may help to reduce the cost. It can also help to reduce the environmental impact of the food, because it has not travelled as far.



## Apples

**Late September to early May.**  
Some types of apple may be in season for a shorter period.



## Fresh peas

**June to October.**  
However, because many are frozen, they are available all year.



## Broccoli

Broccoli has two seasons in the UK, depending on variety. It is available between **February and April** and again between **July and October**.



## Strawberries

Strawberries are in season from the **end of May until the end of August**, but some are grown earlier in the year, using greenhouses.



# Buying in season.

Different fruit and vegetables are available at different times of year in the UK. However, some fruit and veg like bananas do not grow well in the UK and are imported all year.



Fruit  
bowls?

Tasting  
sessions?

Making drinks  
or smoothies?

What will we be doing in school?

Tuck  
shop?

Something  
else?

Meals or  
snacks?



Have fun  
and...

...good  
luck.



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